

COOKING WITH BEA

Fantastic Food, Fabulous Instruction, Friendly Folks!

Fall/Winter 2009/2010 Class Schedule



Happy In The Kitchen, Acrylic By Bea Beasley

(707) 544-3059

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www.50fabulous.com

About Our Classes



I offer fun and informative recreational cooking classes in my well-equipped test kitchen and culinary pied-à-terre located in the historic St. Rose district within walking distance of downtown Santa Rosa.

Classes provide technique-driven instruction with a keen eye to seasonality, sustainability and stewardship. The range of skills you learn will benefit you every time you cook – a must for anyone with an enthusiasm for learning about and preparing good food. All classes are partial hands-on, designed for anyone who wants to cook – from the novice to the more experienced home chef.

Each cooking class includes:

- A take-home printed recipe booklet
- Step-by-step instruction for 6 to 12 participants including tastes of all foods prepared in class
- Complimentary beverages
- Dozens of professional cooking tips and techniques
- A fun and relaxed learning environment

What's new ?

- **Chef's Table—Dinner with Bea:** Each evening's multi-course menu centers on the foods of a particular country or region and the wines and beverages that pair best with these dishes. A great evening out...lots of fun, delicious food and wine/beverage pairing tips! Take the night off and join me for an incredible meal, lively conversation, and new friends. Sit back, relax and enjoy these culinary experiences inspired by the freshest ingredients local farms have to offer!
- **Corporate Team Building:** Customized hands-on cooking classes provide a fun and stimulating way to enhance your team's communication and leadership skills as they come together to share the universal experience of cooking, learning and, of course, eating! My team-enhancing classes:
 - Encourage creativity, confidence, and trust among your employees
 - Help promote collaboration, multi-tasking, and networking
 - Stimulate team-building and fresh ideas
 - Reduce the stress of computer-induced isolation.

I promise a fun, relaxing event that will help rejuvenate and energize your work team! If you have a date in mind, please contact me to arrange the details.

Class Discounts: Santa Rosa Jr. College students and alumni now receive a 10% discount on any class! See more discounts under Class Information.

We may add classes to the schedule.....so please check back with us for new information and updates! I look forward to your joining me for some fun and flavor in the kitchen!

A Bit About Bea



Award-Winning Chef, Caterer and Teacher

Bea Beasley is a prime example of a professional woman who decided to follow her passion and change her career direction. After completing business studies in Pittsburgh, Pennsylvania, Bea held management positions in large corporations in Pittsburgh and New York City before relocating to the West Coast. Classically trained at the distinguished California Culinary Academy in San Francisco, Bea's introduction into the professional culinary arena began when she traveled the country as chef and events manager on Chateau St. Jean Winery's elegant private railcars.

Several years later she launched her catering firm, Bea Beasley & Company, featuring innovative interpretations of Wine Country fare as well as world and American regional cuisines. Her mastery of the grill led to BB's Global Barbecues, a specialty division of her catering service, featuring international and American regional barbecue menus. Her expertise in creating authentic and adapted dishes from nearly every continent contributed to her receiving the America's Top Black Chef Award. On two occasions, Walt Disney World's Epcot Center in Orlando, Florida honored her as featured chef.

Bea is an adjunct chef instructor in the Culinary Arts Department at Santa Rosa Junior College in Santa Rosa, California. She shares her love of teaching at her test kitchen and culinary pied-à-terre where she conducts cooking classes, workshops and recipe tests.

Bea has been featured in numerous publications: Akron Beacon Journal, American Visions, Catering Today, Food Arts, Harper's Bazaar, Practical Winery & Vineyards, Santa Rosa Magazine, Santa Rosa Press Democrat, Sonoma Business, and Wine Country. She has appeared on the nationally syndicated Food Network and is the food columnist for the lifestyle website, www.50fabulous.com.

Always eager to share her experiences and insights into the nuances of finding your destiny later in life, Beasley lives in Sonoma County in the heart of California's world-renowned Wine Country.

