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|  |  | Cooking ClassesBy 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 #4**

**Menu/Learning Objectives**:

 **Menu**:

Grilled Strip Steak (Liberty Delight Farms Protein)

 Ash fired Baked Potato

 Sauteed Summer Vegetables

 Compound Butter Sauce

**Objectives**:

* Each student will receive a demonstration on how to safely start and cook with an open fire grill.
* Each student will get to learn to cook vegetables over ash and coals.
* As a group they will receive a demonstration on basic knife skills and how to make a flavorful sauteed vegetables.
* 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.