



HANDS-ON COOKING CLASSES AND GOURMET RETREATS IN NAPA VALLEY WINE COUNTRY



The world-renowned wine country of Napa Valley is the perfect setting to combine a quick getaway with a fun and informative cooking class. Experience hands-on cooking classes in the professionally equipped kitchen of CasaLana Bed and Breakfast located in the charming, quaint town of Calistoga. As an historic spa/resort destination, Calistoga is renowned as the "Hot Springs of the West" and offers a walkable historic downtown, boutique shops and world-class restaurants. Travel to Calistoga is convenient from Oakland, Sacramento and San Francisco International airports.

The many options offered by Gourmet Retreats include - Recreational Cooking classes ranging from 5 hours to 2 days; extensive Culinary Learning Vacations of 3 or 5 days; Culinary Tours of Napa Valley and central Mexico; customized private group classes; Team-Building and Corporate classes;

The course are geared to avid home cooks and food enthusiasts at all levels of culinary experience. The intimate class size of eight to twelve students allows direct interaction with the teachers and personalized instruction. The CasaLana gardens offer an abundant source of inspiration for the seasonal menus. Students harvest fresh herbs, fruits and produce for use in the preparation of the recipes. Accommodations are available at CasaLana B&B for an additional fee.

Gourmet Retreats provide everything you need for your culinary adventure...

All you need to bring is your appetite for knowledge and fun!

Register On-Line

www.GourmetRetreats.com

CLASSES AND PRICING - 2010

CULINARY LEARNING VACATIONS

3-day course: \$650 per person

5-day course: \$1150 per person

ESSENTIAL SKILLS - The Culinary Learning Vacations focus on essential skills ranging from basic cooking techniques to advanced. Skills that you will use everyday and that will give you confidence in the kitchen. The 3-day course is geared to beginning level cooks who want to build a solid foundation of skills. The 5-day course is appropriate for cooks of intermediate to advanced skill level. However, the classes are tailored to the level of participants and whatever your level you will leave with new skills and knowledge. The *Culinary Learning Vacations* cover topics ranging from preparing stocks, soups and sauces to cooking techniques for various cuts of meats, fish and vegetables. We talk about the difference between braising and roasting and why you should do one versus the other. Each day we'll work with recipes that incorporate a variety of cooking methods such as sautéing, roasting, broiling and poaching. You will also learn basic cutting techniques, how to choose the right knife for the task, as well as how to select and care for your knives. We study flavor dynamics and balance as you learn to enhance flavors while adding your own style and flare to the dishes we create. Menus are seasonally adjusted but may include items such as *Roasted Butternut Squash and Pear Soup; Caponata; Flat Bread with Grilled Vegetables; Herb Crusted Tenderloin; Salmon en Papillote; Hazelnut Biscotti* and more. We will make pantry recipes to have on hand for everyday cooking like *Red Pepper Aioli; Sundried Tomato Pesto* and *Garlic Bechamel*.

Students receive a detailed reference manual with recipes, logo apron, and meals prepared by class served with wine/beverage. Accommodations are additional.

BOOT CAMP FOR COOKS

5-day course: \$1450 per person



The 5-day Boot Camp for Cooks is geared to advanced level cooks who are confident in the kitchen but want to expand their skills to a new level. Building on your culinary expertise you will learn techniques to allow you more creativity in the kitchen. Students will make stocks which are used as a base for other recipes and sauces. You will learn about flavor dynamics and presentation skills. Topics covered include primary and secondary sauces, egg-based sauces, bread baking, pastries, ingredient selection and storage, pantry essentials, menu planning and entertaining; and much more. Learn about different products with comparative tastings and how to use them to enhance your favorite recipes.

Students will harvest herbs, vegetables and fruits from the gardens at CasaLana when available to use in the recipes prepared. Menus are seasonally adjusted but may include items such as *Gingered Carrot Soup with Creme Fraiche; Vegetable Strudel with Sauce Soubise; Semolina Flat Bread with Grilled Vegetables; Hand-made Raviolis with Roasted Vegetables and Pesto; Herb Crusted Rack of Lamb; Pan-Seared Salmon; Creamy Risotto; Warm Chocolate Soufflé with Crème Anglaise* and more. We discuss pantry essentials and prepare recipes that enhance your every-day meals like *Olive-Caper Relish; Spicy Remoulade; Pickled Beets and Peach Chutney*.

