



Private Cooking Classes

Engaging Cooking Experiences and Delicious Recipes for a Healthier Lifestyle - All in Your Own Home Kitchen!

HELLO

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



Love + Craft Kitchen, LLC is a boutique in-person and 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 class participant



"We had a private online Thai cooking class with Chef Susan and loved that we could do it from the comfort of our kitchen. Susan makes the experience so easy, enjoyable, and comfortable. We all learned new skills and used new ingredients. The food was flavorful and delicious. I highly recommend booking any cooking class with Susan!"

-- V.M., Minnesota online class participant

PRIVATE COOKING CLASSES

GENERAL INFORMATION

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

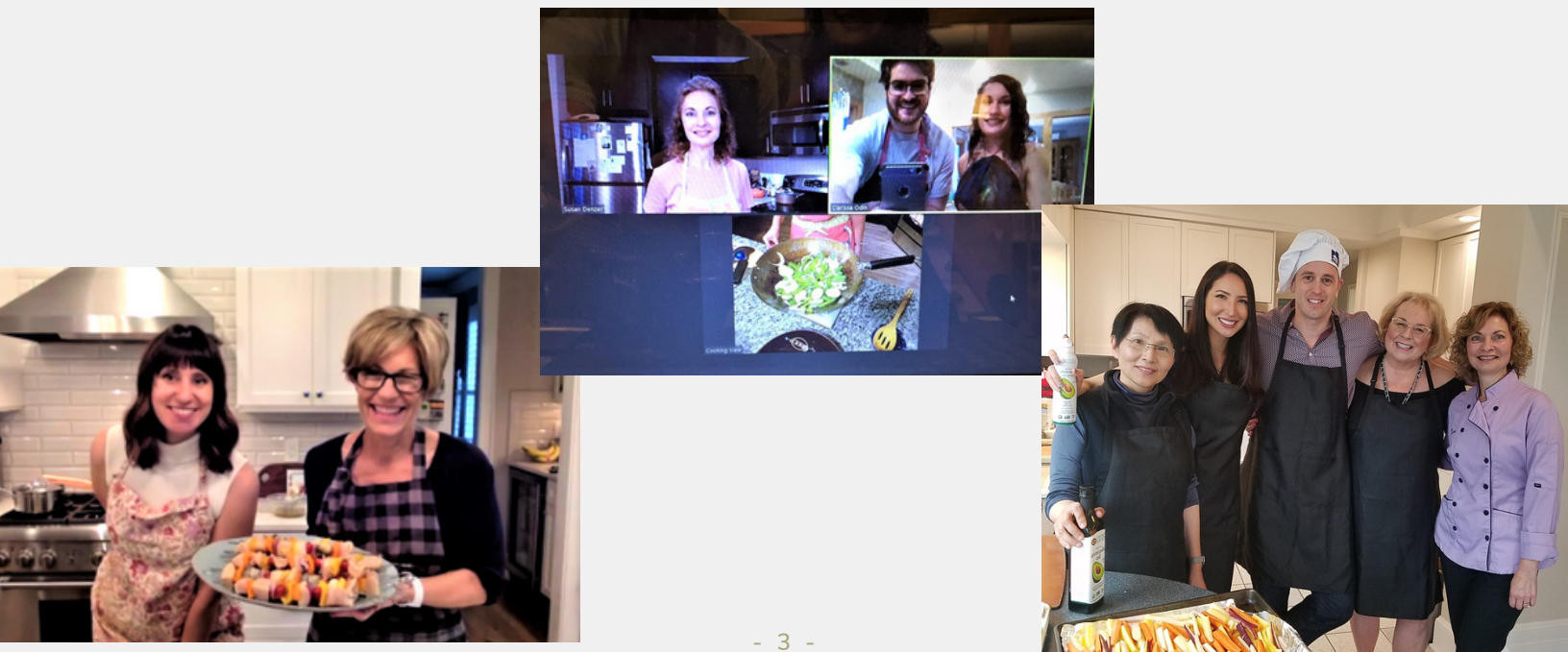
These 1 1/2 - 2 1/2 hour private classes and workshops are created for **individuals** looking for a one-on-one experience, **couples** interested in a fun “date night”, and **family** and **friends** wishing to connect in-person or online. The great part is that they are done from the comfort of your own or another's home kitchen. 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.

LOCATIONS:

In-Person cooking classes take place in your home kitchen or community group kitchen, and need to be within 10 miles of downtown Raleigh, NC. **Online cooking classes** can take place anywhere in the USA, and are delivered through Zoom.

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



COOKING CLASS OFFERINGS

APPETIZERS + WINE OPTIONS

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 options listed below. Chef Susan provides several wine recommendations that pair well with each appetizer.

Seasonal Flatbread Pizza

- 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

THAI CURRY

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

SPANISH PAELLA

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



COOKING CLASS OFFERINGS

HANDMADE RAVIOLI

No pasta machine? No worries! This process for making hand-made ravioli is easy and requires no special equipment thanks to the use of fresh lasagna sheets from the refrigerator section of the grocery store. Two fillings will be prepared in class.