"I just wanted to thank you again for a wonderful class -- I have taken many classes at other places and this was by far the most fun and relaxing. Your setup is wonderful and very conducive to making new friends and enjoying food. Steve and I can't wait to see what is next!"

Tapas Cooking Class Attendees

"I have led this team for five years and your cooking class was the most memorable team-building event in which I ever have participated. Honestly, I never have seen my team have so much fun together. It is no easy task to organize activities for such a diverse group, with people traveling from Asia, Europe, South America, and the U.S.

I was impressed with your level of organization, patience and skill. From the first moment, we truly felt at home in your kitchen, and your assistants did a terrific job of helping us stay organized. Your cooking class truly is the perfect team-building activity. I would recommend your services, without reservation, to anyone."

Corporate Client from New York, Team Building Class

“Thank you so much for the delightful event last night! I’m so glad I found you and your classes. I gained many tips last night and am appreciative of seeing how well-organized you have to be to do this work, and offering your “guests” such a lovely/fun/educational evening.”

Paella and Sangria Class Attendee

NOVEMBER CLASSES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 PRIVATE CLASS	6	7
8 SPECIAL EVENT	9	10	11	12 PRIVATE CLASS	13	14
15	16	17 ON THE SIDE 6 - 9 pm \$55	18	19 PRIVATE CLASS	20 DINNER WITH BEA: FRENCH BISTRO 6 – 9:30 pm \$75	21
22	23	24	25	26  Happy Thanksgiving!	27	28
29	30 ONE-BITE WONDER S 6 - 9 pm \$55					

ON THE SIDE - Tuesday, 11/17, 6 - 9 pm, \$55 (Registration Deadline: 11/10/09)

You've got the turkey, you've cleaned the house and your relatives are barreling toward town more quickly than you'd likely prefer. Make your Thanksgiving feast a memorable one with these delicious, make-ahead and easy-to-prepare sides! Learn how to turn some of these dishes into a completely different course.

MENU: Baked Sweet Potato with Maple-Pecan Butter and Cranberries; Celery Root and Fennel Brandade; Smoked Bacon, Apple and Fennel Stuffing; Roasted Root Vegetables and Brussels Sprouts with Carrot Vinaigrette, Green Beans with Shallots and Pancetta; Parsnip Mousseline with Caramelized Sweet Onions. A Nonalcoholic Sparkling Cranberry Pomegranate Punch will be served.

DINNER WITH BEA: FRENCH BISTRO - Friday, 11/20, 6 – 9:30 pm, \$75 (Registration Deadline: 11/12/09)

For most foodies, their first culinary epiphany occurs when they have dined in the true French bistro style...simple yet sophisticated flavors that burst forth upon the palate. Learn some of the classic techniques used to create French bistro dishes and the wines that pair best.

MENU: Duck Rillettes with Frisee Salad and Pear Vinaigrette, Pan-Seared Rib Eye with Garlic-Herb Butter and Live Cress, Pommes Frites with “Bacon Salt,” Perfect Chocolate Mousse.

ONE-BITE WONDERS - Monday, 11/30, 6 - 9 pm, \$55 (Registration Deadline: 11/23/09)

Say goodbye to the caterer (Yikes! That’s me!), and learn how to prepare easy and delicious small bites. Just in time for your holiday party, these stylish yet effortless cocktail nibbles get dressed up in bold, bright international flavors. So Bring along your favorite partner - friend, colleague, spouse, or parent - for a great evening of cooking and fun together.