In addition to our daily kitchen sessions, we will travel to local culinary points of interest. We may take an excursion to Oxbow Public Market or the Culinary Institute of America for a cooking demonstration and garden tour. Or, we may visit a winemaker, grower or farmers' market to learn about food at the source, how to select the season's best picks and pairing food and wine when planning menus. Mornings and late evening are free time for you to enjoy and explore the Napa Valley on your own.

Students receive a detailed reference manual with recipes, logo apron, and meals prepared by class served with wine/beverage. Accommodations are additional.

CULINARY TOURS

Epiculinary Flavors of Napa Valley

The Epiculinary Flavors of Napa Valley program combines the kitchen learning experience of the culinary learning vacation with expanded excursions in the Wine Country and 5 nights accommodations (based on double occupancy). Tour dates are indicated on the schedule as Flavors of Napa Valley. Visit the Gourmet Retreats web site for a detailed itinerary and topics.

\$2275 per person - 5 nights (double occupancy)

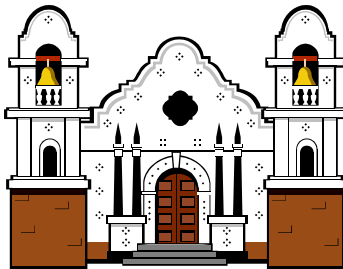
Non-Cooking Companion \$1375 per person

Gourmet Retreats in Mexico

Gourmet Retreats partners with well established tour companies to offer culinary tours to the historic cities of San Miguel de Allende, Guanajuato and Oaxaca, Mexico. The week long tours include 6 nights accommodations; 4 - 5 hands-on cooking lessons; market tours and more. Tour dates are shown on the schedule as Gourmet Retreats in Mexico. Visit the Gourmet Retreats web site for a detailed itinerary. Other dates can be arranged for private tours.

\$1950 per person - 6 nights (double occupancy)

Non-Cooking Companion \$1750 per person



GOURMET WEEKEND RETREATS

2-day course: \$350 per person

The *Gourmet Weekend* classes offer a recreational cooking experience where you will learn a variety of recipes and techniques while enjoying great food. Your retreat begins Friday as we prepare a multi-course meal incorporating various cooking techniques. The course continues Saturday morning when you prepare a delicious brunch to enjoy before your departure in the afternoon. Menus are planned based on seasonality and product availability, and feature a particular ethnic cuisine or style of cooking. Topics and menus for the Gourmet Weekends are posted on the web site.

Students receive recipe hand-outs and meals prepared by class served with wine/beverage. Accommodations are additional.

WINE COUNTRY CLASSES

1-day course: \$175 per person

The *1-day Wine Country* classes offer a recreational cooking experience where you will learn recipes and techniques specific to the theme of the class. Menus are planned based on seasonality and product availability, and feature a particular ethnic cuisine or style of cooking. Topics and menus for the Wine Country Classes are posted on the web site.

Students receive recipe hand-outs and multi-course meal prepared by class served with wine/beverage. Accommodations are additional.

Feast from the Sea- Jan 16

Learn tips and techniques for preparing seafood well. This class will focus on using a variety of seafood in some classic recipes. The menu may begin with a *Hearty Seafood Chowder* or *Dungeness Crab Cakes served with Spicy Remoulade*; for our main course we may prepare a delicious seafood stew such as *Cioppino* or perhaps a *Seafood Jambalaya*. We wrap up our feast with a soul-satisfying dessert such as *Crème Brulee* or *Spiced Fruit Crisp with Bourbon Cider Sauce*.

