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• KITCHEN TO KITCHEN •
— FORK —
**THE CHEF
& THE DISH**
— KNIFE —
• CULINARY EXPERIENCE •

Villa
Vainilla
Vanilla Beans
Cousins de Vanille
2

PRODUCERS SERIES
SWEET & SAVOURY BRUNCH WITH VILLA VAINILLA

WELCOME TO THE CHEF & THE DISH

How it works.

Get ready for a cooking experience you'll never forget! In your Multi-Location Cooking Class with The Chef & The Dish, you and your team will be joined by your Chef who will guide you through mastering a dish, native to their region. Your class will also be co-hosted by a Host from The Chef & The Dish.

During your Cooking Experience, you'll get to know your chef and teammates. Then, you'll begin to do work together. Just follow your chef's lead. Ask questions, share stories, and have some fun together as you whip up an amazing traditional dish. Watch your chef, and get personalized coaching as you learn the fundamentals of their nation's most important dishes.

At the end of the class, enjoy your first few bites, and then say goodbye to your chef and classmates so you can enjoy an epic meal.

TRANSPORT YOUR KITCHEN FOR THE DAY™



CHEF TED FONDULAS

NEW ENGLAND | UNITED STATES



Chef Ted Fondulas had a love of cooking and food at a very early age, but it wasn't until several trips to Europe when he decided to make it a career. He worked in hotels and restaurants in New York and California, and eventually settled in New England as part of the “back-to-the-land” movement in the early seventies.

In 1982, Ted and his wife, Linda, opened Hemingway's Restaurant in Killington, Vermont which eventually received critical acclaim. Chef Ted's trailblazing dedication to using local ingredients paved the road for the farm to table movement in Vermont and beyond. He received Four-Star and Four Diamond travel guide honours for many consecutive years, the prestigious Robert Mondavi Culinary Award of Excellence, has been featured in Esquire Magazine, the Discovery Channel, Great Chefs of the East, Condé Nast Traveller, and in Food & Wine as owner of one of the Top 25 Restaurants in the US.

Now he's excited to transport into our kitchen to teach you some of New England's most iconic dishes. Hang up the keys and get ready for a whole new way to enjoy some time in.



GETTING READY CHECKLIST

- Watch your Kitchen Prep Video to get you ready!
- Review your Shopping List. If you have any questions, just email us!
- A few days before your cooking class, head to the grocery store, or arrange for delivery.
- 30 minutes before your cooking class, organize your ingredients and equipment on your countertop
- Make sure your computer is charging!
- 10 minutes before your class, click on the link in your email or calendar to join your group conference. Please be prompt, so we can ensure a great experience for you and your teammates! Please know, we admit everyone individually to check for audio and video, so if your class starts a few minutes late, we're helping your teammates!
- You will see you're one a few people! Say hello!
- Once everyone joins, your Host will get everyone ready to have some fun, and then your Chef will transport you into their kitchen to make something delicious.
- If you run into any problems at all, just email us! We're in front of our computer and ready to help.

KitchenAssistant@TheChefandTheDish.com



SWEET & SAVOURY BRUNCH

SHOPPING LIST



CLASS MENU

Scallop & Crab Cakes | Savoury Cakes made of Scallops & Crab

Vanilla & Sweet Corn | Warm Sweet Corn with Vanilla

Toast with Vanilla Butter | Warm Toast with Vanilla Butter

Vanilla Sugar | Homemade vanilla sugar

INGREDIENTS

HAVE IT

PRODUCE

Red Bell Pepper - 1 medium

Fresh Thyme - 1 bunch

Scallions - 1 bunch

Fresh Chives - 1 bunch

Corn kernels (frozen can be used and are preferred) - 1 cup

SEAFOOD

Scallops (small scallops are fine, ideally fresh, frozen can be used) - 1 lb

Maine Crab Meat - 1/2 lb. (fresh meat can be found in the refrigerated section, but canned lump crab can be used)

BAKERY

Your favourite rustic bread for toasting



SUGGESTED WINE PAIRING

We recommend a full bodied oaked or unoaked American Chardonnay to pair with your meal.

INGREDIENTS

HAVE IT

DAIRY

Butter (unsalted) - ~ 1 cup ***Important, please make sure your butter is at room temperature for class***

PANTRY

Panko Breadcrumbs - 1/2 cup (optional)

Vanilla Beans - 2 beans, preferred *Villa Vainilla* Mexican vanilla beans. >> Find discount in this booklet for 15% off your purchase at <https://www.villavainilla.mx/villa-vainilla-mexican-vanilla-beans-2-beans> **Delivery time is estimated to be 5 days from ordering.

Wasabi Paste or Powder (or Dijon Mustard + cayenne)- 1 tsp

Mayonnaise - 1/4 cup

Vegetable Oil - 2 Tbsp.

Sugar - about a cup or so

Salt & Pepper - to taste

SWEET & SAVOURY BRUNCH

EQUIPMENT LIST



As with a chef, it's important to have your workstation in order in advance of cooking. This means having your ingredients prepped and cooking equipment on your countertop ready to go.

