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|  |  | Cooking Classes  By Chef Jeff Fritz |

# Cooking Class Proposal

**Number of attendees:** 4-8

**Pricing:** $300-$600 (This includes all food costs, supplies, and instructor)

**Time:** 2 Hours class

**Class Option #3**

**Menu/Learning Objectives**:

**Menu**:

Grilled Chicken Breast (Liberty Delight Farms Protein)

Homemade Pasta Fresca

Charred Peppers and Onions

Cream Sauce

**Objectives**:

* Each student will receive a demonstration on how to safely start and cook with an open fire grill.
* Each student will learn the basics in traditional pasta fresca both a home method and a kitchen method.
* Each student will get to learn to cook vegetables over coals.
* The students will learn types of meat seasoning and how some enhance flavors while others change them. Additionally, they will learn proper grilling techniques to cook a perfect steak using open fire style cooking.
* All the students will enjoy the meal that they created.