Tapas - Apr 17

Tapas are those wonderful 'small plates' from Spain that everyone is talking about. People often make a meal from grazing on an assortment of Tapas. Learn how to make these easy Tapas for family & friends. You'll love the bold, new flavors! Our menu will include recipes such as *Spanish Sherry, Olives & Almonds*; *Eggplant & Roasted Pepper Spread*; *Roasted Asparagus with Serrano Ham and Aioli*; *Gambas al Ajillo (sautéed shrimp in garlic & wine)*; *Empanadilla with Chorizo*; *Pimientos, & Spinach*; *Grilled Vegetables with Romesco Sauce*; *Manchego & Zucchini Tortilla* plus some special sweet treats.



Latin Grill Favorites - July 24

Come and explore the flavors of Latin cuisine incorporating bountiful summer produce with outdoor grilling. We will prepare some updated favorites and also introduce you to some new products and flavors. Our menu will include recipes such as *Shrimp Quesadillas with Fruit & Chipotle Salsa*; *Grilled Vegetable & Goat Cheese Chile Rellenos*; *Grilled Achiote Chicken with Salsa Verde*; and *Grilled Plantains & Pineapple with Cajeta & Crema*.

Flavors of Tuscany - Oct 2

This class will teach students about the flavors and preparation of some Tuscan favorites. Learn how to make pizzas from scratch; homemade pasta dough and cannelloni; aioli; and a classic Italian dessert, Panna Cotta! Our menu will include favorites such as *Pancetta Wrapped Prawns with Roasted Red Pepper Aioli*; *Wild Mushroom and fresh Herb Pizza*; *Radicchio, Arugula & Endive Salad with Shaved Parmesan Reggiano, Extra Virgin Olive Oil and Lemon*; *Lamb Parmesan with Homemade Cannelloni and classic Marinara* and *Panna Cotta with Fruit Coulis*.

Plan Well to Dine Well - Holiday Specialties - Dec 11

Holidays are such a busy and often stressful time that entertaining can seem like a chore instead of fun. This session will give you some delicious recipes to add to your repertoire and make your holiday entertaining fun again. They are sure to impress your family and friends, yet keep you out of the kitchen and in the party. *Sundried Tomatoes, Goat Cheese & Fresh Herbs*; *Wild Mushroom Soup with Black Pepper Whipped Cream*; *Bourbon Pepper Tenderloin with Cabernet Sauce*; *Point Reyes Blue Cheese Mashed Potatoes*; *Wilted Winter Greens and Warm Chocolate Soufflés with Crème Anglaise*

CHEF INSTRUCTORS AT GOURMET RETREATS

Lana Richardson is the host and founder of Gourmet Retreats at CasaLana. With almost twenty years experience in the corporate business world, Lana left a successful career in the software business and enrolled in the chef program at the California Culinary Academy. After graduating with top honors, she was chef at Walnut Creek's popular Secret Garden Tea Room and also cooked at Bradley Ogden's Lark Creek. In 1996 Lana started her own business, which offered catering and private chef services. Soon customers' requests led to Lana teaching cooking classes in private homes and at B&Bs.

In 1998 Lana decided to create a business that would combine her background in customer education and her professional chef training with her passion for cooking, teaching and gardening. She opened her B&B, CasaLana, in 1999 in Napa Valley where she hosts and teaches classes at Gourmet Retreats cooking school. It has been a great success with more options for classes and tours being added every year. Gourmet Retreats cooking school was featured on the *Food Network* in a segment of the show "*Recipe for Success*".

Cindy Race grew up in southwestern Massachusetts, where she started her restaurant career at age 14 at the local historical inn and tavern. After restaurant stints around the country including positions as kitchen manager, executive chef and owner, Cindy settled in the Bay Area in 1994.

After 17 years, Cindy left the restaurant industry to private chef for a high-profile client, allowing her to focus on her personal interests in hand-picked ingredients and gracious, personal service. In addition, Cindy has been successfully matching other private chefs and clients for over ten years.

Cindy especially enjoys teaching cooking enthusiasts how to enjoy entertaining more by using shortcuts, good time-management skills and "treating a recipe as a roadmap". She has great enthusiasm and loves teaching.

Profiles for other guest instructors are listed on the website. Unless otherwise indicated, classes are taught by Cindy or Lana.

