



Cookbook author Stefano Faita teaches Italian cuisine at Mezza Luna.

TYREL FEATHERSTONE

2010 Gazette cooking school guide

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GAZETTE FOOD WRITER

You could do more than improve your cooking by taking one of this fall's many, many cooking courses being offered in and around Montreal. Among at least 50 courses, you'll find the prospect of making new friends or even meeting a life partner; turning the preparation of a meal into the entertainment at an office party; taking a taste trip to New Orleans, Turkey or Japan, or turning out three cheap chicken dinners in a single session.

Chefs are readying to teach with the freshest local foods, believers in natural healing are turning into cooking teachers, and the 2010 lineup of cooking courses includes three courses for gluten-free cuisine.

As in past years, the favourite topic is Italian cooking, with eight courses from both established and new teachers. The runner-up in popularity is vegetarian cuisine, including courses given by natural-food advocates suggesting you can better your spirits

as well as your health by going meatless.

Baking courses are holding their own, offering skills ranging from how to make a fine French loaf or croissant, to icing a cupcake, to making chocolate truffles. Basic-technique courses continue to be popular as well, ranging from eight hands-on sessions to a single class showing how to stage a successful dinner party.

More courses this year include participation along with demonstration, and there are plenty of tastings and full meals included. Prices are up only slightly over last year, and more schools are offering single-session classes rather than a series, so you can sample a class before committing for weeks.

First task for students?

To stop thinking of cooking as a chore to complete in a hurry, said the teachers. Marc-André Cyr would like his students to come to class with "an open attitude to food, willingness to learn and desire to have fun while cooking. And to have no qualms about getting their hands all messy."

Elena Faita has noticed "a lot of people

say they don't have time to cook." But they have time for other activities so why not kitchen time when the rewards – a good meal – are so pleasurable, she said. "Cooking should not be a stress. Cooking is a relaxation."

Elliott Cohen's ambition in his classes is to teach students to be creative. "Use recipes only as a guide, and tweak them to suit you," he said. "Do it once by the recipe, then unhook yourself and substitute. The recipe is not one of the 10 commandments."

A couple of things to note: At established schools, you are more assured of experienced teachers. New schools, particularly in the natural-foods/vegetarian category, may be run by individuals dedicated to a dietary philosophy but lacking registered dietitian accreditation and teaching experience. Ask plenty of questions before signing up for classes and, in the case of a series, try to attend one session before paying the full amount.

What are you waiting for?

General courses

Pearson School of Culinary Arts

8310 George St., LaSalle; 514-363-6213; register with Pierre Auclair, paclair@lbpsb.qc.ca; paccvoc.lbpsb.qc.ca

Topics: Desserts and how to serve them, sauces both classic and fusion, pastry basics, artisanal breads, Australian and Californian cuisine, wine, basic cooking for adults and teenagers.

Instructors: School chef-instructors and visiting specialists including Vi Minh Tran, Canadian team member for international competitions, and sommelier Alain Dalcourt.

Format: Four-hour, single-evening sessions, except bread course of two weekly sessions. Tastings and samples to take home. Demonstration and participation.

Time: 6 p.m.

Number of students: Up to 12.

Price: \$65 per session, including school apron.

Starting: November (consult website for dates).

Les Touilleurs

152 Laurier Ave. W.; 514-278-0008; cuisine@lestouilleurs.com; www.lestouilleurs.com

Topics: Menus from top Montreal chefs, contemporary Quebec and French cuisine, pastry, tapas, bread, teens' cuisine and other topics.

Instructors currently include: Marc-André Jetté, Newtown; Alexandre Gosselin, Bar & Boeuf; Daren Bergeron, Decca77; Jean-François Vachon, M sur Masson; Stelio Perombelon, Les Cons Servent and Pullman; Thierry Baron, Vertige; Marie-Fleur Saint-Pierre, Tapeo; Eric Dupuis, Taverne Square Dominion; Jean Fortin, formerly of Petit Toscan; and former caterer Philippe Laloux.

Format: Chef demonstrates menu of three or four dishes in French, followed by dinner of the dishes cooked. Monday, Tuesday or Wednesday nights.

Time: 6:30 p.m.

Number of students: 12

Price: \$95 to \$120

Dates: Began yesterday. A few spaces remain for fall courses.

Ateliers & Saveurs

444 St. François Xavier St.; 514-849-2866; info@ateliersetsaveurs.com; www.ateliersetsaveurs.com.

Topics: Hands-on classes teaching a variety of cuisine, including quick lunches, market shopping for a meal, sushi, wine tastings and cocktails.

Instructors: Montreal chefs Eric Gauthier, Philippe Berriat and Nicolas Normandeau.

Format: Weekday 30-minute lunch class including the meal; evening special-occasion cuisine with takeout; evening sushi

classes; Saturday-morning shopping at Atwater Market and then cooking a three-course lunch; weekday or weekend wine and cocktail classes. French and English. Demonstration and participation.

