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**Cooking Class Schedule Released at Top US Culinary Destination,
Chateau Chantal**

September 21, 2010 Traverse City, MI: Named a Top 50 US Culinary Destination by author Joe David in his book, *Gourmet Getaways*, Chateau Chantal Winery & Inn releases their popular cooking class schedule today. Spurred by the popularity of culinary tourism, Chateau Chantal's cooking classes are an annual hands-on experience that allows guests to share in your hard work at the end of the day. After your "work" is complete, enjoy the fruits of your labor with your fellow classmates over dinner, served with Michigan wines.

Led by Record Eagle food columnist Chef-Educator Nancy Allen or Chef Lynne Brach, guests experience a wonderfully entertaining and educational afternoon of hands-on preparation. Nowhere will you find a more enthusiastic, knowledgeable, and realistic cooking teacher than this team. All cooking classes are approximately five hours. Bring an apron and a favorite knife. Cooking class prices are \$125 per person. B&B packages available with discounted class pricing. Reservations can be made by calling the winery at 1-800-969-4009.

We have a great amount of professional class photography that we can provide you. Please peruse the selection on our web site at: www.chateauchantal.com/media.

Class Schedule Summary – Details Follow

January 8 12:30-5:30pm	Winter in Tuscany
January 22 12:30-5:30pm	Handmade Italian Pastas and Sauces
February 5 12:30-5:30pm	The Soups and Stews of France
February 19 12:30-5:30pm	Techniques of French Cooking
March 5 12:30-5:30pm	Techniques of Spanish Cooking
March 19 12:30-5:30pm	Country Cooking of France
April 2 12:30-5:30pm	Techniques of Italian Cooking
April 16 12:30-5:30pm	Pan Sauté/Pan Sauce
April 30 12:30-5:30pm	Spring in Tuscany

**January 8, 2010
Winter in Tuscany
Chef Lynne Brach**

Winter in Tuscany is a time of peace and quiet. The harvest of wine, tomatoes and olive oil is in; prosciutto and Parmesiano Reggiano are aging. It's time to settle back and enjoy the fruits of the harvest. Learn the dishes that sustain Tuscans throughout winter rain or sun. You'll learn trademark Tuscan techniques for creamy polenta, a classical Mushroom risotto, and dishes *like* stuffed pork loin with roasted vegetable and balsamic sauce, kale with garlic chips, winter tri-colore salad, a trio of Tuscan cookies and more.

January 22, 2010

Handmade Italian Pastas and Sauces

Chef-Educator Nancy Kreck Allen

You probably know that homemade pasta is tasty, healthy and impressive food, but you probably don't think of it as fast food. In this class you'll learn that you can get fresh pasta on the table in an hour—instead of taking all day. You'll learn traditional and modern techniques for making a variety of northern Italian fresh pastas *like* chestnut paparadelle with mushroom sauce, tagliatelle with Bolognese sauce, classic potato gnocchi with sage butter, ricotta gnocchi, meat and herb stuffed agnolotti, chickpea fettuccini with Tuscan pommarola sauce, fresh herb pasta and much more.

February 5, 2010

The Soups and Stews of France

Chef-Educator Nancy Kreck Allen

France's history, location, geography and climate have given birth to a patchwork of regions with strong identities and memorable dishes that reach back many generations. From the Germanic Alsace-Lorraine, to northern Brittany and Normandy, down through Bordeaux, Loire and Languedoc to Provence, the Southwest and Spanish-influenced Basque region, soups and stews are a prized part of any meal. In this class you'll prepare beloved regional soups and stews *like* smoky cabbage soup, roasted pumpkin and celery root soup, seafood stew, Lyonnaise rice and onion soup, rabbit and mushroom soup, puréed fish stew, Flemish chicken and cream stew or beef daube.

February 19, 2010

Techniques of French Cooking

Chef-Educator Nancy Kreck Allen

France is the mother-lode of codified technique and fine cooking. Each bounteous region has its renowned specialties—the North with its crepes and galettes, many kinds of seafood; Burgundy with gougéré, game and honey cake; Rhone-Alps with fine fowl, chocolate and sausage; the South with its tomatoes, garlic, olives, wild mushrooms, lamb, green lentils and cassoulet. After this class you'll surprise your family with deeply satisfying, time-tested techniques and dishes from all around France *like* potage Parmentier with watercress, crepes farcies, vegetables gratins, stuffed and breaded chicken breasts, mussels in white wine, salad of warm lentilles du Puy, gougère, lapereau a la moutarde, Provençal stuffed roasted tomatoes, braised leeks, salade Niçoise, herb-roasted chicken, slow-poached salmon with infused oil, oeufs meurette, salade endive au vinaigrette du échalote, cherry clafoutis, soufflé chocolat and crème brûlée.

