



LAURA STEC

I N N O V A T I V E C U I S I N E

HEALTHY COOKING CLASSES

These half hour or one hour classes are perfect for any office setting. No kitchen is required. Two or three dishes, designed to highlight foods of the season, are prepared in class. Recipes and food samples included. Classes can be designed to fit individual requests. Popular classes include:

Easy Cuisine – Quick Cooking for Optimal Health

No time to cook? Learn tips that cut down on prep time spent in the kitchen. Topics include: Easy seasoning techniques, knife sharpening, “quick-cut” vegetables, and setting up your kitchen for an “easy cuisine.”

Higher Flavor, Lower Salt and Fat

What fats should we eat and how much? Why is our salt intake double what’s recommended? We discuss reducing salt, increasing flavor, and using fat in cooking to our advantage. Also full flavor-flavoring agents, “make your own sauce,” and enhancing umami.



Eat More Vegetables

Eat more vegetables by learning how to bring out their secrets. Topics include: Why to keep water as far away from vegetables as possible, the energetics of food, shopping and storage, and Three Easy Techniques that will turn you and yours into voracious vegetable eaters.

Snack Attack!

Laura demo's healthy, easy to make snacks for adults and / or children and we finish with a 15-minute hands on session where participants make their own.

My Vegetarian Family Member is Driving Me Crazy!

Laura was a vegetarian for 17 years, is no longer, but still kinda is... Learn the importance of "umami" in veggie cooking, and dishes that can be veggie or meat in the same meal. Also addressed are plant protein substitutes and using meat as a condiment, instead of the main dish.

Healthy Grilling Party

This outdoor class teaches quick tips for grilling mastery. Learn healthy grill options, grilling the "unexpected," and The Best Marinade Ever. Class requires an onsite grill.

Leftover Makeover

Turn last night's dinner into lunch or tonight's yummy dinner. We start by making basic vegetable and grain dishes, then turn those foods into many different meals.

Guys in the Kitchen – Knives, Dudes and Game Foods

This modern-day charcuterie tasting plus knife handling class is perfect for men, but fine for ladies too! While munching on an easy platter guys can whip up before the "big game" (no cooking required), we'll learn knife care and sharpening tips.

Home for the Holidays – Appetizers and Side Dishes

How many holiday parties have you left feeling bloated and overloaded? Learn dishes that liven up the festivities and flavor but balance out blood sugar. We address party & menu planning, table display, appetizer absolutes and time saving tips. Chef Laura has put on 100's of parties – she's a classic party girl!

Farm to Fork with the Seasons

Seasonal eating... is it really healthier, better tasting, or just more expensive? We'll discuss: vegetable and meat CSA's, farmers markets, the "Dirty Dozen and Clean 15," and visiting farms near you. Recipes highlight the best of what's in season.

Manage Your Microbes

According to new studies, we are more bacteria than human! (10 X more) So what do THEY like to eat? We lack complete understanding, but believe the "beneficial bugs" enjoy a more plant-based diet. Learn fascinating info about our gut life and recipes that support it.

HANDS ON CLASSES / LECTURES



Appy Hour!

Everyone should host a party once a year – it is your ticket into all the other parties! Learn delicious, quick appetizers with an emphasis on vegetables. Students make their own after watching the “how-to.” Handouts address party and menu planning, table display and appetizer absolutes.

Basic Knife Skills

A sharp knife is the most important tool in the kitchen. You’ll learn how to slice, dice, chop using many different vegetables. We discuss proper knife handling and care. Bring your own knife. This class is for 10 participants or under.

Shopping and Cooking for Time, Taste, Cost and Kids (lecture + mini cook class)

A crash course on deliciously healthful and helpful tips and tricks. Mark this as one of the most useful presentations you sat thru in awhile. We’ll look at current research and trends in health and wellness, what motivates adult and child food choices, and how to make healthful changes considering time, taste preference, and cost. A mini cooking demo completes the presentation.