Times: Noon for lunch classes; 6 or 6:30 p.m. for sushi; 9:30 or 10:30 a.m. for Saturday shopping and cooking class; 6 to 8 p.m. for cocktail class. Details on website.

Number of students: 12 for cooking courses, 20 for cocktail and wine courses. Group classes available.

Price: From \$20 for lunch class to \$90 for market shopping class, depending on menu, including the food cooked in class.

Dates: September.

Académie Culinaire

360 Champ de Mars St., Old Montreal; the Bay, Carrefour Laval; 514-393-8111 or 877-393-8111; information@academieculinaire.com; www.academieculinaire.com.

Topics: Basic techniques and a full range of courses; Italian, Spanish, Middle Eastern, Asian sessions; sessions on roasting, sauces, fish, game, bread, bistro cuisine, cocktail and Christmas food.

Instructors: Academy chefs and instructors.

Format: In English: basic cooking techniques, eight weekly evening hands-on classes; plus single six-hour sessions, day or evening, on fish, Thai or Italian cuisine, sauces and a three-hour class on gastronomic Christmas food. In French: basic techniques, eight weekly morning or evening hands-on classes, plus single and double sessions on a variety of topics. Demonstration and participation.

Times: Old Montreal, weekdays and weekends 9:30 a.m., 1.30 p.m., 3 p.m. and 6:30 p.m.; Laval, weekdays 6 p.m., weekends 10:30 a.m.

Number of students: 16 to 20

Price: English: from \$105 per single session to \$890 for eight sessions. French: from \$90 per single session to \$890 for eight sessions.

Starting: English, Old Montreal, Sept. 27; French, Old Montreal and Laval, immediately.

Cook and Date

Centre Viking, 8210 Devonshire Rd., T.M.R.; info@cookanddate.com; www.cookanddate.com; 514-664-5991.

Topics: Dinner classes for single men and women. Chef-teachers cover various cuisines, including French, Italian, Mediterranean, Indian, Kenyan and Caribbean.

Instructors: Montreal restaurant chefs and caterers, organized by Cristina Mucciardi.

Format: Groups of singles prepare a three- or four-course dinner weeknights, then eat the meal together with wine. Demonstration and participation.

Time: Weekdays 7:30 p.m.; Sundays 2 p.m.

Number of students: 16 to 20; minimum of 10 for home event.

Price: \$115 to \$150; also wine and cheese tastings and bartending classes, \$65 to \$90.

Starting: Mid-September.

Elliott Cohen Culinary Art

5454 Duquette Ave., N.D.G.; 514-487-7956; elliot@ecca.ca; www.ecca.ca

Topics: Basic cooking techniques, flavour, presentation, organization; healthy seasonal cuisine, vegetarian, meat, fish, appetizers, soups, salads, desserts.

Instructor: Elliott Cohen, private chef, caterer and experienced instructor.

Format: Two-hour interactive demonstration, in English with some French.

Time: Weekdays 6:30 p.m.; weekends noon.

Number of students: Six; private and group classes available.

Price: \$60 to \$80 per session, depending on menu, tastings (BYOB).

Starting: Mid-September.

Appetite for Books

388 Victoria Ave., Westmount; 514-369-2002; appetitebooks@bellnet.ca; www.appetitebooks.ca

Topics: Recipes from new and bestselling cookbooks, including knife skills, cuisines of India, Britain, Spain, Greece, Morocco, Latin America, Italy, Thailand, Southeast Asia, Japan and the U.S.

Instructor: Jonathan Cheung, chef and co-owner of the cookbook store, plus guest chefs and visiting cookbook authors (to be announced on website).

Format: Weeknight demonstration of a four-course meal from a cookbook, or conversations with authors, with tastings. Single sessions in English. Private holiday groups by reservation. Vikram Vij, Vancouver restaurateur who has just published his second cookbook, will visit the store with his wife, Meera Dhalwala, Sept. 22 at 6 p.m.; his session is sold out, but you can get on the waiting list.

Time: 6:30 p.m.

Number of students: 10

Price: \$60 to \$108 and up, including cookbook discussed.

Starting: Tuesday.

Cook Global, Eat Local

5662 Park Ave.; 514-232-5767; info@julianaespanakeller.com

Topics: Fusion cuisine from around the globe; focus on health and organic foods.

Instructor: Juliana Espana Keller, experienced cook and world traveller.

Format: Evening sessions spent cooking a dinner menu in small groups. Demonstration and participation.

Time: 6:30 p.m.

Number of students: Six to 15

Price: \$70 per session, including meal demonstrated.
Starting: Late September.

Traditional French Cuisine

684 Victoria St., Baie d'Urfé; 514-457-1459; sda@videotron.ca

Topics: French family cuisine; party cuisine; wine matching included.

Instructor: Sophie Desanlis, daughter of a French chef and experienced family cook.

Format: Eight weekly Saturday-morning cooking classes, plus two classes on wine matching, in French or English. Demonstration and participation; beginner and intermediate levels.

Time: 10:30 a.m. to noon.

Number of students: Five

Price: \$45 per session, including tastings.

Starting: Mid-September.

