

# CHEF <sup>911</sup>ERIC .COM's COOKING CLASSES MENUS



Chef Eric's cooking class menus includes a wide variety of cuisines from \$109. For special requests, Chef Eric will work with you to custom design a menu according to your tastes, special dietary needs, and budget.

## Each of Chef Eric's private cooking classes includes:

- Organic, local and sustainable food (as much as possible).
- Market time and a half-hour of prep time to organize your kitchen like a pro.
- Approximately 2 hours of hands-on cooking time to prepare restaurant-quality courses.
- 2 hours of dining time to enjoy the dishes you've prepared.
- Recipe handouts for each participant
- One signed copy of Chef Eric's recipe memoir "A Gourmand in Training" (a value of \$16)
- Aprons, dishtowels and professional kitchen tools
- A half hour of clean up.
- 50 km return trip from downtown Vancouver to your door (Extra km: \$1)

## About our rates:

- All prices are per person with food
- All menus are designed for a minimum of 6 participants unless otherwise indicated
- All classes are 4 hours long unless otherwise specified
- 5% Tax and 15% gratuities are not included

## Menu Index:

French Cuisine	Page 2 to 6
Holiday's menus	Page 6
West Coast Cuisine ... With A French Flair...	Page 6
Mediterranean Cuisine	Page 7
Traditional Italian Cuisine	Page 8
World Cuisine	Page 9

# FRENCH CUISINE

## **FESTIVE FRENCH - \$109**

Quatre-Épices Parsnip Apple Soup with Dill and Toasted Sesame Seeds  
Wild Salmon Tartar with Sweet and Sour Caramelized Onions  
Stuffed Non-Medicated Chicken Breast Monte Carlo with Sun Dried Tomato Sauce  
Garlic Mashed Potatoes with Sautéed Mushrooms - Glazed Vegetables  
Amazonian Tonka Bean Crème Brûlé

## **DINNER IN PARIS - \$122**

Potage Saint Germain with Prosciutto Julienne and Golden Croutons  
Mixed Seafood in Vol au Vent Crust (with lobster, extra \$15/person)  
Pan Seared AAA New York Steak with Cognac Green Peppercorn Cream Sauce  
Potato Gratin Dauphinois – Green Bean Bundles in Double Smoked Bacon  
Choux Chantilly with Caramel and Chocolate Sauce

## **FEAST OF THE LOIRE-VALLEY - \$125**

Sweet Peas and Watercress Soup, Debone Frog Leg Persillade  
Nantaise Scallops Blanquette with Muscadet Sauce  
Forgotten But Healthier Pork Rillons of Touraine with Rainy Dijon Mustard Dip  
Hazelnut-Crusted Sainte Maure du Touraine Goat Cheese Salad  
Sablé-sur Sarthe Sablés and Cointreau Ice Cream

## **LUNCHEON IN PROVENCE - \$129**

Broccoli Soup with Prawn and Chive-Curry Oil  
Roasted Stuffed Mussels Setoise  
Herbed Crusted Fraser-Valley Rack of Lamb & Artichokes and Garden Aroma Jus  
Potato Gratin Provençal  
Tomato and Zucchini Tian  
Star Anis Crème Brûlée

# FALL FARMER'S MARKET

## **REGIONAL FALL FRENCH BISTRO - \$109**

Potager Milk Soup  
Wild and Black Diamond Mushrooms and Fontina Quiche  
Autumnal Beef Stew with Squash, Chestnuts and Garden Aromas  
Cauliflower Gratin with Mornay Sauce  
Apple Soufflés with Calvados Cream

## **FALL FOR GOURMANDS - \$115**

3 Onion Soup Velouté with Croutons and Paprika "La Vache qui Rit" Mousse  
Mollet Eggs Florentine  
Earth and Sea Salad with Onion Rings Doughnut  
Grilled Catch of the Day with Pearl Couscous, Slow-Roasted Tomatoes, and Fragrant Oil  
Pear Tart with Pear William Liquor Almond and Hazelnut Cream