March 5, 2010

**Techniques of Spanish Cooking
Chef-Educator Nancy Kreck Allen**

Spain, with its sun drenched landscape and intense variety of food traditions, has become a hot culinary destination. After this class and its lush offerings you'll understand why. You'll learn the art of making a few select tapas, those small plate dishes that always seem to satisfy; the art of making the perfect paella, eggy "tortillas" and dishes *like* empanadas, Spanish seafood stew, white gazpacho, flan and Galician apple tart.

March 19, 2010

**Country Cooking of France
Chef-Educator Nancy Kreck Allen**

Rural France, far from the restaurants of Paris or Lyon, is packed with the riches of the *terroir* or land and each *pays* or region. Instead of haute cuisine, in this class you'll explore *cuisine de femme*—woman's home cooking close to the garden and its seasons. You'll learn the inspiring techniques behind dishes *like* winter vegetable or cream of chestnut soup, Roquefort and caramelized onion tart, marinated goat cheese salad, fish in a salt crust or in hard cider sauce, fish quenelles, carbonnade de boeuf or beef bourguignon, salad Lyonnaise, aligot (potato and cheese purée), buckwheat galettes, butternut squash roasted with herbs, shallot confit, pissaladière, spice bread, walnut-pear tart or honey madeleines.

April 2, 2010

**Techniques of Italian Cooking
Chef-Educator Nancy Kreck Allen**

France may be the queen of technique and refinement, but Italy is the place where a passion for big-flavored, big-hearted and honest food began. Chefs consider Italy a "mother cuisine"—a cuisine of great influence. This class will guide you around Italy where you'll taste olive oils, prosciutto from Parma and San Daniele, Grana Padano, Pecorino Romano and the great Parmigiano Reggiano cheese. Absorb the spirit of Italy by preparing and dining on dishes *like* minestrone alla Genovese, Tuscan bean soup, grissini, potato focaccia, gnocchi, insalata di mare, cauliflower with raisins and pine nuts, zucchini a'scapece, Italian stuffed cabbage, risotto alla Milanese, fried calamari, polpettone (large meatballs) in a porcini gravy, sole in "saor" and a flurry of Italian desserts like apple tart in pasta frolla and semi-freddo.

April 16, 2010

**Pan Sauté/Pan Sauce
Chef-Educator Nancy Kreck Allen**

Sauce just makes everything taste better. It will add vibrant spark to your old favorite chicken and fish dishes and wow your friends. Don't settle for carryout when you're hurried and hungry. In this class you'll learn how to handle a sauté pan. You'll discover that in this one vessel you can prepare restaurant style meals that will surprise you and the secrets and technique for producing quick meals in a sauté pan without recipes. Break the mystery of

tasty pan sauces with dishes *like* chicken Marsala, chicken in green peppercorn pan sauce, chicken saltimbocca, poached salmon with beurre blanc, shrimp in Thai coconut curry and more. They are guaranteed to add elegance and style to your cooking repertoire.

April 30, 2010

Spring in Tuscany

Chef-Educator Nancy Kreck Allen

Spring is surely Tuscany's most beguiling season. The landscape fills your eyes with so many shades of green that words fail. Cypress trees, like columns of arrows pointing the way to heaven, line Tuscany's famed rolling hills. Medieval towns overlook a checkerboard fairyland of blossoming cherry, peach, apple and olive groves, wildflower carpets and row upon row of vineyards. Everywhere you look is a celebration of food. In Italy, food fills the soul and renews it. Learn the luscious and lively cuisine of Italy and techniques of Tuscany where Chef Allen taught and learned many of these dishes. You'll prepare dishes *like* wild forest leek and cabbage soup, pasta e ceci, stuffed artichokes with lemon caper sauce, asparagus three ways, Braised tuna "in zimino" (spring vegetable sauce), grilled chicken with arugula sauce, new potatoes baked with fennel, lemon biscotti and zabaglione with strawberries.

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Chateau Chantal is a unique development that combines a winery, vineyards, bed and breakfast, residence, six private home sites, and winding roads, all of which combine to create a "retreat into the Old World." The 65 acre site sits high atop a ridge 12 miles north of Traverse City, Michigan on the beautiful and historic Old Mission Peninsula. Chateau Chantal crafts many styles of wine, allowing the grape to dictate the style. The location's unparalleled views and outstanding staff play host to B&B activities, cooking classes, wine education opportunities, Tapas Tours, conferences and meetings, small weddings, and friendly regional wine events.