Stark & Whyte Cooking and Cake-decorating Classes

Quartier Dix30, 9750 Leduc Blvd., Suite 22, Brossard; 450-462-9222; info@starkandwhyte.com; www.starkandwhyte.com

Topics: Weekly themed classes in different ethnic cuisines, including Japanese, Thai, Italian; sushi, grilling, baking, meat, fish, chicken, soups, appetizers, desserts and cake decorating.

Instructor: Janet Spino, staff chef, teacher, former caterer and restaurateur.

Format: Two-hour afternoon classes, English or French. Demonstration. Four weekly cake-decorating sessions at three different levels, afternoon or evening.

Time: 1 p.m. or 6.30 p.m.

Number of students: Maximum of 11.

Price: Cooking, \$30 each; cake decorating, four consecutive classes, \$25 each.

Starting: Immediately (see schedule on website).

In Casa: La cuisine entre nous

7965 Malouin St.; 514-826-4100; in.casa@sympatico.ca

Topics: Basic techniques, organic, fair-trade foods, kitchen equipment, frying, sautéing, roasting, braising, steaming, stocks, seasoning, organizing a dinner party and a buffet.

Instructor: Nicolas Fufaro, family cook, member of SlowFood and Equiterre.

Format: Weekday evenings and a Saturday morning pasta class; a four-session basic course, plus sessions on French bistro cuisine, tapas and wine. English and French. Demonstration, some participation.

Price: \$60 to \$70 per class, \$300 for four; includes wines.

Starting: Oct. 5.

Baking

Bread-baking at home

In your own kitchen; 514-677-1057; info@marcandrecyr.com; www.marcandrecyr.com

Topics: Making basic doughs and such specialties as cocoa chili bread, flatbreads and Boston brown bread.

Instructor: Marc-André Cyr, baking instructor at Mezza Luna, Les Touilleurs and Académie Culinaire de Montréal, former head baker at Olive & Gourmando.

Format: Single sessions; hands-on or demonstration with ingredients provided; tastings; English, French or bilingual.

Time: 6 p.m. weekdays or weekends.

Number of students: Five to 10.

Price: \$70

Starting: Immediately.

L'École du Pain

301 Adolphe Chapleau Blvd., Bois des Filion, Laval; 450-965-8833; 514-947-0858; dominique.edp@gmail.com; www.lecoledupain.com

Topics: Classic French bread, rolls, croissants and specialty loaves, including Christmas baking and truffles; seven different sessions from beginner to advanced.

Instructor: Dominique Homo, French-trained baker who worked with French bread guru Raymond Calvel.

Format: Weekdays and Saturdays, six-hour sessions including lunch and bread baked in class. English and French. Demonstration and participation.

Time: 9 a.m.

Number of students: Six

Price: \$120 per weekday session, \$100 per Saturday session.

Starting: Mid-September.

La Gâtérie

65 Hymus Blvd., Suite 1900, Pointe Claire; 514-695-1444; info@LaGaterie.com; www.lagaterie.com

Topics: One- to five-day courses; baking and decorating cakes, cupcakes and cookies; gum paste and fondant, introductory and advanced; buttercream; six-day cake decorating; wedding cake decorating.

Instructors: Rita Djerrahian, experienced baker and cake decorator, and specialist cake decorators.

Format: Daytime, evening and weekend courses and workshops. Demonstration and participation.

Time: 6:30 or 7 p.m. weeknights; week-long course from 9 a.m. to 4 p.m.; all-day weekend courses.

Number of students: 12

Price: \$100 to \$650

Starting: Mid-October

Gourmandise Dopo Cena

Dopo Cena cake shop, 9218 Lacordaire Blvd., St. Léonard; 514-337-7378; info@dopocena.ca; www.dopocena.ca (register on website).

Topic: Cake making or chocolate cuisine.

Instructor: John Perrotta, pastry chef, pastry shop owner and teacher.

Format: Four-hour Saturday afternoon classes. In English, with French available. Demonstration, some participation. Tastings and samples.

Time: 1 p.m.

Number of students: Eight

Price: \$180 per course.

Starting: Introduction to cake making, Jan. 15; introduction to chocolate cuisine, Jan. 22.

The Cake Queen

39 Place Dephoure, Dollard des Ormeaux; 514-684-2642 after 4 p.m.; cakequeen@ca.inter.net; www.consumingpassioncakes.com

Topics: Beginner and intermediate cake decorating.

Instructor: Heidi Kaplan-Hefter, experienced cake-decorating specialist.

Format: Evening sessions. Beginners: four Monday sessions. Intermediates: four Wednesday sessions. Wedding cakes (experienced students only): four sessions. Demonstration and participation.

Time: 7:30 p.m. weekdays.

Number of students: Six

Price: Beginner and intermediate cake decorating, \$365, plus supplies (approximately \$100); wedding cake class, \$425, plus supplies (about \$150).

Starting: beginner cake decorating, Sept. 27; intermediate cake decorating, Sept. 29; wedding cake class, Nov. 1.

