

Mrs. Dornberg's Culinary Experience Class Types

Demonstration Classes (Indicated by (D) in class listing)

These classes provide an in depth look at specific cooking topics, techniques and ingredients that feature interactive and informative lessons, recipes, tips and of course, samplings of everything prepared during class.

Hands-On Classes (indicated by (H) in class listing)

These classes provide in-depth instruction and practice on a specific skill or technique. Working in groups of 2-4, you actively participate and practice each step of the cooking process and take-home detailed information for each recipe, valuable tips that were used and, in some cases, the food you prepared during class.

Cooking 101 – 4 hands-on sessions (12 total hours)

Our signature hands-on cooking series! Join us for this weekly, small group, hands-on class series that puts you in the kitchen! You will learn basic cooking techniques, become familiar with ingredients and kitchen tools, explore different flavors and share the cooking experience with others. Each session will focus on one or two fundamental skills or techniques as you and your fellow students learn the step by step preparation of 2-3 core dishes that you will take home to share with family and friends. You will build a library of go-to, basic recipes and master core skills and techniques while you gain confidence and proficiency in the kitchen that will translate into healthier eating and overall improved well-being. Whether you are new to cooking or just want to hone and improve your core skills, this class is for you!!

Session 1: Soup and Stock

Session 2: Sear & Sauté

Session 3: Roasting and Cooking in Packets

Session 4: Braising and Stir-fry

Basic Knife Skills (hands-on)

A MUST CLASS FOR EVERYONE! The backbone of any great cook is the ability to properly use a chef's knife. Prep is the most time-consuming part of any recipe, so becoming proficient in this area will make cooking faster, easier and more enjoyable. In this class, you will participate in a small group hands-on chopping session! You will learn how to mince, slice and dice various vegetables and herbs. We will also discuss the basics of knife selection, care, honing and sharpening.

Academy of Culinary Nutrition Workshops (demo)

As a Certified Nutrition Expert and Certified Instructor from the Academy of Culinary Nutrition, Mrs. Dornberg has extensive experience in recipe development, therapeutic foods and cooking for health. She is also a certified instructor for the Academy of Culinary Nutrition and facilitates Culinary Nutrition focused workshops on topics such as Eating for Awesome Energy, Fearless Fermentation, Allergen Friendly Meals, Anti-Inflammatory Eating, Cooking for Great Digestion, Best Healthy Breakfasts, Meal Prep Made Easy and Smoothies & Elixirs. These workshops teach you the best (and worst) foods to eat for health, how to prepare easy from-scratch meals at home and empower you to take control of your health through better food choices!

Wine Pairing Classes

A great well-matched glass of wine can make a dish or meal even more enjoyable. In our wine pairing classes and dinners you will not only learn how to prepare the food, but you will also learn to pair it with the right wine.

Power Up with Plants

We can all benefit from including more plants in our daily diets. Whether you are vegan, vegetarian or just want to increase the plants in your diet this class is for you! You will walk away knowing how to shop and prepare plant-based dishes as well as learn the nutritional and medical benefits they have. Each month will have a different theme.

Lunch & Learn Sessions

These sessions cover a variety of cooking, nutrition and healthy lifestyle topics. You will receive recipe hand-outs, recipes and of course, a delicious topic related lunch.

Cooking Fundamentals

Our Cooking fundamental classes focus on basic cooking techniques and skills that will help you become a more confident and inspired home cook. Topics include: Veggie Power, Salad 101, Chicken 101, The incredible Egg, Soup 101, Herbalicious and more!