

# CHEF <sup>911</sup>ERIC .COM 'S FALL AND WINTER MENUS



Chef Eric's Menus includes a wide variety of cuisines that can be teach in the comfort of your home or at Chef Eric's kitchen.

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 corporate cooking classes includes:

- Organic, local and sustainable food as much as possible.
  - Market time and kitchen set up
  - Approximately 2 hours of hands-on cooking time to prepare restaurant-quality courses
  - 1 ½ hours of dining time to enjoy the dishes you've prepared
  - A full clean up
  - Recipe handouts for every participant
  - Aprons and dishtowels for every participant to use
  - Professional kitchen tools for every participant to use
  - Please note: We provide filtered water but do not provide wine or beverages; however, you are more than welcome to supply what you like.

### About our rates:

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- All prices are per person with food based on a minimum of 8 participants.
- 5% Tax not included.
- 15% gratuity is not included and are left to your discretion.

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## HOLIDAY SEASON - CHRISTMAS PARTIES

This is the season to gather together with family and friends, give thanks to all the good fortune you've had this year, and feast on seasonal delicacies together. Whether you're hosting a holiday event or have been invited to a festive potluck, you'll help everyone get in the Christmas spirit by sharing delicious gourmet treats with one and all!

### HAPPY HOLIDAYS! - \$139

These scrumptious dishes are guaranteed to bring happiness and joy to your guests this holiday season. With European-influenced classics from luscious Beef Wellington to a sophisticated take on pommes Dauphine, this holiday meal will be unforgettable.

BC Oyster in Lemongrass Sparkling Wine Aspic  
Italian Prosciutto Aumoniere with Foie Gras Mousse and Artichokes  
Qualicum Bay Scallops au Gratin Brittany Style  
AAA Beef Tenderloin Wellington with Truffle Sauce  
Pommes Dauphine - Italian Spaghetti Squash  
Frozen Mandarin Parfait in Chocolate Shell, Red Berry Coulis

### SPIRIT OF THE HOLIDAYS - \$149

The succulent surf and turf items featured in this celebratory meal are sure to put you and your guests in the holiday spirit! Chestnut and Fennel Cream Soup with Crispy Bacon and Crème Fraiche.

Cilantro Strait of Georgia Squid and Bean Salad Verrine  
Beef Tenderloin Carpaccio with White Truffle Honey, Feta & Granny Smith Apple  
Watermelon Cubes Explosion with True 25 Year Old Balsamic Vinegar  
Sustainable Seafood and Lobster Vol au Vent with Basil Chardonnay Sauce  
Seared Fraser Valley Lamb Loin Steaks with Artichokes and Garden Aroma  
Mysterious Tonka Bean Crème Brûlée

### CHRISTMAS CORNUCOPIA- \$159

With a combination of old favourites and the avant garde, this Christmas Cornucopia meal overflows with savoury and sweet items that are pure holiday umami.

Fennel and Artichoke Velouté with Crispy Italian Chestnuts  
Pan Seared Dungeness Crab Bake with Basil Sauce  
Rolled and Stuffed Free Range Turkey Breast With Fresh Cranberry Sauce  
Green Bean Fagot in Double Smoked Bacon  
Roasted Banana Squash -  
Pear Shaped Potato Croquette  
Homemade Eggnog  
Gingerbread Cookies  
Manjari Chocolate Pot de Crème and Edible 24Karat Gold

## FRENCH CUISINE

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### FESTIVE FRENCH MENU - \$109

These delectable dishes, from a piquant Salmon Tartar to a decadent Molten Dark Chocolate Cake, will help convince you that there are few cultures who better know how to prepare a grand holiday meal than do the French.

Countess du Barry Cauliflower Cream Soup with Slivered Almonds  
Salmon Tartar with Sweet and Sour Caramelized Onions  
Stuffed Chicken Breast Monte Carlo with Sun Dried Tomato Sauce  
Garlic Mashed Potatoes with Sautéed Mushrooms - Glazed Vegetables  
Molten Dark Chocolate Cake, Vanilla Crème Anglaise

### DINNER IN PARIS - \$119

Experience the drama and romance of dinner in the City of Light by learning to create, and then thoroughly enjoying, some exquisite Parisian favourites.

Potage Saint Germain with Prosciutto Julienne and Golden Croutons  
Mixed Seafood in Vol au Vent Crust (with lobster, extra \$10/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

### LUNCHEON IN PROVENCE - \$129

Enjoy the best of Provence's fertile fields as you learn to prepare beloved, healthful classics that will help add a southwest French flair to your culinary repertoire.

