

COOKING CLASSES



NuCulinary

www.nuculinary.com

Fresh & Lively Asian Home Cooking



UWAJIMAYA Since 1928 

SPRING/SUMMER 2009

EXOTIC SUMMER
DELIGHTS



We hear you! Many of you have mentioned that once we whet your appetite with one class you'd like to delve deeper. So we are now offering classes in a series. Our Home Style Cooking Series (HSC) provides a progression of techniques and dishes so you can become more and more skilled at stirring up sumptuous Asian cuisine in your own home—whether you enjoy Vietnamese, Japanese, Chinese, or Thai cooking.

NEW ADVANCED WEEKEND INTENSIVE WORKSHOPS

are designed to solidify your cooking and prep skills and expand your repertoire even farther. As your knowledge increases and the ingredients become familiar your confidence is going to rise. Soon you'll be inspired to add your own creative touches while cooking everyday Asian meals.

April 24 - The Chinese Wedding Banquet!

KIDS COOKING CAMP is returning at your request.

Each day is a different country and cuisine. Kids learn to properly handle knives, heat and learn with a clean-as-you-go spirit. Nutrition and culture abound in this casual fun atmosphere of exploration and learning.

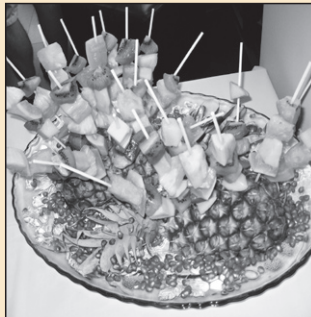
August 10-13 Kids Cooking Globally (ages 8-12)



Just look for the Healthy Flavors icon to find classes that include healthy cooking options.

Classes Include

- Expert chef instructors
- Easy-to-learn techniques
- Plenty of individual attention
- Fascinating facts about food & culture
- Recipes and samples of everything you cook



LOCATIONS

Classes are held at
Bellevue Uwajimaya
or
Seattle Uwajimaya

Bellevue Uwajimaya (Deli Kitchen)

15555 NE 24th at the
Bellevue, WA
425.747-9012

Seattle Uwajimaya (Deli Kiosk)

Validated Parking available
for class time
600 5th Avenue South
Seattle, WA (International District)
206.624-6248

Register on-line at
nuculinary.com

Things to Know

- Class registration is through NuCulinary only. Registration is not available at Uwajimaya.
- Classes are 2-2.5 hours long unless otherwise noted. Chefs reserve the right to change menu offerings based on product availability.
- Plan to eat during class.
- Full refund provided if cancellation is 7 days prior to class. You may send a substitute.



Hands-on
Cooking Class
All Students Cook
& Eat Together

BRINGING ASIAN CUISINE INTO EVERYDAY LIFE

Sushi I – Basic Sushi Rolling

B303 Tuesday, May 26 **BELLEVEUE** 6:30 pm Naomi Kakiuchi \$75
S309 Tuesday, July 14 **SEATTLE** 6:30 pm Naomi Kakiuchi \$75
B311 Tuesday, August 4 **BELLEVEUE** 6:30 pm Naomi Kakiuchi \$75



Have you been cutting back on trips to the sushi bar to save money? Satisfy your sushi cravings at home for a fraction of the price of eating out by learning the basics of this Japanese art. You start with the essentials of preparing perfectly seasoned rice and popular roll fillings, then create your own rolls and traditional starters. **(Hands-on)**

Miso Soup
Futomaki (Big Roll)
California Roll (Inside-out Roll)
Hosomaki (Small Roll)
Sunomono (Cucumber Salad)

Purchase the Art of Sushi DVD with your class and save \$5 from the Uwajimaya Bellevue Gift Department or from Kinokuniya Bookstore Seattle (depending on class location).