MENU: Miso Eggplant Shiitake Canapés, Red Curry Shrimp Skewers, Glazed Figs with Almonds and Thyme, Jerk Beef on Plantain Chips, Mini Latkes

DECEMBER CLASSES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 PRIVATE CLASS	7	8	9	10	11 THAI-LICIOUS! 6 – 9 pm \$55  Happy Hanukkah!	12
13 PRIVATE CLASS	14	15	16	17	18 INCREDIBLE EDIBLE GIFTS 6 – 9 pm \$55	19
20	21	22 SPECIAL EVENT Living Room Xmas Party	23	24	25  Merry Christmas!	26
27	28 WINTER COMFORTS 6 – 9 pm \$55	29	30	31		

THAI-LICIOUS —Friday, 12/11, 6 - 9 pm, \$55 (Registration Deadline: 12/4/09)

Thai cuisine is one the most robust and flavorsome of all the Asian varieties. It is characterized by the blend of hot, sour, sweet and salty flavors. If you want to eat well and feel great, sign up for this class!

MENU: Tasty Leaf-wrapped Tidbits with Sweet Chile Dipping Sauce, Pad Thai, Thai Cabbage Salad with Shitake Mushrooms, Baby Bok Choy in Ginger Garlic Sauce, Prawns in Yellow Curry, Perfect Thai Jasmine Rice.

INCREDIBLE EDIBLE GIFTS FOR HOLIDAY GIVING - Friday, 12/18, 6 – 9 pm, \$55 (Registration Deadline: 12/11/09)

The holidays have crept up again and you're pressed for gift-giving ideas. Instead of the usual generic gift card, tie, or flowers why not express yourself with the gift of food? We'll make a variety of from-the-heart edibles in this class.

MENU: Great Granola, Cranberry-Fig Tassies, Giant Ginger Cookies, Pink Peppercorn Spice Mix, Popcorn Salts, Walnut Thyme Butter (From Scratch!), Sweet 'N Sassy Nuts and More!

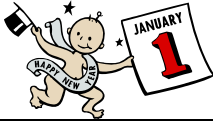
WINTER COMFORTS - Monday, 12/28, 6:30 – 9:30 pm, \$55 (Registration Deadline: 12/21/09)

Nothing takes the chill off cold winter nights like hot, hearty comfort food! Have some fun and learn valuable cooking techniques while you prepare these uncomplicated, yet pleasing to the eye dishes:

MENU: Really Good Split Pea Soup, Perfect Roast Chicken, Braised Savoy Cabbage with Leeks and Pancetta, Apple Bread Pudding with Calvados and Sautéed Apples.

JANUARY CLASSES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3	4	5	6	7	8 DINNER WITH BEA: REMEMBERING JULIA 6 – 9:30 pm \$75	9
10	11	12	13	14	15 FRENCH CREPERIE 6 – 9 pm \$55	16
17	18 THE NEW STREET FOOD 6 – 9 pm \$55	19	20	21	22 FLAVORS OF INDIA 6 – 9 pm \$55	23
24	25	26	27	28	29	30
31						

DINNER WITH BEA - REMEMBERING JULIA - Friday, 1/8, 6 – 9:30 pm, \$75 (Registration Deadline: 1/1/10)

Long before "celebrity chefs" existed, Julia Child influenced us to change the way we cook and eat. So let's lift our glasses and celebrate with a hearty "bon appetite!"

MENU: Camembert Biscuits; Duck Rillettes; Fricassee of Wild Mushrooms Flambéd in Cognac; Wine Braised Short Ribs, Roasted Garlic Potato Purée and Steamed Greens; Profiteroles with Coffee Ice Cream and Chocolate Sauce

FRENCH CREPERIE - Friday, 12/15, 6 – 9 pm, \$55 (Registration Deadline: 12/8/10)

Enjoy sweet and savory crepe recipes while becoming a master at flipping the crepe in the pan!

MENU: Crepes Florentine, Crepes Stuffed with Pt. Reyes Blue Cheese Mascarpone and Sautéed Pears; Curried Chicken Crepes; Sweet Crepes with Select Your Own Fillings!

THE NEW STREET FOOD - Monday, 1/18, 6 – 9 pm, \$55 (Registration Deadline: 1/11/10)


We've Hop Scotched Around The Globe To Come Up With A Colorful And Fun Menu Of Unusual Flavors That Will Add Up To One Great Meal! Take Your Taste Buds On The Global Adventure They've Been Craving And Learn Yummy New Dishes Your Friends Will Ask For!

