



Cooking Classes

Register Today!

The 2012 Whistle Bear Cooking Classes led by Chef Tyler are fun, interactive, and designed for members and guests with little to medium cooking abilities. Participants will follow the Chef's instructions, enjoy what they have prepared during the class, and will receive a copy of the evening's menu to take home.

Cost: \$65.00 per person per class • Time: 7:00 p.m. to 9:30 p.m.

"Beeting" The Winter Blues – Tuesday, February 7, 2012: How to prepare Winter Beet and Feta Salad
Includes roasted tenderloin medallions with blue cheese celeriac puree, plus Aspiration and Hollandaise, vanilla cheese cake.

In this class, you'll learn to create restaurant-quality meals. To begin, you will learn how to prepare raw vegetables, and the best method of preparing beets. You will also learn about the five "mother sauces" and how to make an excellent hollandaise recipe. We will demonstrate how to use specific utensils to achieve the quality of sauces that will have your guests wanting more. You will learn how to butcher specific cuts of meat so you can get quality proteins for less. And last but not least, we will share the secret of making the perfect cheese cake.

Once you have completed this class, we're confident you will feel inspired by the culinary world, and eager to learn more. In part two of the Whistle Bear Cooking Classes you will have your chance.

"It's Party Time" – Tuesday, March 6, 2012: How to prepare a four course dinner party
Includes salads and vinaigrette, amuse bouche, butchery and stuffing chicken breasts, plus the Landmark apple tart.

In this class, we begin with balancing the taste of lettuce with ingredients, and by making our own Baco Noir vinaigrette. You'll learn how to cook grains, season and cook vegetables, add flavour with dressings instead of sauces, and how a simple Amuse Bouche will give you time to work on your presentation of the main course. We'll show you techniques that add up to big savings in the grocery store. And finally, we'll let you in on the secret behind the famous Landmark apple tart.

Throughout this class, we will pair easy-to-prepare drinks with each course, and provide some great tips to win over the crowd at your dinner table.



Golf Club & Conference Centre

And don't forget... with The Landmark Group as our new partners here at Whistle Bear, we are now in the "earth to table" world of cuisine. So we try our best to use only local produce whenever possible, proteins from local farmers, and finally the freshest ingredients you will find.

For Cooking Class registration please contact Chris Farley:
Phone: 519-650-2327 ext. 259 • Email: chrisf@whistlebear.ca

www.WhistleBear.ca

Whistle Bear truly is a club for everyone. *See what we've got cooking in 2012!*