



LAURA STEC

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

COOKING CLASSES

These 1/2 - 1 hour 30 - 60 minute classes are perfect for any office setting. No kitchen is required. Three or more dishes and tastes are prepared, designed to highlight foods of the season. Recipes and food samples included. Classes can be designed to fit individual requests. Popular classes include:

EZ Cuisine – Quick Cooking for Optimal Health

No time to cook? Learn tips that cut down on prep time spent in the kitchen. This class, or Eat More Vegetables, are usually the first classes taught at a company; they stand well on their own, or set the stage for further learning. Topics include: EZ seasoning system, knife sharpening, Seasoning Lesson #1 & #2, and adding in grains and protein for a complete meal.

Higher Flavor, Lower Salt, Better Fat

What fats should we eat and how much? Why is our salt intake double what's recommended? We introduce umami, how to increase flavor with more than fat and salt, the difference between fats, which are the best to eat, and make our own season-shakes like mushroom powder and gomasio.



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, the science of caramelization and

difference between nitrogen and carbohydrate in cooking, shopping and storage for best veggies, and Three Easy Techniques that will turn you and yours into voracious vegetable eaters.

Snack Attack!

We snack because we are stressed, bored and especially because we replace meals with munchies. Learn to snack healthy with 100 - 150 calories. Class demonstrates sweet and savory options, and finishes with an optional make-your-own session. Vegetables as snack are highlighted. This can be an adult class or one for children.

Street Food - Disrupted

Healthy takes on the quick, fabulous dishes found at favorite popup markets around the Bay.

My Vegetarian Family Member is Driving Me Crazy!

Laura was vegetarian for 17 years, and still eats primarily in this style. Learn the importance of “umami” in veggie cooking, and how to cook for a family of different tastes. Explore 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 fast fare. We start with 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.

The Perfect Brunch

Fluffy and creamy, or watery and tight - how do your eggs cook up? What’s the perfect temperature, why add fat, and when to salt? Learn scrambled secrets and the science behind eggs-cellent eggs. We’ll cook up dishes like the best bacon, veggies for breakfast, healthy morning “creamsicles” not-sweet breakfasts, and the only pancake you’ll eat from here forward.

Sugar Blues - Cooking with Less Sweet

There are a lot of new sugars on the market: agave, brown rice, date and carob syrup, barley malt, coconut palm, moscovado. How do we use them and which ones are better? Sort out the new world of baking and learn to sweeten with little or no added sugar.

Inflammation Be Gone

Many foods in our Standard American Diet (SAD) contribute to the overwhelming epidemic of arthritis and joint pain. In this class we learn to reduce and replace some of the biggest contributors to inflammation found in our diets, specifically refined carbohydrates, sugar, dairy and gluten.

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. We discuss fermentation, and make and taste pickles, kombucha, miso, nutritional yeast, tempeh, koji and others.

DIY Homestead Cheese

This class covers the basics of dairy—how acid and bacteria form curds and whey. In class we make fresh ricotta, paneer, mascarpone, chèvre and butter, and we sample with bread and a swig of wine.

I Hate Cooking - Now What?

Don't like to cook? Let's talk options like an EZ Seasoning system, effective incorporation of prepared foods with fresh ingredients, quick cut veggies, and the importance of the right tools for the job at hand. Learn to shorten the time needed to cook and how to enjoy it more. Class can include knife skills session.

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.

SERIES CLASSES

The Food Classics - Exploration of a Sauce

A series with Julia Child, Jacques Pepin, Charles Phan, Harold McGee and Laura Stec. Read any of their writings. Come share what you learn while we cook from their books. "Sauce" is the series thread. We cook and taste the differences and similarities of sauces while we learn the science behind the dishes and thickening of a sauce.

Featured Classes & Books

Class #1: French - Julia and Jacques Cooking at Home

Class #2 Vietnamese - Modern Vietnamese Cooking (Charles Phan, Slanted Door)

Class #3 Macrobiotics - On Food and Cooking (Harold McGee) & Cool Cuisine - Taking the Bite Out of Global Warming (Laura Stec)

The Building Blocks of Healthy Eating

Cooking is all about tips, and the more you know, the better cook you'll be! This series offers the foundations of healthy cooking, with each class building on the other. In the last class, we combine all we know into a delicious, quick-cook meal.

Class #1: Vital Veggies

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 an EZ Seasoning system that will allow you complete control and satisfaction.

Class #2: Grains for the Future

Refined is a compliment to your sense of style, but for your diet it's another matter entirely. Eating whole grains is your ticket to a reduced risk of heart disease, high cholesterol, diabetes and it's what your brain runs on!. Taste new options and learn the Three Stages of Cooking Grains, the Condiment Plate, and how to think about incorporating grain in new ways.

Class #3: Clean Protein

Plant-based proteins (tofu, tempeh, beans, seitan, faux meats, crickets) are the rage. Learn how to incorporate more into your diet with recipes that appeal to even meat-lovers! This class combines what we learned in the first two classes, into complete, easy to prepare dishes. We'll tackle meal time when both vegetarians and meat-eaters sit at the same table.

Breakfast - Lunch - Dinner

This course splits the series into three meals, with tips and tricks for quick breakfast, lunch to-go for work or school, and an easily assembled dinner after a long day away.

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 or more dishes. Handouts emailed before class for copying or emailing to attendees. Budget based on number of people and hours at event
2. Depending on the menu, Laura may bring in a portable induction stovetop, 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 used.

CLASS NEEDS

Two 6-8ft tables, preferably placed so the majority of students can be as close to the demo area as possible.

An approximate student count before the class, and the class theme.

HDMI availability or VGA projector for cutting board closeups.

ADDITIONAL SERVICES

(PLEASE INQUIRE FOR DETAILS AND FEES)

1. Corporate Wellness Events

Book us for your next wellness event. Try a 5-Minute Cooking Class that repeats throughout the fair. Add an onsite farmers market, Discovery Bar, or a pop up Food Party! (see flyer for more info). Chef Stec also pairs with Dalia Perelman RD, CDE, from Stanford Medical for a class from the chef & dietician point of view.

2. Lectures / Keynotes

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

ABOUT LAURA

Laura Stec is a chef, educator, author and speaker, 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 worked with Michelle Obama's Chefs Move to School program, Tasting Week, Chef's Collaborative and continues to volunteer teach cooking and food education classes for elementary, middle and junior high schools.