MENU: Singapore Seafood Curry Noodles, Argentinean Steak Skewers With Chimichurri, Vietnamese Chicken Bahn Mi Sandwiches With Pickled Vegetables, Crispy Peruvian Fish Tacos with Rocoto Pepper Aioli, Cabbage and Pickled Onions, Pakoras (Indian Vegetable Fritters)

FLAVORS OF INDIA - Friday, 1/22, 11 – 2 pm, \$55 (Registration Deadline: 1/15/10)

Widely acknowledged as one of the world's great cuisines, this class will show you the cooking techniques and spices that make Indian food so special and flavorful. You'll learn to use spices to create magic from a simple kitchen cabinet. Tentative

MENU: Bengali Fish Curry, Balti Lamb with Cauliflower, Chicken in Spicy Lentil Sauce, Chana Masala, South Indian Lemon Rice, Chutney. We will finish off with a steaming cup of home made Indian chai!

FEBRUARY CLASSES 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Classic Thai 6 – 9:00 pm \$55	6
7	8	9	10	11	12 CELEBRATING MARDI GRAS 6 – 9 pm \$75	13
14	15	16	17	18	19 Light Italian Cooking 6 – 9 pm \$55	20
21	22	23	24	25	26	27
28						

CLASSIC THAI - Friday, 2/5/10, 6 – 9 pm \$55 (Registration Deadline: 1/29/10)

An exotic fusion of ingredients, textures and colors help make Thai cuisine one of the most distinctive and exciting in the world. You will learn about the Thai kitchen and the wonderful ingredients that are an integral part of its cuisine. We will cook up a memorable and delicious meal.

MENU: Green Curry Puffs, Fragrant Thai Fish Cakes, Hot and Sour Prawn Soup, Dry Curry with Pork and Kaffir Lime Leaves, Fried Apple and Coconut "Cakes."

**DINNER WITH BEA - CELEBRATING MARDI GRAS—Friday, 2/12/10, 6 – 9 pm \$75
(Registration Deadline: 2/5/10)**

Let's celebrate Mardi Gras and "Fat Tuesday" by experiencing southern Louisiana's famous "down-home" cooking!

MENU: Fried Catfish Tenders with Meyer Lemon Tartar Sauce, Crawfish Étouffée on Spicy Cajun Toasts; Deviled Crab Cakes with Celery Root Remoulade; Shrimp, Chicken, and Andouille Gumbo; Frozen Chocolate Bourbon Parfaits with Praline Pieces

LIGHT ITALIAN COOKING - Friday, 2/19/10, 6 – 9 pm \$55 (Registration Deadline: 2/12/10)

This light Italian meal represents the wonders of simplicity and flavor! Students will learn simple, straightforward methods in the preparation of these dishes.

MENU: Winter Minestrone; Shaved Fennel Salad with Oranges and Pecorino; Pappardelle, Butternut Squash and Radicchio; Individual Vin Santo and Golden Raisin Cakes

~ Kitchen Secrets ~

A bay leaf slipped into a container of flour, pasta or rice will help repel bugs.

Rub your hands on something stainless steel to rid them of onion or garlic odor.



CLASS REGISTRATION

Payment is due in full at time of registration. Classes are filled on a first-come basis. To reserve your class space, please complete the registration form below indicating your class preference(s), and return with your payment to **Bea Beasley, 906 Morgan Street, Santa Rosa, CA 95401-5223**

Name _____
Please Print

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-Mail _____
Please Print

My check for \$ _____ enclosed. This amount represents class enrollment for _____ student(s)

NOVEMBER CLASSES

- ON THE SIDE – Tuesday, 11/17, 6 - 9 pm, \$55 (Registration Deadline: 11/10/09)
- DINNER WITH BEA: FRENCH BISTRO—Friday, 11/20, 6 – 9:30 pm, \$75 (Registration Deadline: 11/12/09)
- ONE-BITE WONDERS - Monday, 11/30, 6 - 9 pm, \$55 (Registration Deadline: 11/23/09)