Italian / Mediterranean

L'Atelier de Franca Mazza

3535 Autoroute Laval West at the Marché 440, Laval; 514-214-9723, 450-681-0559; franca-mazza@hotmail.com

Topics: Natural Italian and Mediterranean cuisine; meats, fish, vegetables, mushrooms and salads; gluten-free included.

Instructor: Franca Mazza, experienced chef and caterer specializing in Italian and other Mediterranean cuisines.

Format: Two-hour weekday afternoon or evening classes, including tastings; also private group classes. Demonstration and participation.

Times: 1 or 6 p.m. Wednesdays, Thursdays and Fridays.

Number of students: 12 to 25

Price: \$80 per session.

Starting: Late September.

Cooking at Ridi

Ridi Bar Ristorante, 1800 Sherbrooke St. W.; 514-904-1900; peppino@ridi.ca; www.ridi.ca

Topics: Italian regional cooking, recipes from *Je cuisine à la manière de Peppino Perri* (Communiplex, 2005).

Instructor: Peppino Perri, chef-owner, cookbook author and experienced Italian cooking teacher, formerly at Saponi Pronto in Westmount.

Format: Single sessions Tuesday nights, in English and French. Demonstration of three-course dinner menu, followed by dinner.

Time: 6:30 p.m.

Number of students: Up to 15

Price: \$49, including meal demonstrated. Liquor available.

Starting: Tuesday

Cuisine Pasta Casareccia

5849 Sherbrooke St. W.; 514-483-1588; info@pastacasa.ca

Topic: Italian family cooking; intermediate course on risotto, polenta, meat, fish, antipasto and dessert.

Instructor: Pina Petraccone, restaurateur and family cook.

Format: Series of three weekly Tuesday-evening sessions. Three-course meal. Demonstration and participation.

Time: 6:30 p.m.

Number of students: 15

Price: \$130 for the series, including dishes cooked in class. Wine available.

Starting: Oct. 12

Tavola Mia

430 Ridge Rd., Hudson; 450-458-7603; info@tavolamia.com; www.tavolamia.com

Topics: Italian regional cooking with emphasis on seasonal ingredients.

Instructor: Maria Loggia, experienced Italian cooking teacher.

Format: Single morning sessions or series of five weekly; walking tours of Little Italy. Demonstration and participation.

Time: 10 a.m.

Number of students: Eight to 10; private groups on Friday and Saturday mornings.

Price: \$80 per session, \$350 for five sessions, including the meal cooked and a glass of wine.

Starting: Sept. 16

Mezza Luna

57 Dante St., Little Italy; 514-272-5299; mezzaluna@chezdante.com.

Topics: Italian regional home cooking, including antipasti, risotto, tomato canning, plus sessions with chefs and their specialties.

Instructors: Elena Faita and Stefano Faita. Chefs and visiting teachers include Martin Picard, Moustafa Rougaibi, Jean-Philippe Saint-Denis, Marie-Fleur Saint-Pierre, Philippe Poitras, Jean-François Vachon and Charles-Antoine Crête.

Format: Single sessions in the evenings with the instructors; single sessions weekend mornings with chefs. In English and

French. Demonstration and some participation.

Time: 6:30 p.m. weekdays. Chef classes Saturdays at 9:30 a.m.

Number of students: 20

Price: \$70 to \$125, including meal cooked in class.

Starting: A few spaces are available for fall classes. Email for news of mid-January courses.

Académie culinaire at Villa Armando

3201 Graham Blvd., T.M.R.; 514-504-1378; info@villaarmando.ca; www.villaarmando.ca

Topic: Traditional Italian cuisine from Rome, each session including an appetizer, soup, pasta dish, main course and dessert.

Instructor: Chef Armando Risa, native of Rome, experienced executive chef and restaurant owner.

Format: Monday evening courses in French, English and Italian at Villa Armando restaurant. Demonstration, including tastings of each course.

Time: 6 p.m.

Number of students: 10 to 16

Price: \$100

Starting date: Mid-September

Ciao Ciao Bianca

Italian traditional cooking, 1616 de Padoue Ave., Vimont, Laval; 450-662-8946, 514-730-8914; info@ciaociaobianca.com; www.ciaociaobianca.com

Topics: Regional Italian home cooking; basic techniques of pasta, sauces, pizza and desserts.

Instructor: Bianca Spaziano, experienced home cook.

Format: Single sessions Sunday mornings in French; English available. Demonstration followed by lunch with wine.

Time: 10 a.m.

Number of students: Six to 12

Price: \$50, including lunch.

Starting: Late September

À La Di Domenico: École de fine cuisine italienne

910 Richelieu Blvd., Beloeil; 450-446-8954, aladidomenico@videotron.ca; www.aladidomenico.ca

Topics: Homemade food from the central and Abruzzo regions of Italy: bread, pasta, sausages, preserves, meats, desserts, special regional dishes.

Instructor: Maria Di Domenico, experienced Italian-born family cook.

Format: Single sessions learning four to six dishes, Monday morning or Wednesday evening. French, English or Italian. Demonstration and participation.