Traditional Pistou Soup Provencal  
Delicious Pissaladière Nicoise  
Crusted Fraser-Valley Rack of Lamb With Artichokes and Garden Aroma  
Potato Gratin Provencal  
Tomato and Zucchini Tian  
Star Anis Crème Brûlée

### MODERN CUISINE OF FRANCE - \$135

This course is designed for the adventuresome gourmet who yearns to create and enjoy cutting edge French cuisine.

Fennel & Artichoke Velouté, Fourme d'Ambert Cheese & Almonds, 24 Karat Gold Dust  
Asparagus Chartreuse with Smoked Salmon Mousse and Salmon Caviar  
Sous Vide Pan Seared AAA New York Steak with Choron Sauce  
Pommes Noisette & Glazed Vegetables  
Tonka Bean Crème Brûlée

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

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**PACIFIC NORTHWEST DELIGHT - \$119**

This menu creates the perfect pairing of enticingly fresh Pacific Northwest ingredients and classic French culinary flair to produce some truly stellar dishes.

- Blue Prawn Bisque with Tarragon and Cognac
- Sustainable Tuna Tartar Asian Style with Avocado and Shitakes
- Queen Charlotte Island Fresh Catch with Ginger Maple Syrup Glaze
- Pear, Stilton, and Chicory Salad with Crispy Chestnuts
- Red Berry of the Valley Fruits Bavarois

**WEST COAST FUSION MENU - \$129**

Delicate seafood delights and hearty local produce combine to create an intriguing fusion of European and Continental flavours.

- Rainforest Mushroom Cream Soup, Truffle Aroma
- Pan Seared Blue Rare Spicy Crust 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 - \$135**

Seafood aficionados will be transported away to exotic coastal shores as you luxuriate in the perfectly seasoned fish and shellfish that star in these magnificent dishes.

- 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 and Vegetable Pearls
- Little Choux with Whistler Caramel Sauce

**EXOTIC FUSION MENU, APPETIZERS AND DESSERTS - \$125**

East meets Pacific Northwest, creating delectable culinary harmony in this assortment of rarely enjoyed fusion items from around the world, brought together to compliment familiar local flavours.

- 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

**SEASONAL CUISINE ... FRESH FROM THE MARKET**

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**REGIONAL FALL FRENCH BISTRO - \$105**

From a rustic Potager milk soup to Lorraine's German-influenced quiche to a Norman Calvados apple soufflé, each of these dishes prove that France's many regions can hold their own against Paris's culinary prowess.

- 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 and Sablé Cookies

**FALL FOR GOURMANDS - \$115**

This menu, featuring ambrosial soft eggs Florentine, salmon served with pear couscous, and pear tart with decadent hazelnut cream is designed to keep gourmet palates enlivened as cooler weather emerges,

- 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**

Gorgeous autumn foliage and pleasant weather inspire wanderlust in many, and this menu of spiced pumpkin soup, turkey Parmentier and apple walnut cupcakes may even motivate you to get out and search for seasonal ingredients on your own.

- Garam Masala Pumpkin Soup with Cilantro and Toasted Pumpkin Seeds
- 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, Fig Port Sorbet

**AUTUMN TEMPTATIONS - \$129**

Fall colors and flavours abound in this rustic menu where white beans and squid, Brussels sprouts and cranberries, plus sweet potatoes and Gruyere unite to create a satisfying six course meal.

- 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 FRENCH BISTRO - \$109**

Help keep winter's chill at bay by learning to make authentic French bistro dishes, from a luscious onion soup velouté to an exotic tonka bean crème caramel, each designed to bring warmth to the bodies and spirits of your loved ones.

- 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 Caramel

**WINTER PARISIAN BISTRO - \$119**

This winter, why not cozy up by the fire and enjoy this menu of Parisian favorites, including hearty lamb and vegetable lasagna, succulent escargots and the perfect balance of herbs and spices to help transport your senses to another realm.

- 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**

Warmth and color abound in these cheerful recipes, featuring bright broccoli soup with scrumptious seared scallop, two decadent desserts and many other delights designed to help banish the winter blues.

- 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 Chocolate "Sausisson"
- Grand Marnier Ice Cream

## TRADITIONAL ITALIAN CUISINE

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### CENTRAL ITALIAN CUISINE - \$109

Let the Tuscan sunshine stream into your kitchen as you discover the secrets to the perfect Central Italian pizza or find out how to perfectly toast the cheesy topping on a luscious lasagne in this delightful course.

