

Cuisine Couture

Cooking at The Center

You don't have to be French
to be a great cook!

We'll get you cooking with fun experiences, instruction and demonstrations from Chef Mete. You will also take home recipes from each class you attend. Learn to create a meal that will have everyone you know saying...

"C'est si bon!"

JUN 10

THE ART OF SAUTÉING

Sautéing is one of the quickest and most versatile cooking methods. Sauté comes from a French word Souter, which means to jump. And, this pretty well describes the technique as food pops and sizzles over the heat like it's jumping about.

You will learn to sauté Lamb Chops, Chicken Picatta, and Wiener Schnitzel.

JUL 10

MASTERING THE BRAISE

Braising comes from the French word braiser, and is a combination cooking method that uses both dry and moist heat. Braising of meat is sometimes referred to as "pot roasting", although some chefs make a distinction between braising and pot roasting.

You will learn to braise and stew meat: Beef Goulash, Beef Stew, Spaetzle, Braised Lamb Shanks.

See full course schedule on the back of this page.
To register for any class, visit www.crddev/.....



The Center
for Rural Development

REGISTER ME!

June — November 2014

Each class will be held from 6:30-8:00 p.m.
The cost to attend is \$25 for each class or
purchase all 12 classes for only \$250.

JUN 26

SOMETHING'S A-FOWL

Chicken is one of the most versatile dinner staples out there. But, many of us tend to cook the same thing over and over again. Chef Mete will teach you how to cut up and bone a whole chicken and how to stuff and truss a chicken for: Roasting, Coq au Vin, Chicken Cacciatore and General Tso's Chicken.

JUL 24

GETTING SAUCY WITH IT

Sauces can add pizzazz to hors d'oeuvres as well as main dishes. Chef Mete will teach the principles, methods and techniques of preparing sauces.

You will learn to prepare Béchamel Sauces: Chile con Queso, Macaroni and Cheese, Artichoke Dip, and Hollandaise Sauce served over Steamed Asparagus.

Cuisine Couture

Cooking at The Center

Here's What's Cooking!

June — November 2014

JUNE 10 - THE ART OF SAUTÉING

Sautéing is one of the quickest and most versatile cooking methods. Sauté comes from a French word Souter, which means to jump. And, this pretty well describes the technique as food pops and sizzles over the heat like it's jumping about. You will learn to sauté Lamb Chops, Chicken Picatta, and Wiener Schnitzel. \$25

JUNE 26 - SOMETHING'S A-FOWL

Chicken is one of the most versatile dinner staples out there. But, many of us tend to cook the same thing over and over again. Chef Mete will teach you how to cut up and bone a whole chicken and stuff and truss a chicken for: Roasting, Coq au Vin, Chicken Cacciatore and General Tso's Chicken. \$25

JULY 10 - MASTERING THE BRAISE

Braising comes from the French word braiser, and is a combination cooking method that uses both dry and moist heat. Braising of meat is sometimes referred to as "pot roasting," although some chefs make a distinction between braising and pot roasting. You will learn to braise and stew meat: Beef Goulash, Beef Stew, Spaetzle, Braised Lamb Shanks. \$25

JULY 24 - GETTING SAUCY WITH IT

Sauces can add pizzazz to hors d'oeuvres as well as main dishes. Chef Mete will teach the principles, methods and techniques of preparing sauces. You will learn to prepare Béchamel Sauces: Chile con Queso, Macaroni and Cheese, Artichoke Dip, and Hollandaise Sauce served over Steamed Asparagus. \$25

AUGUST 7 - STEAMING UP THE KITCHEN

Steaming is a moist-heat cooking technique that employs hot steam to conduct the heat to the food item. Another technique for cooking with steam is known as en papillote, or "in paper", where the food item is cooked in parchment paper or foil. Chef Mete will show you how to steam Perfect Vegetables, Pau-Chinese Buns, Fish en Papillote, and Salmon. \$25

AUGUST 28 - BEEFING THINGS UP

Beef is a versatile ingredient used in hundreds of dishes. In this class, you will learn how to prepare popular dishes such as Beef Wellington, and create some new dishes like Turkish Kofte Meatballs and Potato Casserole, and Beef Bourguignonne. \$25

SEPTEMBER 11 - GOING HOG WILD

Known as the "other white meat", pork is a popular food item on many tables. In this class, you will learn how to: trim, butterfly and stuff pork; tie and roast boneless pork roast; and make Stuffed Pork Chops, Carnitas (Braised Pulled Pork Tacos) and Pico de Gallo. \$25

SEPTEMBER 25 - FROM THE SEA

You're sure to have a whale of a good time as Chef Mete shows you how to clean and fillet flat fish lobster and prepare it for broiling or sautéing. You will also learn how to peel and devein shrimp. To top off the class you will learn how to make Shrimp Scampi, Crab Cakes and Teriyaki Salmon. \$25

OCTOBER 9 - EGG-CELLENT IDEAS FOR BREAKFAST

Sometimes our breakfast becomes pretty monotonous. Let Chef Mete help liven up your mornings! You will learn to prepare Quiche Lorraine, Omelets, Garden Frittata and Crêpes. Did you know that Crêpes, although often associated with France, are used widely throughout Europe and other parts of the world? \$25

OCTOBER 23 - FROM THE GARDEN

Roasting vegetables gives them a caramelized exterior and flavor while keeping the inside moist and tender. This showy cooking method easily feeds a crowd, or just a couple, and you get to pick the vegetables. In this class, you will learn to: Roast Peppers; Prepare Fresh Artichoke Hearts; Stuff Artichokes; and make Grilled Vegetable Skewers. You will also learn to make Pesto for use with sandwiches or pasta. \$25

NOVEMBER 6 - DIG THESE POTATOES

Potatoes are one of the world's most-loved vegetables because of their simple preparation, versatility and neutral taste. In this class, Chef Mete will teach you to make Potato Salad, Scalloped Potatoes, Lyonnaise Potatoes and Potato Gnocchi Pasta Dough. \$25

NOVEMBER 13 - MIXING IT UP

Chefs and seasoned cooks make their own vinaigrettes and salad dressings. When you learn the techniques for making your own, you'll be able to personalize the flavor. In this last class of the series, you will learn how to make: Basic Vinaigrette, Creamy Dressing, Mayonnaise and Potato Salad, Classic Caesar Salad, and Mixed Green Salad in Parmesan Frico Cups. \$25

Attend all 12 classes for *only* \$250.

©2014 The Center for Rural Development. All Rights Reserved.

Meet Chef Mete Sergin

Chef Mete Sergin is known throughout the region as a culinary master, and The Center is delighted to have him once again as an instructor for Cuisine Couture: Cooking at The Center.

Chef Mete was born and raised in the bay area of Marmara Sea of Turkey called Gemlik, known for the finest olives in the country.

Chef Mete came to the USA in January of 1990 and received a Master in Business Administration degree from Murray State University. He then moved to Louisville and studied Hotel Restaurant Management at Sullivan University. It was at Sullivan University that he took a Culinary Class and changed his career path.

Chef Mete received a Culinary Degree and worked as a chef/kitchen manager for two years at a popular southern restaurant called Patti's 1880's Settlement, located in Land Between the Lakes in Western Kentucky. He moved back to Louisville for a management position at Macaroni Grill. In 1998, he became Food Service Director at Sodexo and moved to Somerset to manage Oakwood's Food Services Department in 2003.

He has served as adjunct faculty teaching Culinary Classes at Sullivan University in Lexington for three and half years from 2007 to 2010 and helped open the Culinary School of Somerset Community College at McCreary County.