Time: 11 a.m. Mondays, 6:30 p.m. Wednesdays.

Number of students: 10; also groups by reservation.

Price: \$70 (\$65 each for five or more class-

es).

Starting: Sept. 20

Arpine Chef Vous

11928 St. Réal St., Nouveau Bordeaux (Ahuntsic-Cartierville area), or your kitchen; 514-332-3928; agaranza@hotmail.com

Topics: Mediterranean and other international cuisines, vegetarian dishes, bread and pastry, holiday entertaining.

Instructor: Arpine Saroyan, experienced home cook and personal chef specializing in Armenian cuisine.

Format: In English or French, series of seven weekly sessions. Demonstration and some participation.

Time: 7 p.m. Wednesdays or 1 p.m. Sundays.

Number of students: Four

Price: From \$50 per session, depending on menu; meal included.

Starting: October

Easy Entertaining

514-369-2379; kadiradumesnil@aol.com

Topics: Mediterranean and special-occasion cooking.

Instructor: Kadira Du Mesnil, experienced restaurant and personal chef, and caterer.

Format: In your kitchen. Three-course meal, weekends. Demonstration and participation.

Time: 10 a.m. to 3 p.m.

Number of students: Eight; private sessions available.

Price: \$80, including tastings; you provide the ingredients.

Starting: Saturday

Nevine's Cuisine

17769 Charles Munro St., and Cultural Centre, 13850 Gouin Blvd. W., Pierrefonds; 514-696-2395; nevine.e@videotron.ca; www.nevinescuisine.com

Topics: Healthy Mediterranean, international and vegetarian cuisine including budget entertaining, fail-proof desserts, salads, appetizers, meat and fish, pasta.

Instructor: Nevine Elchibini, experienced cook and teacher.

Format: Five weekly Saturday morning sessions, with demonstration and participation, or eight weekly Monday morning or Wednesday evening sessions, demonstration only.

Time: 11 a.m. Saturdays or Mondays; 6 p.m. Wednesdays.

Number of students: Eight

Price: \$55 per session, or \$275 for five full meal series; \$320 for eight-session one-dish series. Each session includes meal cooked in class.

Starting date: Week of Sept. 20.

Turkish Cuisine

716 Champagneur Ave., Outremont; 514-270-4806, 514-574-3297; heksigil@yahoo.com.tr; heksigil@gmail.com

Topic: Contemporary, healthy Turkish cuisine, demonstrating traditions as well as reduced trans fats and international adaptations.

Instructor: Hulya Eksigil, food writer and cookbook author from Turkey.

Format: Single-session afternoon classes, Wednesdays and Saturdays; the meal cooked in class may be tasted or samples taken home.

Time: 2 p.m.

Number of students: Eight

Price: \$75

Starting: Oct. 6

A La Clementine

2576 Bonaventure St., St. Lazare; 514-799-5570; sst41@yahoo.com; www.alaclementine.com

Topics: Mediterranean and French cuisine, and special-occasion cooking.

Instructor: Sherry Egerton, experienced home cook.

Format: Single sessions on Saturday and Sunday mornings, three or four-course lunch. English or French. Demonstration and some participation.

Time: 10 a.m.

Number of students: Eight to 11; groups, minimum of eight.

Price: \$80; \$340 for five sessions, including meal cooked in class and a glass of wine.

Starting: Oct. 2

Vegetarian / natural

Café Juicy Lotus

5568 Monkland Ave., N.D.G.; 514-487-7575; juicylotuscookingclass@gmail.com

Topic: Healthy and simple vegetarian cuisine.

Instructor: Jessica Watters, chef-owner of Café Juicy Lotus.

Format: Single-session weeknight classes demonstrating a three- or four-course meal of easy recipes.

Time: 7:30 p.m.

Number of students: 12

Price: \$30, including the meal cooked in class; BYOB.

Starting: Oct. 25

Harvard Gourmet Kosher

5688 Monkland Ave., N.D.G.; 514-483-9494; harvardgourmet@gmail.com

Topic: Fast and simple vegetarian cooking inspired by Mediterranean and Asian cuisines. Food shopping tips, raw cooking and macrobiotics.

Instructor: Gigi Cohen, experienced vegetarian teacher, chef-owner of Harvard Gourmet Kosher.

Format: Single-session weeknight classes; five-course meal demonstrated.

Time: 6:30 p.m.

Number of students: 12

Price: \$50, including meal cooked in class; BYOB.

Starting: Immediately

Natural Food Cooking For Strength and Vitality

5551 Beaminstre Place, Snowdon; 514-344-1881; sfoxman@gmail.com

Topic: Gourmet grain dishes, animal proteins and vegetables prepared with nutrition in mind. How to compose well-balanced, healthy meals.

Instructor: Stephen Foxman, experienced natural-foods and nutrition teacher.

Format: Series of four evening sessions. Demonstration and participation.

Time: 6:30 p.m.

Number of students: Five

Price: \$45 per session, with tasting or takeout.