POLICIES AND DETAILS

- ◆ Full payment is required at time of registration. Confirmation of enrollment will be sent after registration and payment are processed.
- ◆ 14-day advance notice is required for cancellations. Class fees are non-refundable but the class may be rescheduled or enrollment transferred. A 10% fee will be charged for rescheduling.
- ◆ Cancellation within 14-days of the class date will result in forfeiture of the fee unless the space is resold. If the space is resold, rescheduling to another date will be permitted. Due to the financial impact of last minute cancellations this policy is strictly enforced. Exceptions will not be made regardless of the circumstance or nature of emergency situation.
- ◆ Alcohol is served with the food prepared and will not be served during the class. Non-alcoholic beverages are available during the class.
- ◆ Classes may occasionally be cancelled or rescheduled. If this is necessary, you will receive advance notice and your enrollment will be transferred or refunded.
- ◆ Menus are tentative and may be changed to take advantage of seasonal availability and quality.

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SUN	MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15	16 Wine Country Class <i>From the Sea</i>
17	18	19	20	21	22 Gourmet Weekend <i>Winter Favorites</i>	23
24	25	26	27	28	29	30
3-Day Culinary Learning Vacation						

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
← 5-Day - Boot Camp For Cooks →						
7	8	9	10	11	12 Gourmet Weekend <i>Mediterranean Cuisine</i>	13
14	15	16	17	18	19	20
3-Day Culinary Learning Vacation						

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
← 5-Day Culinary Learning Vacation →						
7	8	9	10	11	12 Gourmet Weekend <i>Wine Country Cuisine</i>	13
21	22	23	24	25	26	27
3-Day Culinary Learning Vacation						

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SUN	MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9 Gourmet	10 Weekend <i>Mediterranean Cuisine</i>
11	12	13	14	15	16	17 Wine Country Class - Tapas
18	19	20	21	22	23	24
← 5-Day - Boot Camp For Cooks →						
25	26	27	28	29	30	
← 4-day Flavors of Napa Valley →						

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SUN	MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14	15
← 5-Day Culinary Learning Vacation →						
16	17	18	19	20	21	22
3-Day Culinary Learning Vacation						
23	24	25	26	27	28	29
← Culinary Tour - Oaxaca Mexico — May 23 -- May 29 →						

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SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
3-Day Culinary Learning Vacation						
6	7	8	9	10	11 Gourmet	12 Weekend <i>Flavors of Spring</i>
20	21	22	23	24	25	26
← 5-Day - Boot Camp For Cooks →						

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SUN	MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16	17
← 5-Day Culinary Learning Vacation →						
18	19	20	21	22	23	24 Wine Country Class <i>Latin Grill</i>
25	26	27	28	29	30	31
← 4- day Flavors of Napa Valley →						

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
3-Day Culinary Learning Vacation						
15	16	17	18	19	20	21
← 5-Day - Boot Camp For Cooks →						
22	23	24	25	26	27 Gourmet Summer	28 Weekend Bounty

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SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10	11
3-Day Culinary Learning Vacation						
12	13	14	15	16	17 Gourmet Summer	18 Weekend Grill
19	20	21	22	23	24	25
← 5-Day - Culinary Learning Vacation →						

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT	
					1	2 Wine Country Class <i>Tuscan Flavors</i>	
10	11	12	13	14	15	16	
			← 4-day Flavors of Napa Valley →				
17	18	19	20	21	22	23	
					Gourmet Weekend <i>Fall Flavors</i>		
24	25	26	27	28	29	30	
			3-Day Culinary Learning Vacation				

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
			← 4- day Flavors of Napa Valley →				
7	8	9	10	11	12	13	
	← Culinary Tour - Oaxaca, Mexico — Nov 7 - Nov 13 →						
14	15	16	17	18	19	20	
			3-Day Culinary Learning Vacation				

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
					Gourmet Weekend <i>Holiday Entertaining</i>	
5	6	7	8	9	10	11
					Wine Country Class <i>Plan Well; Dine Well</i>	
12	13	14	15	16	17	18
CasaLana is available for private holiday classes and parties						

TEAM-BUILDING CLASSES and PRIVATE CLASSES

In addition to the regular schedule of classes, Gourmet Retreats at CasaLana offers customized private classes tailored to your needs. We will work with you to create a menu and class for your special event based on your objectives, the size of the group and your budget.