DECEMBER CLASSES

- THAI-LICIOUS —Friday, 12/11/09, 6 - 9 pm, \$55 (Registration Deadline: 12/4/09)
- INCREDIBLE EDIBLE GIFTS FOR HOLIDAY GIVING– Friday, 12/18/09, 6 – 9 pm, \$55 (Registration Deadline: 12/11/09)
- WINTER COMFORTS—Monday, 12/28/09, 6:30 – 9:30 pm, \$55 (Registration Deadline: 12/21/09)

JANUARY CLASSES

- DINNER WITH BEA—REMEMBERING JULIA—Friday, 1/8, 6 – 9:30 pm \$75 (Registration Deadline: 1/1/10)
- FRENCH CREPERIE—Friday, 1/15, 6 – 9 pm, \$55 (Registration Deadline: 1/8/10)
- THE NEW STREET FOOD—Monday, 1/18, 6 – 9 pm \$55 (Registration Deadline: 1/11/10)
- FLAVORS OF INDIA—Friday, 1/22, 11 – 2 pm, \$55 (Registration Deadline: 1/15/10)

FEBRUARY CLASSES

- CLASSIC THAI—Friday, 2/5/10, 6 – 9 pm \$55 (Registration Deadline: 1/29/10)
- DINNER WITH BEA—CELEBRATING MARDI GRAS—Friday, 2/12/10, 6 – 9 pm \$75 (Registration Deadline: 2/5/10)
- LIGHT ITALIAN COOKING—Friday, 2/19/10, 6 – 9 pm \$55 (Registration Deadline: 2/12/10)



CLASS INFORMATION

- Please arrive 15 minutes early to ensure a timely start to the class.
- If there are less than six students registered for a class, the class is subject to cancellation.
- Full payment (cash or check) is required at time of registration to reserve a place in class.
- Recipes are provided for those foods prepared in class, and a selected recipe is provided for the seated events..
- Menus may be altered due to availability of ingredients or new culinary inspirations!
- Please dress in casual clothing and comfortable, closed-toe shoes.
- Aprons are provided for in-class use during class.
- By attending a class, you agree to be photographed or filmed and give permission to use your likeness in promotional materials.

PAYMENT AND CANCELLATION POLICIES

- Groups of 5 or more for any one class and individuals who register for 2 or more classes in any one month receive a 10% discount. Please contact us by phone or e-mail to register your group.
- **At least 7 full days' cancellation notice is required for a refund. There are no refunds or credits when less than one week's notice is received.** We encourage you to find a substitute should you discover that you are unable to attend a class. Please understand that we cannot make exceptions.
- We must receive a group cancellation at least 21 days in advance to be able to provide a refund.
- **We reserve the right to cancel or reschedule classes due to insufficient enrollment.** In case of cancellation, students will be notified and full refunds will be provided.

UPCOMING SPRING CLASSES . . . The Tapas Bar, Pasta From Scratch, Flat Breads of the World, Under The Umbrian Sun, Artisan Breads In 10 Minutes and more! SUGGESTIONS FOR NEW CLASSES: _____

DIRECTIONS

From Healdsburg/Windsor/Guerneville

101 South to College Avenue Exit – Turn left on College and immediately get in the right lane – At second traffic light turn right. Come down about 1-1/2 blocks to 906 Morgan Street – Light green house with darker green trim – and park on Morgan near this address. There is a wide cement driveway/tenant parking area to the left of this address. Just walk straight back to 922A Morgan.

From Rhonert Park/Petaluma

101 North to College Avenue Exit – Turn right on College - At first traffic light turn right. Come down about 1-1/2 blocks to 906 Morgan Street – Light green house with darker green trim - and park on Morgan near this address. There is a wide cement driveway/tenant parking area to the left of this address. Just walk straight back to 922A Morgan.