Starting: November

Crudessence Academy of Living Food

5333 Casgrain St., Suite 801; 514-271-0333, 877-271-0940; leila@crudessence.com; www.crudessence.com

Topics: Raw vegan food preparation: juices, smoothies, nut milks, sprouted nut pâtés, spaghetti, raw cakes, sauces, salads, dehydrating food, germinating seeds, desserts, raw chocolate, etc.

Instructor: Mathieu Gallant, self-taught cook and also a yoga and meditation instructor.

Format: In French or English; single sessions weeknights and all day Saturday. Demonstration, some classes with participation.

Time: 6:30 p.m. evenings, 10 a.m. Saturdays.

Number of students: Up to 16 for evening classes, up to 20 for all-day classes.

Price: Weeknights \$50 to \$85; Saturdays \$160.

Starting: Mid-September

A Tasty Life

148 Fairmount Ave. W.; 514-690-4102; tastylife@gmail.com; www.tastylife.org

Topics: Healthy Slow Food, raw food, vegetarian, and Thai, Bedouin and Mediterranean cuisines.

Instructor: Myrite Rotstein, natural food advocate, private chef and caterer.

Format: Single-session evening classes in preparing a meal. Demonstration and participation.

Time: 6:30 p.m.

Number of students: Six to 15

Price: \$60, including the meal cooked in class.

Starting date: October

Chef Veganessa

Greene Avenue Community Centre, 1090 Greene Ave., Westmount, 514-622-7722, veganessakitchen@gmail.com, www.veganessa.ca

Topics: vegan and gluten-free cuisine, desserts and baking. South Indian, Asian and Mexican cuisines.

Instructor: Vanessa Percher, gluten free vegan and natural food advocate, who has studied professional and Ayurvedic cooking

Format: Thursday evening classes. Demonstration, some participation.

Time: 6:30 p.m.

Number of students: 10

Price: \$45 per session, \$165 for four.

Starting: Sept. 23

The Wisdom Kitchen on Ayurvedic Cooking

5329 Garnier St.; 514-523-4006; allisonulan@yahoo.ca; www.ashtangamontreal.com

Topics: Basic principles of Ayurveda for health, seasonal recipes, holiday recipes.

Instructor: Allison Ulan, yoga teacher and Ayurveda diet advocate.

Formats: Single-session afternoon classes with tastings, and one three-day weekend at an Eastern Townships retreat centre. Demonstration and participation. In English; French available.

Time: 2 p.m. for classes.

Number of students: 10 in classes, 20 for weekend.

Price: Single sessions \$50; weekend \$230 to \$340, depending on accommodation.

Dates: Single sessions Oct. 2, Dec. 15; weekend Sept. 24 to 26.

Price: \$50, or \$30 per session for a series of 10.

Starting: Friday

Peaceful Life

766 Walker Ave.; 514-343-9311; meditation@videotron.ca

Topic: Indian vegetarian cooking the Ayurveda way.

Instructor: Michèle Beausoleil, experienced vegetarian cook.

Format: A single all-day Sunday session demonstrating a complete Ayurvedic Indian meal. Some participation.

Time: 10 a.m.

Number of students: 10

Price: \$125, including meal cooked in class.

Date: Sept. 19

Asian

Miyamoto's Japanese Cooking School

Miyamoto Foods, second-floor kitchen, 382 Victoria Ave., Westmount; 514-481-1952;

miyamoto@bellnet.ca; www.sushilinks.com/miyamoto/classes.html.

Topics: Sushi; also Japanese cuisine.

Instructors: Japanese chefs from Montreal sushi restaurants.

Format: Single sushi sessions, Sunday mornings, in English or French; three-week Japanese cooking courses on Thursdays, in English. Demonstration and participation.

Time: Sushi 10:30 a.m.; Japanese cuisine 6:30 p.m.

Number of students: 14; private classes available.

Price: Sushi \$99; Japanese cuisine \$108 (three sessions), each including food to take home.

Starting: Sushi Sept. 26; Japanese cuisine Sept. 22.

YM-YWHA

5400 Westbury Ave., Snowdon; 514-737-6551, Local 240; or email elina@ymywha.com.

Topic: Sushi-making workshop (Japanese sushi, futomaki, brown rice sushi, California roll, nigiri, vegetable maki, fruit combinations).

Instructor: Joddy Cozocar, kosher sushi caterer.

Format: Single sessions. Demonstration and participation.

Time: 7 p.m.

Number of students: 12.

Price: \$40, supper included.

Dates: Nov. 15 and Dec. 22.

Masala School of Indian Cooking

Masala Cuisine Indienne, 995 Wellington St.; 514-287-7455; masalacuisine@bellnet.ca; www.masalacuisine.ca.

Topic: Northern Indian low-fat family cooking.

Instructor: Ilyas Mirza, chef-restaureur.

Format: single sessions or series of five Tuesday evenings. Demonstration, some participation.

Time: 6 p.m.

Number of students: eight to 15.

Price: \$50 for single session, \$250 for series, including meal cooked; liquor available.

