



## COOKING CLASSES – Spring 2008

REGISTER ONLINE @ [www.elephantwalk.com](http://www.elephantwalk.com)

**April 12 • “Cambodian New Year”** with *Chef/Author Longteine de Monteiro*

Inspired by the many new adoptive parents of Cambodian children who have taken Nyep's classes in the past, seeking a deeper understanding of their children's native cultural heritage, this very special class will explore the culture and traditions of Cambodian New Year (celebrated every April 13th, 14th, and 15th) including New Year's food and games! ~ Get ready to roll up your sleeves and learn how to work with sticky rice!

**April 19 • “Light Cambodian Curries”** with *Chef/Author Longteine de Monteiro*

Cambodian culture and cuisine has its distant roots in India – world-famous for its curries. Well, it should be no surprise then that Cambodians have some delicious curries of their own. - In this class you'll learn a lot about lighter curries, where they come from, and how they are made. Although you can buy something called “curry powder” in the supermarket, curries are actually complex blends of herbs and spices that are fun to make, full-flavored, delicious and satisfying. Time to unravel the mystery that is curry and learn to make them yourself!

**April 26 • “Fusion Cuisine”** with *Executive Chef Nadsa de Monteiro*

A fixture on our Boston restaurant's dinner menu since Day 1 in 2004, if you've ever tasted the “Filet de Thon Saisi aux Deux Coulis Pimentés” – that's the sushi-grade tuna with red and green chili sauces and pear & wonton-skin raviolis – you've tasted Nadsa's very first “fusion” dish. Generally fusion cuisine is thought of as combining the ingredients and techniques of two or more cultures in a single dish. This practice is hugely popular in restaurants today, but it doesn't always work, often resulting in clashing rather than complementary flavors. In this class Nadsa – a Cambodian native, once a French citizen, and now American - will share her multi-ethnic perspective on what makes a successful fusion dish, and you'll learn-by-doing to prepare some yourselves. – **N.B. The Elephant Walk in Waltham, under Nadsa's direction, was awarded a 2007 Best of Boston award by Boston Magazine for “Best Fusion Cuisine”**

**May 3 • “Freshwater Fish and Shellfish”** with *Chef/Author Longteine de Monteiro*

Yes, Cambodia has lots of ocean frontage on the Gulf of Thailand, but the “seafood” most prized by Khmer's comes from their rivers – including the Mekong - and the great lake Tonle Sap. Both fish sauce and the quintessentially Khmer *prahok* [preserved featherback fish] are extremely salty, so brininess can't be considered a serious difference maker. What is? Sorry, you're going to have to take this class for that answer! But we will let you in on one secret: Nyep LOVES Cambodia's giant freshwater prawns...

**May 10 • “Southeast Asian Spices”** with *Executive Chef Nadsa de Monteiro*

Herbs and spices and how they're used are what most distinguish culinary traditions from one another. This class will explore how the cultures of Southeast Asia – Cambodia, Laos, Vietnam and Thailand – have assimilated the powerful influences of India to the west and China to the north and developed their own unique flavor profiles and preferences.

**May 17 • “Vegetarian and Vegan Cambodian Cooking”** with *Chef/Author Longteine de Monteiro*

Cambodian cooking is a versatile, vegetarian delight. In this class Nyep will share some very healthy, tasty vegetarian and vegan recipes that are at once exotic and yet simple enough to include in your everyday repertoire.

**June 7 • “Quick and Healthy Stirfries”** with *Chef/Author Longteine de Monteiro*

Delicious, light and healthy dishes that you can prepare quickly are the “Holy Grail” for the modern cook. The good news is that Nyep's personal taste and instincts tend that direction too. Join her for this class in which she will share her thoughts on stocking a pantry with speed, flavor and nutrition in mind, and some Cambodian stir-fries that make good use of those ingredients.

**June 14 • “Doing It All On Market Day”** with *Chef/Author Longteine de Monteiro*

This popular class has become legend—a genuine adventure, an improvisational all-day journey for those who want to immerse themselves in Southeast Asian culinary culture. A chauffeur-driven mini-bus will transport you with Nyep to pan-Asian and Cambodian markets where Nyep will de-mystify all those obscure ingredients for you, while also helping you to judge quality and freshness. You'll purchase the day's choicest meat, seafood, and produce and then return to Nyep's home where you will prepare together, using your purchases, a sumptuous meal to share. – **This is an all-day class with a special price: \$145 per person.**

**June 21 • “Gourmet & Gluten Free!”** with *Executive Chef Nadsa de Monteiro*

Gluten is the “offending protein in specific cereal grains that are harmful to people with celiac disease,” notes the celiac disease foundation website. Wikipedia identifies it as an autoimmune disorder that affects approximately 1% of the Caucasian population. One percent doesn't sound like much but apply it to the populations of North America, for example, and suddenly we're discussing millions of people.

We discovered several years ago with the some education and encouragement from a number of earnest guests at The Elephant Walk who were also sufferers of celiac disease and looking for a safe, gourmet meal, The Elephant Walk's Cambodian core menu is already substantially gluten-free! (It certainly doesn't hurt that rice is safe...) With advance planning much of our French menu can be safely adapted as well. After some gentle prodding from some of our guests who are celiacs, Nadsa took the obvious next step and developed this Gluten-Free Cooking Class! - Please join Nadsa as she discusses how easy it is to prepare a rich, exciting, gourmet, gluten-free meal with strong global influences. Just because some traditional pantry staples are off-limits doesn't mean celiacs can't eat just as well as the rest of us!

**June 28 • “Grilling, Cambodian and French Style!”** with *Chef/Author Longteine de Monteiro and Chef Gérard Lopez*

Time to jump start your summer! - As you know, The Elephant Walk serves both French and Cambodian cuisine. With such a strong (and deliciously understandable!) emphasis on traditional American barbecue in this country, what you may NOT know is that both the French and Cambodians do a lot of grilling too. Outdoor grilling lends itself to great social and family gatherings. With summer well under way, come learn some surprising new, delicious ethnic recipes and techniques to add to your repertoire for “Grilling Season 2008!” - This class will be co-taught by chefs Gérard Lopez and Longteine “Nyep” de Monteiro.

**SPECIAL FEATURE: GUESTS WELCOME!** To celebrate the social aspect of outdoor grilling, each student is encouraged to invite one guest to join them at 1:00 p.m., as the “business” portion of the class is winding down. Then, as the newly-trained, multi-ethnic pit-masters show off their new skills, together the group will share the wealth of delicious dishes prepared in class, accompanied by some fresh summer salads. - This class will take place at Nyep's Jamaica Plain home. It will run from 10:30 a.m.-1:00 p.m. to be followed by lunch. In case of rain on June 28th, the class will be postponed until Sunday, June 29th. The cost is \$79.