## **FALL BISTRO FOR TRAVELERS - \$119**

Garam Masala Pumpkin Soup with Cilantro and Toasted Pumpkin Seeds  
Seafood Buckwheat Galette  
Pear, Blue Cheese and Turkey Parmentier  
Sweet Potato Gnocchi with Sage and Shaved Chestnuts  
Sautéed Kale Forestiere  
Apple Walnut Cupcake with Cardamom Cream Cheese Frosting

## **AUTUMN TEMPTATIONS - \$129**

Parsnip and Apple Soup with Blue Cheese Shavings and Walnuts  
Autumnal White Bean and Squid Salad  
Return from the Hunt...  
Sautéed Brussels Sprouts with Cranberries  
Squash Duo and Sweet Potato Gratin with Gruyère Cheese  
Sparkling Wine Fruit Salad Aspic

# WINTER FARMER'S MARKET

## WINTER FRENCH BISTRO - \$109

3 Onion Soup Velouté with Croutons and Paprika Goat Cheese Mousse  
Salmon Tartar Dijonaise with Crunchy Cucumber and Paprika Oil  
Non Medicated Chicken Sauté Beaulieu with Artichokes, Lemons and Olives  
Jasmine Rice Pilaf with Vegetables and Thyme  
Amazonian Tonka Bean Crème Brulée

## WINTER PARISIAN BISTRO - \$114

Quatre-Épices Parsnip Apple Soup with Dill and Toasted Sesame Seeds  
Escargots and Mushrooms Croustade with Garlic White Wine Sauce  
Lamb, Zucchini and Artichoke Lasagna  
Roasted Winter Vegetables  
Lemon Floating Island on Exotic Coulis

## WINTER'S CULINARY WONDERS - \$125

Broccoli Soup with Seared Scallop, Lemon Oil, and Fish Roe  
Sun Dried Tomato, Leek and Duck Confit Tartlet with Dandelion Salad  
Grill Fish of the Day French Vanilla Melted Butter  
Stuffed Mushroom Caps with Kale  
Figs and Dark Chocolat "Sausisson"

See our Holiday Season menus on the next page!

## HOLIDAY MENUS

### [Catering Cocktail Parties](#) and [Personal Chef Services](#)

First impressions are so important, so why not let a French Chef expertly crafted hors d'oeuvres set the tone for your business associate or loved one's next cocktail party, leaving them with more time to relax during the reception and mingle with guests. Chef Eric's team will perform simple food demonstrations that will entertain your guests. Learn more about our [cocktail parties](#).

For your next dinner party, don't waste time in the kitchen when you could be entertaining your family, friends, or clients. Chef Eric's Personal Chef Services are the fine dining solution for all of your special occasions. Learn more about our [Personal Chef Services](#).

#### **MAXIM'S DINNER - \$169 (MINIMUM 8)**

Red And Yellow Bell Pepper Cream Soup Velvet  
Duo of Alaskan Scallops and Wild Salmon Tartare on Celery Root Remoulade  
Grass Fed AAA Beef Tenderloin Rossini with Pan Seared Foie-Gras and Black Truffle Sauce  
Garnishes from the market ...  
Benton's Brothers Fines Cheeses Selection with Pecan Salad  
Surprise dessert.

#### **HOLIDAY SEASON MENU - \$179 (MINIMUM 8)**

Chestnut and Fennel Cream Soup with Blue Cheese Shavings and Crème Fraiche  
BC Seafood and Canadian Lobster Vol au Vent with Basil BC Chardonnay Sauce  
Sous-Vide Roll and Stuffed Free Range Turkey Breast, Fresh Cranberries Sauce  
Vegetables of the day.  
Festive Cheese Plate  
Sweet Moment

#### **MODERN CUISINE OF FRANCE - \$200 (MINIMUM 8)**

Amuses Bouche:

- Foie Gras Crème Brûlée with 5-Spice Powder
- Watermelon Cubes with True 25 Year Modena Balsamic Vinegar
- Canapés of Albacore Smoked Tuna & Crushed White Beans

Fennel & Artichoke Velouté, Fourme d'Ambert Cheese & Almonds, 24 Karat Gold Dust  
Asparagus Chartreuse with Smoked Salmon Mousse and Salmon Caviar  
Grilled Milk Fed Veal Chop, BC Morels Sauce  
Garnishes from the market ...  
Benton's Brothers Fines Cheeses Selection with Pecan Salad  
Surprise dessert.