Private classes and parties are available at CasaLana to celebrate your special event. The gardens and serene river setting provide an ideal location in the wine country to gather a group of friends and/or family for a special birthday, anniversary or other special occasion.

Team-building classes bring together co-workers, staff and managers to share tasks in the kitchen as they work together to prepare a variety of recipes. Whether you are celebrating a special achievement or developing communication skills between co-workers, the group will enjoy a fun session and delicious food in a relaxed atmosphere. Classes are available as demonstration, hands-on or combined format and range from single subject to full-meal preparation. Includes recipe hand-outs and food served with wine/beverage.

Gourmet Retreats' Corporate Clients include:

Adweek	CityData AB	Moraga Junior Women
AIG Risk	Delphi Productions	Open Wave Communications
Amdocs	GAP	PolyCom
Ammo Marketing	Gilead Sciences	Wells Fargo Bank
Cadence Design	Google	Whole Foods Market
Chevron Corp	Key Curriculum Press	

PRIVATE CLASS REGISTRATION POLICIES

- ◆ **Non-refundable deposit of 50% is required to secure the date. Balance is due 30 days before event date.**
- ◆ **Dress for class is casual. Please wear comfortable, closed-toe shoes. No high heels.**
- ◆ **Alcohol is served with the food prepared and will not be served during the class. Non-alcoholic beverages are available during the class. For the safety of all, students that arrive intoxicated will not be allowed to participate in the class.**
- ◆ **Customized menus will be developed with client based on class size, budget and duration of class. Menus are planned based on seasonal availability and quality of ingredients**

Gourmet Retreats at CasaLana

www.gourmetretreats.com

Enrollment Form

1316 S. Oak Street Calistoga, CA 94515

tel: 707-942-0615 fax: 707-942-0204

NAME _____ STREET _____

CITY, STATE, ZIP _____ PHONE _____

E-MAIL: _____ FAX _____

CLASS TYPE / DESCRIPTION	DATE	NUMBER ATTENDING	AMOUNT

DIETARY RESTRICTIONS/ FOOD ALLERGIES _____ TOTAL _____

PAYMENT INFORMATION: CHECK ENCLOSED

CREDIT CARD# _____ SEC* _____ EXP _____

(MC/V/Dsc/AMX) CREDIT CARD INFO IS REQUIRED FOR REGISTRATION GUARANTEE (*3 DIGIT CODE BACK OF CARD)

Signature: _____

I authorize you to charge my credit card and I understand the cancellation policy.

Office Use Only

Date Received : _____

Confirmation: _____

Cancellation Policy: 14-day advance notice is required for cancellations. Fee is not refundable but the class may be rescheduled or enrollment transferred. 10% fee is charged for rescheduling. Registration is confirmed after payment is received and processed.

Gourmet Retreats at CasaLana

www.gourmetretreats.com

Gift Certificate Form

1316 S. Oak Street Calistoga, CA 94515

tel: 707-942-0615 fax: 707-942-0204

ISSUE TO: _____ GIFT FROM: _____

Class Type	# People	Value	Room Nights	Value	Spec Hndlg Fee*	Total Amount

MAIL TO: NAME: _____ STREET: _____

CITY, STATE, ZIP: _____ PHONE: _____

E-MAIL: _____ FAX: _____

PAYMENT INFORMATION: CHECK ENCLOSED * IF REQUESTED, ADD \$25 PRIORITY PROCESSING / OVERNIGHT MAILING FEE

CREDIT CARD# _____ SEC** _____ EXP _____

(MATERCARD / VISA/DSCVR/AMEX)

(**3 DIGIT CODE ON BACK OF CARD)

Signature: _____

I authorize you to charge my credit card and I understand the refund policy.

Gift Certificates are non-refundable and have no cash value. Certificate may be transferred to another person or applied to other services or products that are available at CasaLana.

Office Use Only

Gift Cert No : _____

Date Issued: _____