TASTING CLASSES

Taste Your Way Thru the Book! A Cool Cuisine

While chatting about the topics in Cool Cuisine – Taking the Bite Out of Global Warming, we prepare and taste recipes from Laura’s book, plus learn cooking tips and “stories behind the food.” Earth Day is Every Day! Menu can include:

- Taste of California Artisan Cheese and Vegetable Platter, highlighting bee pollinators
- Grass-fed Beef Crostini with Arugula, Local Dry Jack, and Green Peppercorn
- Palette Cleanser – Honey Sparkler
- Popping Chocolate Gomasio over High Vibe Ice Cream
- Green Drinks and the “Red, White, or Green?” wine list.

Tour California – Homestead Cheeses and a Red, White, or Green Wine Taste

Let's go on a virtual tour of the sunshine state and visit her artisan cheese makers and sustainable vineyards. We'll taste their work and learn their remarkable stories. We'll also discuss plan your own California food tours—a perfect way to add a delicious, new dimension to any road trips around the state.

Port, Cheese, and Chocolate

All three at once? Absolutely! We address the science (or lack there of) of wine pairing, then taste 4 different ports alongside a variety of classic and unexpected pairings. What works, what doesn't? You decide.



CLASS DETAILS

1. Cooking classes include demo and tasting of 2–3 dishes. Additional recipes can be added. Handouts emailed a few days before to copy or distribute to attendees via email. Classes designed to fit budget.
2. Laura may bring in a portable induction stovetop (depending on menu). This stove is designed for indoor use. No smoke is created. If class is outdoors, we can use an onsite grill. We can also design the menu so no stove is needed.

CLASS NEEDS

1. Two 6–8ft tables, preferably placed so the majority of students can be as close to the demo area as possible.
2. A rolling cart (nice, but not necessary) .
3. An approximate student count before the class, and the class theme.



ADDITIONAL SERVICES

(PLEASE INQUIRE FOR DETAILS AND FEES)

1. Corporate Wellness Events / The Food Party!

Book us for your next wellness event. Try a Discovery Bar or a 5–Minute Cooking Class that repeats throughout the fair. We also collaborate with Sigona’s and The Fruit Guys for an onsite farmers market, or bring it all in for a pop up Food Party! (see flyer for more info). Chef Stec also pairs with Dalia Perelman RD, CDE, from Palo Alto Medical Foundation in a presentation from both the chefs and nutritionists point of view.

2. Sales or Food Service Training Forum - Green Cuisine

Consumers are increasingly interested in the story behind their food and willing to pay extra for it. In order to sell at a premium, kitchen & sales staff need tools and information that feed clients' mind, heart and stomachs. This premier forum helps industry leaders sharpen sales skills for today’s trends, navigate message and price point challenges, and learn effective tools to advance company goals.

3. Lectures / Keynotes

Based on her book Cool Cuisine, Chef Stec speaks to groups of all sizes about healthy people and planet current events and trends. Presentation list at www.laurastec.com.

4. Bay Bridge Wine Tasting

Did you know there are over 50 “urban” wineries circling the bay, including 15 on Treasure Island alone? Any class can be paired with these super-local wines. Not Santa Cruz Mountains or Livermore, right around the Bay. Handouts include a Bay Bridge Wine Tasting map, encouraging your own weekend exploration.

ABOUT LAURA

Laura Stec is a chef, educator and author, specializing in events and products for healthy people and the planet. She is a private and corporate chef, and Culinary Health Educator for Kaiser Permanente and Bay–Area corporate wellness programs. The Food Party! is her featured blog for San Francisco–based Embarcadero Media. Past positions include chef instructor for Lifelong Inc. and consulting chef for the International Culinary School. As Corporate R & D Chef for Pescadero Foods Inc., Laura worked on–farm with pastured–raised chickens, and on a local–food line for the National School Lunch Program. In 1988 she founded EcoEaters, a premiere food and environment education program in the U.S., and lectures nationally and internationally about healthy people, healthy planet connections. Her book, Cool Cuisine – Taking the Bite Out of Global Warming, is co–authored with atmospheric scientist Dr. Eugene Cordero. Laura also volunteers with Michelle Obama’s Chefs Move to School program and does a lot of cooking and food education classes for elementary, middle and junior high schools.