If you don't have any of the equipment below, please contact your Kitchen Assistant with The Chef & The Dish so we can ensure you have the best results possible.

EQUIPMENT:

- Small sheet pan
- Cutting board
- Fine strainer
- Chef knife
- Measuring cups
- Measuring spoons
- Medium size pot
- Small ladle or large spoon for skimming
- Toaster

Make sure to wash any produce before your class.
Before your class, please place your ingredients on your countertop,
and put the equipment in a convenient place.

If you need anything at all, just email us!
KitchenAssistant@TheChefandTheDish.com

We can't wait to see what you cook up.

Villa
Vainilla

MEXICO: THE BIRTHPLACE OF VANILLA



Just Great Pure Mexican Vanilla Extract. Made with the best Mexican Vanilla beans #1 Vanilla sold at Duty-Free for 20 consecutive years. Pure gourmet product found at boutique markets across the world.



Premium Mexican vanilla beans. Directly from Papantla, Veracruz, these exotic and delightful vanilla beans are rich and deep in flavor, just perfect to enhance your best recipes. Grab a sharp knife, cut them in half and discover the aromatic treasure and delicious flavor they will add to your plates.

EXCLUSIVE 15% OFF GIFT FOR THE CHEF & THE DISH CLIENTS

VISIT: WWW.VILLAVAINILLA.MX

AND ENTER CODE AT CHECKOUT

CHEF15



CONVERSIONS

IMPERIAL TO METRIC CONVERSIONS



WEIGHT

Ounces (oz)	Exact Metric Conversion (g)	Standard Metric Conversion (g)
1 oz	28.3 g	30 g
2 oz	56.7 g	55 g
3 oz	85.0 g	85 g
4 oz	113.4 g	125 g
5 oz	141.7 g	140 g
6 oz	170.1 g	170 g
7 oz	198.4 g	200 g
8 oz	226.8 g	250 g
16 oz (1 lb)	453.6 g	500 g
32 oz	907.2 g	1000 g (1kg)

As you start cooking dishes from around the world, you'll notice that the units of measurements can vary. We've put together this handy conversion chart of some of the common conversions you'll need.

Don't panic, if you still need help or are unclear of how much ingredients you'll need, your Kitchen Assistant is only an email away.

~ The Chef & The Dish

VOLUME

Conventional Measure	Exact Metric Conversion (mL)	Standard Metric Conversion (mL)
1/4 teaspoon	1.2 mL	1 mL
1/2 teaspoon	2.4 mL	2 mL
1 teaspoon	4.7 mL	5 mL
2 teaspoon	9.4 mL	10 mL
1 tablespoon	14.2 mL	15 mL
2 tablespoons	28.4 mL	30 mL
3 tablespoons	42.6 mL	45 mL
1/4 cup	56.8 mL	50 mL
1/3 cup	75.6 mL	75 mL
1/2 cup	113.7 mL	125 mL
2/3 cup	151.2 mL	150 mL
3/4 cup	170.5 mL	175 mL
1 cup	227.3 mL	250 mL
4 1/2 cups	1022.9 mL	1000 mL (1L)

OVEN TEMPERATURES

Fahrenheit (°F)	Celsius (°C)
175°	80°
200°	95°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°



WEIGHING YOUR INGREDIENTS

WEIGHT TO VOLUME CONVERSIONS



Many of our Chef's at **The Chef & The Dish** use weight measurements as their primary unit of measurement. It's standard in a lot of commercial kitchens around the world, especially where accurate and scalable measurements are needed.

You don't have to worry, the team at **The Chef & The Dish** has converted most of these weights into easy to measure volume measurements for you. However, as you further your culinary journey and start reading recipes and cooking dishes from around the world, you may want to buy a weight scale to translate some of the recipes for yourself. Weighing your ingredients remains the most accurate way to measure food.

We've attached a chart of some of the standard weight to volume conversions. This is only a guide, depending on the ingredients and how its packed, the volume can vary greatly.

We encourage everyone to keep thinking about food and cooking, and most importantly, keep exploring.

~ For the Love of Food | The Chef & The Dish

DRY INGREDIENTS

INGREDIENT	GRAMS	CUPS
All-Purpose Flour	120 grams	1 cup
Whole Wheat Flour	113 grams	1 cup
Baking Powder	4 grams	1 tsp
Baking Soda	3 grams	1/2 tsp
Brown Sugar (packed)	213 grams	1 cup
Confectioners' Sugar	113 grams	1 cup
Granulated Sugar	198 grams	1 cup
Chocolate Chips	170 grams	1 cup
Cocoa Powder	42 grams	1/2 cup

WET INGREDIENTS

INGREDIENT	GRAMS	CUPS
Butter	113 grams	1/2 cup
Buttermilk	227 grams	1 cup
Corn Syrup	312 grams	1 cup
Heavy Cream	227 grams	1 cup
Milk	227 grams	1 cup
Vegetable Oil	198 grams	1 cup
Vegetable Shortening	46 grams	1/4 cup
Eggs	50 grams	1 large
Vanilla Extract	14 grams	1 tbsp