## WEST COAST CUISINE WITH A FRENCH FLAIR...

### **WEST COAST FUSION - \$119**

Rainforest Mushroom Cream Soup, Truffle Aroma  
Pan Seared Blue Rare Spicy Crust Sustainable Tuna with Mango Salsa  
Queen Charlotte's Fresh Catch, Garlic Mashed Potatoes, Miso Velouté and Carrot Pearls  
Salambo Choux with Hazelnut Cream

### **SEAFOOD TREASURES OF THE PACIFIC NORTHWEST - \$129**

Vancouver Island Saffron Mussel Cream Soup  
Pan Seared Dungeness Crab Cake with Wasabi Sauce and Deep Fried Shitake  
Cedar Plank Wild Salmon with Ginger Maple Syrup Glaze  
Glazed Seasonal Vegetables  
Little Choux with Whistler Caramel and Chocolate Sauce

### **PACIFIC NORTHWEST DELIGHT - \$139**

Lobster Bisque with Tarragon and XO Cognac  
Sustainable Local Tuna Tartar Asian Style with Avocado and Shitakes  
Queen Charlotte Island Fresh Catch with BC Chardonnay Velouté  
Pear, BC Blue Cheese, and Chicory Salad with Crispy Chestnuts  
Seasonal Fruits Bavarois Cake and Crème Anglaise

### **EXOTIC FUSION MENU, APPETIZERS AND DESSERTS - \$125 (8 PARTICIPANTS MIN.)**

Apple Tomato Gazpacho with Shrimps Golden Croutons  
Wild Salmon Tartar with Sweet and Sour Caramelized Onions  
Pork and Shrimp Kebabs on a Lemongrass Stick, Thai Chili Sauce  
Spicy Kimchi Pancakes with Orange Vinegar Soy Dipping Sauce  
Pure Madagascar Manjari Chocolate and Espresso Pots de Crème, Edible Gold Dust  
Alsatian Apple Tart, Vanilla Crème Anglaise and Caramel Sauce

## MEDITERRANEAN CUISINE MENUS

### **THE GREEK TABLE - \$109**

Chicken Soup with Egg and Lemon - Kotosoupa Avgolemono  
Spinach Filo Pies - Spanakopita  
Traditional Lamb Moussaka of Athena  
Coffee Crème Brûlée

### **THE CUISINE OF TURKEY - \$109**

Homemade Pita Bread and Traditional Hummus  
Zucchini Fritters Mücver with Mint and Dill  
Cold Shredded Chicken in Walnut Sauce - Cerkez Tavugu  
Spicy Grilled Ground Veal and Lamb Patties with Yogurt Mint Sauce - Adana Kebab  
Almond Baklava with Rose Water

### **THE MOROCCAN TABLE - \$109 (8 PARTICPANTS MIN.)**

Moroccan Mint Tea  
Berber Salad with Goat's Cheese, Beetroot and Oranges  
Traditional Chicken, Lemon and Olives Tajine  
Carrot Falafel Yoghurt Sauce  
Couscous Marrakech  
Orange Blossom Almond Pastries

### **SPAIN, THE WORLD OF TAPAS - \$125 (10 PARTICPANTS MIN.)**

Classic Sangria of Madrid  
Paprika Spiced Almonds  
Shrimp Gazpacho Andaluz  
Miniature Pork Brochettes  
Flat Bread with Vegetables and Clams  
Royal Paella of Barcelona  
Rich Chocolate Cake  
Rice Pudding with Syrup Fruits

## ITALIAN CUISINE

### TRADITIONAL ITALIAN CUISINE - \$109

Minestrone alla Genovese  
Pizza Quattro Stagioni  
Veal Escalope alla Milanese  
Spaghetti alla Puttanesca  
Classic Tiramisu