- Pasta and Cannellini Bean Soup of Tuscany
- Panzanella Salad
- Pizza Margherita
- Lasagne al Forno
- Praline Amaretto Semifreddo

### TRADITIONAL ITALIAN CUISINE - \$109

This menu will teach you to prepare down home Italian dishes that will rival grandma's and that will allow you to add a balmy, rustic charm to your own meals once you get home.

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

### NORTHERN ITALIAN CUISINE - \$109

Northern Italy is renowned for its tempting pizzas, risottos and pastas, and in this course you will learn to prepare a delightful smorgasbord of these world-renowned classics.

- Stracciatella alla Romana (Roman Egg Drop Soup)
- Tagliatelle with Walnut Sauce
- Chicken Marengo
- Risotto di Funghi (Wild Mushroom Risotto)
- Classic Tiramisu

### THE ITALIAN TABLE - \$109

The dishes showcased in this course, from delectable red wine risotto to an inviting vanilla panna cotta, highlight the warmth and generosity of the Italian spirit.

- Italian Fish Soup or "Zuppa di Pesce"
- Caponata Siciliana Salada
- Spicy Beef Casserole of Sienna
- Red Wine Risotto
- Vanilla Pana Cotta and Poached Berries

## MEDITERRANEAN CUISINE

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### SPAIN: THE WORLD OF TAPAS! - \$135

Break out the sangria and put on the Flamenco music as you enjoy the marvellous gourmet tapas that you will create in this course that celebrates the vibrant culture of Spain.

- 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

### THE GREEK TABLE - \$109

Heart-healthy, satisfying Mediterranean classics enliven this exploration of sun kissed Greek cuisine.

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

### THE CUISINE OF TURKEY - \$109

Experience a little-known cuisine that fuses the best of European and Middle Eastern flavours as you learn to prepare and savour the gastronomy of Turkey!

- Turkish Pide Bread – Pita Bread and Hummus
- Mücver – Zucchini Fritters 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 - \$119

Unmask the mysteries of the Kasbah and discover a warm sense of hospitality intrinsic to Morocco as you learn to prepare this mysterious land's incomparable couscous and bountiful tagines.

- 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



## **WORLD CUISINES**

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### **CUISINE OF NORTHEAST ASIA \$119**

The secrets to preparing the scrumptious seafood and exotic produce of Northern Asia are revealed as we learn key techniques from Japan, Korea and other countries in this culinary heritage-rich region.

- Okinawa Island Clam Miso Soup
- Salmon And Squash Makizushi
- Spicy Kimchi Pancakes With Orange Vinegar Soy Dipping Sauce
- Tataki Beef Tenderloin With Cauliflower Mousse
- Japanese Salad With Shrimp And Japanese Eggplant
- Green Tea Sorbet With Citrus And Ginger (High In Vitamin C)

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

The delicious dishes featured in this course will help you understand how the Russian spirit has remained steadfast despite bitterly cold winters and frequent socio-political turmoil.

- Borscht – Red Beet Soup
- Buckwheat blinis with Sockeye wild smoked salmon
- Byefstroganov – Beef Tenderloin Stroganoff and butter noodles
- Caramelized Cheese Flan

### **THE CUISINE OF INDIA \$119**

Bring new inspiration to your kitchen by learning how to use the wonderful spices and cooking techniques that make Indian cuisine so special.

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

## **THE CUISINE OF AFRICA \$125**

Enjoy the very best of an entire continent's cuisine and become one of the first in your neighborhood or family to prepare succulent African specialties.

- Egyptian lentil cauliflower soup
- Tagine with lemon and olives
- Couscous with apricots
- South African "Bobotie"
- Carrot Falafel
- Caribbean coconut crème caramel

## **THE CUISINE OF THAILAND \$119**

Immerse yourself in the kaleidoscope of opulent flavours and textures that is Thai cuisine, learning how to add just the right amount of sweetness or spice to this country's most delicious, emblematic dishes.

- Galangal, chicken and coconut soup - Tom Ka Gai
- Fish cake with cucumber relish
- Beef and mushroom salad – Yam Nua Yang
- Chicken and shrimp lemongrass stick kebabs
- Sweet pumpkin and peanut curry
- Fried bananas and watermelon

## **SUSHI MAKING CHALLENGE \$125**

### LOOKING FOR TEAM CREATIVITY?

We have created a Japanese sushi making cooking class right here in Vancouver 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, the teams will make a gourmet sushi meal under the Chef's supervision. Each team member 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.

### HOW IT WORKS

Once they have grasped basic sushi making skills, and satisfied their appetites, each team will embark on a 20-minute 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 staff, allowing them to have plenty of fun along the way.

Is your team up for a Sushi Class Challenge? Contact [911cheferic.com](http://911cheferic.com) to book your team building event.