



2022

Private Cooking Classes

Engaging Cooking Experiences and Delicious Recipes for a Healthier Lifestyle

HELLO

I'm Susan, and I cannot wait to share my virtual cooking experiences with you!



Love + Craft Kitchen, LLC is a boutique virtual cooking school founded by Chef Susan Denzer with a mission of helping others learn to create *delicious, flavorful* cuisine using *quality* ingredients in support of a *healthier* lifestyle.

Over the years, I've witnessed firsthand the immense power and connectedness of food to our health and wellbeing.

- **I subscribe to an overall “less processed” approach to cooking** and recipe development based on the highly regarded principles of the Mediterranean diet, DASH diet, and Food as Medicine.
- **My focus is on selecting quality ingredients** - vegetables, fruit, proteins, whole grains, legumes, healthier fats, and herbs and spices - to create delicious meals that help us to feel our best and leave us feeling satisfied rather than wanting or deprived.

WHAT I DO AND WHO I WORK WITH

Services:

- Private Cooking Classes
- Corporate Wellness Cooking Classes, Demonstration, and Workshops
- Recipe Development

I work with:

- individuals, couples, families, friends
- small to medium-sized businesses, corporations, community groups
- brands and retailers
- food entrepreneurs
- healthcare organizations and wellness groups
- bed & breakfasts, restaurants and cafes

For more information, contact Susan Denzer - susan@loveandcraftkitchen.com
www.loveandcraftkitchen.com

TESTAMONIALS

"The cooking classes are so fun and relaxed and the food is absolutely delicious! I appreciated how easy you made it from the start and really enjoyed participating.

- L. M., Portland, OR



"Thanks for making our event so special and memorable! Everyone in our group had a great time and is still talking about it. We will definitely do it again."

- P. A., Minneapolis, MN

PRIVATE COOKING CLASSES

GENERAL INFORMATION

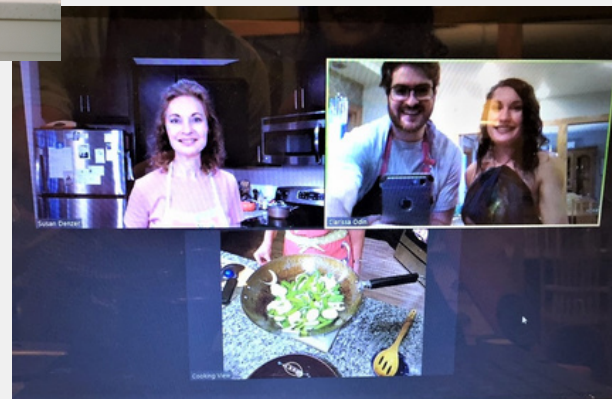
We cook together, learn and practice a few skills, and have fun interacting while preparing a delicious meal for your enjoyment when class is complete!

These 60 - 90 minute private classes are created for **individuals** looking for a one-on-one experience, **couples** interested in a fun “date night”, and **family** and **friends** wishing to connect online. The great part is that they are done from the comfort of your home kitchen, using your own equipment. Explore a new ingredient or cuisine, sharpen your cooking skills – **all levels welcome** – or just have fun cooking and interacting!

- Chef Susan provides the planning, instruction, lists of ingredients and equipment, class information sheet, and recipes.
- Participants purchase any necessary ingredients for each recipe.

Cooking classes are delivered through Zoom or in person.

- For assistance with Zoom meetings, click [HERE](#).



2022 COOKING CLASS OFFERINGS

APPETIZERS + WINE OPTIONS (60-MINUTE CLASSES)

Let's have fun making an easy and delicious happy hour appetizer that can be enjoyed after class with a wonderful glass of wine. Choose which class you'd like from one of the menu options listed below. Chef Susan provides several wine recommendations that pair well with each appetizer.

Seasonal Flatbread Pizza

- FALL/WINTER - Balsamic-Glazed Onions, Mushroom, Spinach, Sausage
- SPRING - Asparagus, Arugula, Chicken
- SUMMER - Basil, Tomato, Peach with Balsamic + Olive Oil
- PLUS Bonus Recipe + Wine Suggestions

Fresh Summer Rolls (Shrimp or Tofu) with Sunflower Seed Butter Dipping Sauce

- PLUS Bonus Recipe + Wine Suggestions

Roasted Vegetable Platter with Tzatziki-Style Dip

- PLUS Bonus Recipe + Wine Suggestions

BASIC KNIFE SKILLS (90-MINUTE CLASS)

Learn about selecting and using the most useful kitchen knives, and several basic knife skills that will serve you very well in almost any culinary endeavor. After practicing our slicing, dicing, and chopping, we will prepare an easy and delightful stir fry for you to enjoy after class.