B300 Vietnamese I – Cool Food for Hot Nights

Tuesday, May 5 6:30 pm Naomi Kakiuchi \$67



Vietnamese dishes are the perfect choice for creating a light, fresh and flavorful dinner for friends or family on a warm summer night. Each of these zesty recipes is quick to cook and sure to tickle your taste buds. **(Hands-on)**

Goi Dua Chuot (Cucumber and Shrimp Salad)
Fresh Asparagus and Crab Soup
Banh Mi (Vietnamese Baguette Sandwich)
Grilled Bananas with Coconut Sticky Rice

B301 Vietnamese II – Fragrant and Sizzling

Tuesday, May 12 6:30 pm Naomi Kakiuchi \$67



Next time you're craving a scrumptious Vietnamese meal, you won't have to leave the house. Just whip up one these fast, flavorful dishes. Simple to prepare and a joy to eat, each one is worthy of a place in your regular cooking repertoire. **(Hands-on)**

Goi Cuon (Vietnamese Fresh Rolls)
Bahn Xeo (Sizzling Coconut Crepes)
Lemongrass Chicken & Vegetable Skewers
Sticky Rice
Pickled Daikon, Carrot & Cucumber Salad
Mandarin Sorbet w/ Coconut & Rice Flour Shortbread

S302 Knife Skills for Asian Cooking and Korean Supper

Monday, May 18 **SEATTLE** 6:30 pm Toby Kim \$67



Speed your way to delectable dinners with better knife skills. Chef Toby will teach you how to chop and dice an onion fast; process garlic three ways; and slice, dice and mince vegetables for even cooking and eye-catching meals. Learn tips on proper knife selection for your needs, how to care for and keep your knives sharp for fast preparation. Plan to eat a light supper prepared with your perfectly cut ingredients. **(Hands-on)**

Mince
Dice
Brunoise
Batonnet
Julienne

Knife selection and care

B304 Asian Party Appetizers

Tuesday, June 2 6:30 pm Naomi Kakiuchi \$67



Entertaining is fun and easy when you're serving up these tasty Asian apps. They're ideal passed around on small plates as finger foods, or as a first course for your dinner party. You can even enjoy them as a flavorful dinner for one! You even get tips to make prepping and serving these dishes stress-free. **(Hands-on)**

Edamame Hummus w/ Sesame Flatbread
Thai Eggplant Lettuce Wraps
Shrimp Cakes w/ Cucumber-Peanut Relish
Thai Lemongrass and Coconut Beef and Veggie Skewers w/ Peanut Sauce
Tropical Fruit Platter w/ Lime-Spiced Salt

EXPLORING ASIAN FLAVORS

B305 Simple Sensations—Summer Noodles

Tuesday, June 9

6:30 pm Naomi Kakiuchi \$67



Everyone loves noodles, and cooking dinner is a breeze with these traditional family favorites. Discover how to add whatever's fresh and in season to your noodle dishes. Plus, learn which noodle works with each cooking technique and a few shortcuts that make whipping up a delightful, home cooked meal even easier. [\(Hands-on\)](#)

Sweet and Spicy Confetti BBQ Duck Rolls

Shrimp with Glass Noodles in a Clay Pot

Laotian-style Grilled Chicken with Rice Vermicelli Soup

Soba Noodle Salad with Cucumber and Mango

B306 A Vegetarian Summer Feast

Tuesday, June 16

6:30 pm Naomi Kakiuchi \$67



Looking for savory vegetarian dishes that fill your tummy and provide great omega -3's, while helping lower your carbon footprint? Satisfy any appetite with the delightful flavors and textures in this meat-free Asian meal. Registered Dietitian and Chef, Naomi Kakiuchi, shows you how to create vegetarian food that's anything but bland or boring. [\(Hands-on\)](#)

Grilled Vegetables in Rice Paper

Green Mango Salad with Long Bean, Cashews and Tamarind

Bhutanese Red Rice Salad with Edamame, Tamari and Walnuts

Iced Sake Summer Berries

B307 Sushi II – Advanced Sushi Rolls Sushi I required

Tuesday, June 23

6:30 pm Hajime Sato \$75



Take your sushi-rolling abilities to the next level with Chef Hajime Sato. Trace the history of sushi from its traditional roots to its modern day offshoots. Learn how and why to eat sushi with ginger and wasabi, what flavors blend in a roll, and when to add special sauces to enhance your rolls. Then practice making your own rolls. [\(Hands-on\)](#)