Starting: early October.

Indian Vegetarian Cooking

452 14th Ave., Deux Montagnes; 450-623-5650; bharu48@hotmail.com

Topics: Indian vegetarian family cooking, curries, rice, bread, hors d'oeuvres, preserves and desserts.

Instructor: Bharu Kotecha, experienced family cook.

Format: Single or four-session evening classes, in Deux Montagnes or your kitchen. In English or French. Friday evenings or weekend days. Demonstration and participation.

Time: 6:30 p.m. Fridays; 10 a.m. weekends.

Number of students: Five

Price: \$60 and up, including meal cooked and samples of pulses and spices.

Starting: Oct. 1

Specialty

CookandEtc

Centre Viking, 8210 Devonshire Rd., T.M.R., or four other kitchens located in Old Montreal, Laval, Montreal East and Griffintown, or your home; 514-644-5991; priv@cookandetc.com or corp@cookandetc.com; www.cookandetc.com

Topics: French, Italian, Mediterranean, Indian, Asian, Kenyan, Caribbean and South American cuisines.

Instructors: Montreal restaurant chefs and caterers, organized by Cristina Mucciardi.

Format: Participants from a corporate group or a private party are taught how to prepare a three- or four-course meal as an evening's entertainment and then enjoy the meal with drinks and/or paired wines. BYOB at your home. Demonstration and participation.

Time: Weekdays 6:30 or 7:30 p.m.; weekends 5:30 or 6:30 p.m.

Number of students: Minimum of 10; minimum of two at home.

Price: From \$80 per person; home events from \$300.

Starting: Immediately.

Sugar and Spice

1375 Trans-Canada Highway, Suite 100, Dorval, or your home; 514-743-1819; antonella.sassi@sympatico.ca; www.trystcom.ca (under construction).

Topic: Cuisine of New Orleans, plus cuisines of France, Italy, Asia and Quebec.

Instructor: Antonella Sassi, West Island caterer who recently studied New Orleans cuisine with chef Frank Birgsten of Noce in New Orleans.

Format: Single-session evening or daytime classes, three- or four-course menu with tastings. English. Demonstration and participation.

Time: 6:30 p.m.

Number of students: Five to 10

Price: \$35 to \$75

Starting: Sept. 15

Power Cooking with Chicken

319 25th Ave., Deux Montagnes, or your kitchen in greater Montreal; 450-491-2116; chefcathybob@gmail.com

Topic: How to make three easy meals in 20 minutes each, to serve or freeze, for about \$3 per serving.

Instructor: Cathy Bobkiewicz, family cook with basic training.

Format: Single sessions once a month,

demonstration and participation, samples to take home. English or French.

Time: 7 p.m.

Number of students: Seven to 10

Price: \$25

Starting: Sept. 22

Gluten-Free Cooking

131 Wolseley Ave. N., Montreal West; 514-481-6523; janetking131@gmail.com

Topics: How to shop and cook for someone who cannot eat wheat, barley or rye.

Instructor: Janet King, counsellor for the Canadian Celiac Association and experienced gluten-free family cook.

Format: Single three-hour session on how to cook basic dishes, substitutions, and making a mixture of sorghum grain, chick-pea flour, tapioca and cornstarch to use in place of other grains; plus community resources. Demonstration and participation.

Time: 9 a.m. or 1 p.m.

Number of students: Eight

Price: \$20, including food to take home.

Dates: Sept. 25 and Oct. 23

Elaine's Gluten Free Gourmet

120 Macdonald Ave., Cote St. Luc; 514-482-1095; info@elainesglutenfreegourmet.com; elainesglutenfreegourmet.com

Topics: Three courses on cooking for gluten-free and celiac diets: one on crêpes and quiches, the second on quinoa and teff dishes and desserts with nut flour or coconut flour, the third on holiday baking. Dairy-free and nut-free classes on demand.

Instructor: Elaine Randolph, experienced gluten-free cooking instructor, cook and caterer.

Format: Single sessions on Saturday afternoons and some Wednesday afternoons or evenings. Demonstration, some participation. Tastings and take-home samples. English; French available.

Time: Saturdays at 1 p.m., Wednesdays at 1 or 6:30 p.m.

Number of students: Five

Price: \$40

Starting: Sept. 22

Gluten Free Cooking Classes

414 Lakeshore Rd., Beaconsfield; 514-946-6355; lpearl@louisessgft.com; www.louisessgft.com (under construction)

Topics: Gluten-free pizza and calzones, pies, pasta, risotto, cookies and squares, and cakes.

Instructor: Louise Pearl, experienced cook, president of the Canadian Celiac Association (Quebec chapter) and gluten-free food industry consultant.

Format: Single-topic evening classes, with tastings. English and French. Demonstration.

Time: 7 p.m.

Number of students: Six to eight
Price: \$50
Starting: Sept. 22
Children and teens

Academie Culinaire

360 Champ-de-Mars St., Old Montreal; 514-393-8111, 514-877-393-8111; information@academieculinare.com; www.academieculinare.com.