- **Basic Knife Skills**
- **Vegetable and Chicken or Tofu Stir Fry**
- PLUS Bonus Recipe

SPANISH PAELLA (90-MINUTE CLASS)

A private cooking class favorite! Learn to make one of the most traditional Spanish dishes – paella. Choose to include chicken and/or seafood, or make a vegetarian version. Enjoy the fruits of your labor after class is complete

- **Chicken, Seafood or Vegetable Paella**
- PLUS bonus Recipe

2022 COOKING CLASS OFFERINGS

MEDITERRANEAN SKEWERS (90-MINUTE CLASS)

Explore typical Mediterranean flavors as we create light and delectable chicken, seafood or vegetable skewers, and a lively dipping sauce. These recipes are versatile and are great “back pocket” recipes for busy weeknights.

- **Marinated Chicken, Seafood or Vegetable Skewers**
- **Green Goddess Sauce**
- PLUS bonus Recipe

THAI CURRY (90-MINUTE CLASS)

Thai food is extremely popular and one of my favorites, yet it’s often loaded with added sugar. In this class, we will make a curry that capitalizes on healthy fats, is gluten-free, and contains a much lower amount of added sugar.

- **Vegetable Thai Curry with Chicken or Tofu**
- **Brown Jasmine Rice**
- PLUS bonus Recipe

PLANT-BASED GRAIN BOWL (90-MINUTE CLASS)

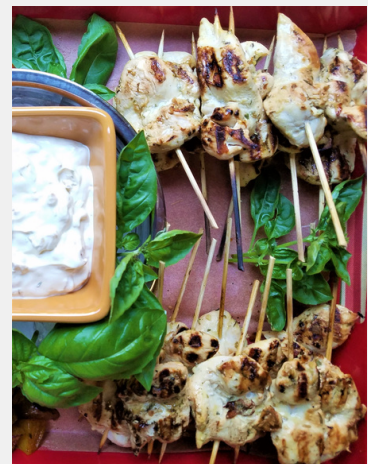
This dish is comfort in a bowl! It packs a terrific nutritious punch with its vegetables, protein, whole grains and mild, warming spices.

- **Roasted Squash Curry Bowl**
- **Brown Basmati Rice**
- PLUS bonus Recipe



PROCESS

1. **Review** the list of class offerings, and schedule a free 30-minute consultation with Chef Susan - susan@loveandcraftkitchen.com.
2. **Choose** a class or workshop, date, and time.
3. Chef Susan will create a **proposal and contract** for review, signature, and collection of down payment. The class date is **reserved** and Chef Susan's planning begins!
4. **Class materials (and Zoom link when applicable)** will be sent to the event organizer for distribution to class participants.
5. We meet online or in person at your location and **cook together** at the designated date and time!



PRICING

VIRTUAL CLASSES

1 - 2 people - \$250 (minimum)

3 - 4 people - \$300

Add \$50 per additional participant

- **Maximum of 16 participants** per class
- **Maximum of 2 participants per device** for virtual classes
- **Participants purchase the ingredients** necessary for each recipe.

IN-PERSON CLASSES

1 - 2 people - \$250 (minimum)

Add \$65 per additional participant

- **Maximum of 16 participants** per class (if space allows)
- **Participants purchase the ingredients** necessary for each recipe.

CUSTOM CLASSES

Don't see quite what you would like? Chef Susan can create a custom class to meet your individual culinary or dietary goals.

- Custom class development and delivery **start at \$350 (1 individual or 1 couple)**
- Pricing varies by customization requirements

MULTI-CLASS DISCOUNT

- Book 2 current or custom classes at full price and **receive a 10% discount on your 3rd class.**

FURTHER DETAILS

- Recipes, a list of equipment and ingredients, and any additional class materials are provided by Chef Susan.
- Participants purchase their own ingredients.

LET'S TALK!

Susan Denzer

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www.loveandcraftkitchen.com

GIFT CERTIFICATES ARE AVAILABLE!