### ITALIAN CUCINA DE MAMA - \$109

Split Pea Soup with San-Danielle Prosciutto and Golden Croutons  
Green Spring Asparagus Tart with Arugula Pesto  
Non Medicated Corn Fed Sicilian Chicken with Lemon, Mint and Almonds  
Spring Risotto  
Panna Cotta with Balsamic Berries

### TUSCAN CUCINA - \$119

Borlotti Beans and Spelt Soup with Mint  
Sustainable Harry's Tuna Carpaccio with Whole Wheat Thyme Grissinis  
Pemberton Veal and Turkey Cannelloni with Roasted Tuscan Tomato Sauce  
Salad With Organic Baby Beets, Italian Blue Cheese and Greens  
Lemon & Orange Polenta Cake

### PISA CUCCINA - \$129

Italian Chestnut Fennel Cream Soup with Sourdough Rosemary Croutons and Truffle Oil  
Red Lentil Salad with Bocconcini, Bresaola and True Balsamic Dressing  
Pork & Giant Prawn Stew Braised In Pinot Giorgio with Red Onion, Fennel and Artichokes  
Butternut Squash Gnocchi with Pesto Sauce  
Pistachio Crusted Fromage Blanc Tart

### VENETIAN CUCINA - \$159 (8 PARTICPANTS MIN.)

Venetian Seafood & Lobster Sopa with Saffron Infused and Garlic Crostinis  
Porcini Printed Pasta Dungeness Crab Ravioli with Tomato Coulis  
Quebec Milk Fed Veal Piccata Al Limone  
Broccoli and Rapini with Wine, Shallots and Toasted Almonds  
Ricotta Tart with Fresh Seasonal Fruit Compotée



# WORLD CUISINES

## **THE CUISINE OF RUSSIA \$109**

Borscht – Red Beet Soup  
Buckwheat Blinis with Pacific Wild Smoked Salmon  
Byefstroganov – Beef Tenderloin Stroganoff and Butter Noodles  
Caramelized Cheese Flan

## **THE CUISINE OF INDIA \$109**

Vegetarian Hindi Fennel Flaked Samosas & Gujarati Mango Chutney  
Whole Wheat Chapati Breads  
North Indian Slow Cooked Chicken And Basmati Rice  
Cardamom Ice Cream With Fresh Mango

## **CUISINE OF NORTHEAST ASIA \$109**

Okinawa Island Clam Miso Soup  
Salmon And Squash Makizushi  
Spicy Kimchi Pancakes With Orange Vinegar Soy Dipping Sauce  
Tataki Beef Tenderloin With Cauliflower Mousse  
Almond Tofu with Star Anis Syrupy Smashed Cherries

## **THE CUISINE OF AFRICA \$115**

Egyptian Lentil Cauliflower Soup  
Chicken Tagine With Lemon And Olives  
South African “Bobotie”  
Carrot Falafel  
Caribbean Coconut Crème Caramel

## **THE CUISINE OF THAILAND \$109**

Galangal, Chicken And Coconut Soup - Tom Ka Gai  
Fish Cake With Cucumber Relish Thai sauce  
Chicken And Shrimp Lemongrass Stick Kebabs  
Sweet Pumpkin And Peanut Curry  
Fried Bananas And Watermelon

## **THE ART OF SUSHI MAKING \$129 (8 PARTICIPANTS MIN.)**

A Japanese themed event featuring delectable sushi where everyone will wear a traditional Japanese Bandana like in the Karate Kid Movie! Using prime ingredients and sushi quality sustainable seafood, you will make a gourmet sushi meal under the Chef’s supervision. Each participant will discover how to cook, prepare and season the sushi rice, as well as learn to make 2 different types of Sushi (Nigiri and Makizushi (rolled)) and a Miso Soup for their own meal.

Once you will have grasped basic sushi making skills, and satisfied your appetite, each participant will embark on a 20-minutes challenge to create THE best fruit sushi dessert based on a common fruit basket. This celebratory challenge is sure to bring out the creativity and sense of adventure in your friends, allowing them to have plenty of fun along the way.