

5flavors Catering is pleased to present our cooking classes for the public, 5flavors {prep}. These classes offer a hands-on opportunity to learn fun, innovative ways of preparing meals with the added bonus of working in a professional kitchen with two of Springfield's finest Chefs, Certified Executive Chef Chip Kennedy and Chef Josh Sonneborn.

### COURSE OFFERINGS

#### what's in the fridge

Our use what you have class. This class will give you the courage to tackle all those leftovers and transform them into gourmet meals. No one will be the wiser. From soups to pastas and salads to bakes all these dishes are sure to satisfy the pickiest of eaters.

#### east to west

This course will set you on track to getting your black belt in sushi rolling and Japanese cuisine with a westernized twist. We will take you all the way from the cornfields of the west to the rice patties of Japan. Sushi rolling 101, Bento Boxes and of course, a couple of authentic Japanese desserts that will send you and your guests over the edge.

#### mixology

Want to learn to mix drinks like the pros? This course will teach you how to mix up all your favorite cocktails and kick them up a notch or two. From making your own flavored vodka to the ultimate Bloody Mary mix, we will show you the essential tools and techniques for bartending at home.

#### tablescapes

The way a table is set contributes to the ambiance of a meal as much as the food and wine. From flatware to glassware, this class will ensure you set the right tone for your next get-together. Not only will you learn how to make several elegant appetizers, but we will also show you how to present them with style.

### **man food**

This course will teach the most unskilled bachelor how to make all the “man food” staples. We will go over all the Sunday football classics, wings, nachos, beer cheese sauce, fajitas and more. And, ladies, don't forget the fastest way to a man's heart is through his stomach, so sign up too, and learn how to make all his favorite dishes.

### **thursday world tour**

Each Thursday we will embark on an adventure to the worldwide Mecca's of culinary inspiration. Italy, Mexico, Spain, Greece, and China, we will hit them all. Call to find out where we are traveling to this week.

### **dinner for two**

Join us for instruction on how to make a five course dinner for two. We will make amuse, appetizer, soup or salad, entrée and dessert. Not only will we walk you through the meal, but we will also teach you how to make some minor changes to each dish to create an entirely different one. This is one of our most popular courses, so sign up early, and bring your spouse or a friend.

### **sunday brunch**

Welcome Christmas, the New Year, or any festive day with a delicious brunch. We will go over many of your morning favorites — along with a few surprises — including eggs anyway, coffee selections, grandma's sticky buns, smoked hams, from scratch biscuits and gravy, and the dreaded hollandaise sauce. This course will be offered Sunday mornings, so come in your pjs, and we will have the coffee, mimosas, and bloody marys ready.

### **cooking with organics**

Eliminate all of the confusion and myths about how to utilize local products and organic foods. We will show you what to look for and where to find it. There will even be a short lesson on canning, so that you can enjoy our Central Illinois produce in the dead of winter. This course is a must for the health and environmentally conscious consumer.

### **chef in training (kids)**

Kids, are you tired of the same old, same old. Have no fear, our Chefs are here. Learn to make yummy and nutritious lunches and snacks that will make you the envy of any lunch table.

217.787.4654 [WWW.5FLAVORS.COM/PREP](http://WWW.5FLAVORS.COM/PREP)