- **Handmade Ravioli with Two Fillings**
- PLUS Bonus Recipe

COASTAL FAVORITE - SEAFOOD CHOWDER

Seafood chowder is a traditional, coastal dish that is a welcome treat for lunch or dinner any time of year! Learn how to prepare this creamy, flavorful recipe, which can be adapted to take advantage of whatever type of fish or seafood looks great at the market.

- **Seafood Chowder**
- **Mini Corn Muffins**
- PLUS Bonus Recipe

FISH EN PAPILLOTE

Here's a fun way to jazz up dinner for yourself or for guests - and its way better than the drive-through! Cooking "en papillote," or "wrapped in paper", may sound complicated but it is actually quite easy to do.

- **Fish en Papillote**
- **Seasoned Brown Rice, Black Rice, or Quinoa**
- PLUS Bonus Recipe



COOKING CLASS OFFERINGS

MEDITERRANEAN SKEWERS

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

BASIC KNIFE SKILLS + STIR FRY

Knife Skills + Cooking

Developing basic knife skills helps us feel more confident and efficient when cooking. In class, we will learn how to select, care for, safely hold and use our knives. We will slice, dice, chop, and more in preparation of a Stir Fry recipe.

- **Stir Fry with Chicken, Shrimp or Tofu**
- PLUS bonus Recipe



WORKSHOPS

BASIC KNIFE SKILLS WORKSHOP

Participation Workshop; No Cooking Demonstration

In this skills-based workshop, participant first learn about selecting, using, and caring for the most useful kitchen knives. Then, we practice several basic knife cuts that serve us well in most culinary endeavors. After practicing our slicing, dicing, and chopping class participants will use the ingredients to prepare a recipe of their choice at their convenience on their own when class is finished.

- **Basic Knife Skills**
- In-Person class includes a light snack
- PLUS Bonus Recipes

GROCERY STORE HELPERS WORKSHOP

Presentation + Mini-Cooking Demonstration

We all could use a bit of help in the kitchen from time to time! In this workshop session, we'll learn about specific types of foods that are good to have on hand

- selecting pre-made food items (aka "Grocery Store Helpers") that provide good nutritional and time-saving value
- key things to look for on food labels

INCLUDES:

- Presentation
- Mini-Cooking Demonstration
- BONUS E-Book "Grocery-Store Helper" Recipes

FLEXIBLE DINNER PLANNING WORKSHOP

Participation Workshop; No Cooking Demonstration

We've all experienced it - that 5 o'clock brain fog when our blood sugar is running low, faced with that daunting question of "What's for dinner?" In this hands-on planning workshop, we will create a strategy and plan for dinner planning that:

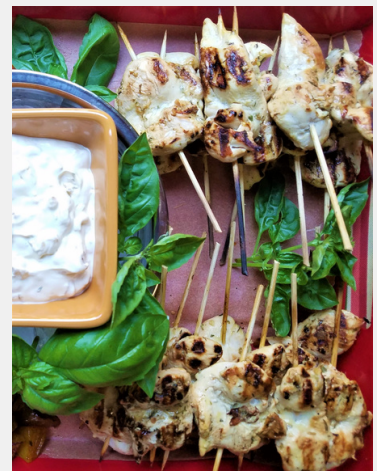
- fits your lifestyle
- Supports better health
- benefits your food budget
- saves time

INCLUDES:

- Interactive Workshop
- Dinner Planning Workbook with planning worksheets, information, and tips
- Bonus E-Book "Back Pocket" 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, time, and location.
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 for virtual classes)** will be sent to the event organizer for distribution to class participants.
5. We meet in-person or online and **cook together** at the designated date and time!



PRICING

IN PERSON COOKING CLASSES (2 - 2 1/2 HOURS)

1 - 2 people - \$300 (minimum)

Add \$60 per additional participant

- **Maximum of 16 participants** per class, space permitting
- **Participants purchase the ingredients** necessary for each recipe.

VIRTUAL COOKING CLASSES (1 1/2 - 2 HOURS)

1 - 2 people - \$250 (minimum)

3 - 4 people - \$300

Add \$50 per additional participant

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

WORKSHOPS (1 - 1 1/2 HOURS)

In-Person and Virtual

1 - 4 people - \$300 (minimum)

Add \$45 per additional participant

- **Maximum of 12 participants** per class, space permitting
- **Ingredient costs are billed separately** if required for workshop.

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 \$450 (1 individual or 1 couple)**
- Pricing varies by customization requirements
- **Participants purchase the ingredients** necessary for each recipe.

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

Chef | Instructor | Recipe Developer
Love + Craft Kitchen, LLC

susan@loveandcraftkitchen.com

651-247-6556

www.loveandcraftkitchen.com

*Cooking classes make great **GIFTS!**
Contact me for details on gifting a class.*