Topics: in French. Basic techniques, Christmas cookies, parent-child sessions on Italian cuisine and Christmas baking.

Instructors: academy chefs and instructors.

Format: weekend mornings

Time: 9:30 a.m.

Number of students: 20, ages 8 to 12

Price: \$110 or \$195.

Starting: Oct. 17

Enfant & Compagnie

4687 Lavoisier Ave., St. Léonard; 514-327-8484; info@enfantetcompagnie.com; www.enfantetcompagnie.com.

Topic: Children's favourite Italian foods, including fresh gnocchi with tomato sauce and meatballs, stuffed pasta shells with ricotta, breaded chicken with roast vegetables, pizza and tiramisu.

Instructors: Angela De Ciccio and mothers who are former elementary school teachers.

Format: One-hour Saturday-morning classes, eight sessions, two age groups between age 2 and 8. Demonstration and participation. English and French.

Time: 11 a.m.

Number of students: 10

Price: \$80 for eight sessions

Starting date: Sept. 25

Ateliers & Saveurs

444 St. François Xavier St.; 514-849-2866; info@ateliersetsaveurs.com; www.ateliersetsaveurs.com.

Topic: Recipes popular with children, including lunch boxes, for children age 8 to 14 with their parents.

Instructors: Éric Gauthier, Philippe Berriault and Nicolas Normandeau, chefs.

Format: Two-hour Saturday afternoon workshop, including lunch boxes. Demonstration and participation.

Time: 3 p.m.

Number of students: 16

Price: From \$45

Date: Mid-September

La Gaterie

265 Hymus Blvd., Pointe Claire, 514-695-1444; info@LaGaterie.com

Topics: cake- and cupcake-decorating; chocolate decorations, Halloween cake decorating.

Instructor: Rita Djerrahian, experienced baker and cake decorator

Format: Sunday-morning classes of 2-1/2

hours, with samples to take home. Demonstration and participation.

Time: 10 a.m.

Number of students: eight.

Price: \$35 to \$50 including samples.

Starting: mid-October

L'Atelier de Franca Mazza

3535 Autoroute Laval West at the Marche 440, Laval; 514-214-9723, 450-681-0559; franca-mazza@hotmail.com.

Topics: gluten-free cuisine: meats, fish, vegetables, mushrooms and salads. Burgers, decorating birthday cakes and cupcakes, making Sunday brunch for Mom and Dad.

Instructor: Franca Mazza, experienced chef and caterer specializing in Italian and other Mediterranean cuisines. Demonstration and participation.

Format: one-hour Saturday-morning classes, including tastings.

Times: 11 a.m.

Number of students: 12 to 25, ages 8 to 12 years.

Price: \$30 per session.

Starting: late September

Loblaws offers a bargain

The best buy in cooking classes continues to be at Loblaws supermarkets, where some of Montreal's top cooking teachers have been engaged to share their expertise, beginning at \$25 a session and running up to \$65. Both demonstration and hands-on classes in a wide range of topics are offered in every Loblaws store in greater Montreal, except at 375 Jean Talon St. W. For topics, dates and teachers, look for a printed schedule in your neighbourhood store or visit the website www.pccookingschool.ca and follow the links to Quebec, Montreal, cooking courses, and topics for adults, teens and children.

Children's courses are reasonably priced, too: \$8 for kids up to age 5 accompanied by an adult, \$15 for age 6 to 11, and \$18 for teens.

Adult classes are mostly at 7 on weeknights, with a few at 6:30 p.m. Children's sessions are mostly at 10 a.m. weekdays and weekends. You can register in the individual stores or by calling 800-567-8683, Local 3, and paying by credit card.

For information about courses in stores located in Montreal and suburbs, call the following:

- Loblaws Cavendish, 6600 St. Jacques St. W.; Paul Shubin, 514-481-6959;

- Loblaws Pierrefonds, 4849 St. Jean Blvd.; Amaury, 514-624-6369, Local 130;

- Loblaws Vaudreuil, 501 St. Charles Ave., Vaudreuil-Dorion; Lorraine Rehel, 450-455-6161;

- Loblaws LaSalle, 6767 Newman Blvd., LaSalle; 514-364-7168, Martin Patenaude, 514-383-8800, Local 6830.

- Loblaws Kirkland, 16900 Trans Canada Highway, Kirkland; 514-426-3005; Corinne

Schiller, 514-383-8800, Local 6738;

- Loblaws Brossard, 1575 Panama Ave., 450-466-2828; Tony Booker, 514-383-8800, Local 8073.

- Loblaws St. Eustache, 525 Arthur Sauvé Blvd., St. Eustache; 450-491-7007; Guylaine Ouellet, 514-383-8800, Local 8146.

- Loblaws St. Laurent, 300 St. Croix Ave., 514-747-0606; Michelle McIntosh, 514-383-8800, Local 8106.

Thanks for checking out the 2010 Gazette Cooking School Guide. If you spot any errors, please send an email to Denise Duguay, Gazette Arts & Life online desk, at dduguay@montrealgazette.com.