Spider Roll

Tempura Vegetable Roll

Caterpillar Roll

Spicy Tuna Roll

Hand Roll

Our new Art of Sushi II-Advanced Rolls DVD is available for sale—online or from Uwajimaya Bellevue Gift Department

B308 Summer Street Food

Tuesday, July 7

6:30 pm Naomi Kakiuchi \$67



In Asia, street vendors provide the ultimate in flavorful fast food prepared fresh right before your eyes. Easy to learn and fun to make, these yummy dishes are an ideal way to incorporate seasonal summer ingredients into your menu. [\(Hands-on\)](#)

Singapore Seafood Curry Noodles

Yakitori

(Japanese Chicken Skewers)

Thai Green Papaya Salad

Sticky Rice with Mangos

B310 Sushi III – The Art of Nigiri Sushi

Tuesday, July 21

6:30 pm Hajime Sato \$85



Bring a sharp knife and an apron and get ready to raise your sushi IQ. Hajime Sato, owner and sushi chef of Mashiko, will show you how to cut sashimi fish and demonstrate expert preparation of Nigiri-style sushi. Then it will be your turn to practice! [\(Hands-on\)](#)

Maguro (Tuna)

Sake (Salmon)

Tako (Octopus)

Unagi (Eel)

Gunkan Maki (Battleship Rolls)

Take the sensei (teacher) home with you, buy The Art of Sushi Nigiri DVD and save \$5



REGISTRATION FORM

NuCulinary
Class Registration
is on-line at
nuculinary.com

Questions?

Call NuCulinary at:
206.932.3855

NuCulinary
6523
California Ave. SW
PMB 250
Seattle, WA
98136

Class Number (s)	Class Name	Price	Quantity	Total
	Vietnamese Series	-\$134 \$120		
	Asian Combo Pkg	-\$142 \$128		
	Sushi Combo Pkg	-\$235 \$215		
	Products			
	Sushi DVD	-\$27.22 \$21.25		

Get More for Less with a Multi-Class Package!*

*one person per package

Vietnamese Home Style Cooking Series (HSC)

Regularly \$134, register for Vietnamese I & 2 together - only \$120
(Save \$14!)

Use our coupon code: Vietseries



Asian Combo Package

Regularly \$142, register for Sushi I OR II PLUS any one non-sushi class - only \$128
(save \$14!)

Use our coupon code: AsianCombo

Sushi Combo Package

Register for Sushi I, II and III
(save \$20)

Use our coupon code: sushicombo

Name _____

Address _____

Phone _____ Email _____

Method of Payment Check Mastercard Visa Gift Certificate Enclosed

Credit Card # _____ Exp. Date _____

Signature _____ Security # _____

Cancellation Policy: Class cancellations are accepted up to one week prior to class. Cancellations fewer than 7 days before the class are non-refundable and non-transferable. You may send a substitute in your place.

NuCulinary limits class size for a more intimate, interactive and delicious experience! Payment is required to register. If a class is full, we will place you on a waiting list.



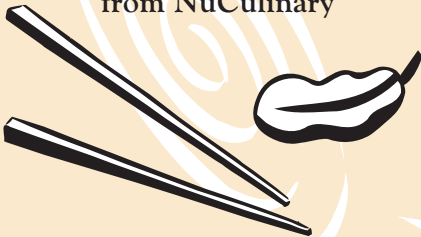
OUR INSTRUCTORS

NuCulinary
6523 California Ave SW
PMB #250
Seattle, WA 98136

GIFT CERTIFICATES
AVAILABLE!

Give a Gift That
Lasts a Lifetime...

Cooking Classes
from NuCulinary



Gift Certificates can
be ordered on-line
www.nuculinary.com



Naomi Kakiuchi, RD, CD, CCP

As President of NuCulinary, Naomi specializes in inspiring community and culture through Asian cooking. A registered dietitian; Certified Culinary Professional of the International Association of Culinary Professionals; and popular culinary educator; Naomi combines food and fun with nutrition tidbits for a well-rounded learning experience.



Hajime Sato

Born in Japan, Hajime is the owner and head sushi chef of Mashiko Japanese Restaurant in West Seattle. He specializes in preserving the tradition of Japanese dishes, while adding new, innovative and irreverent flavors for a unique eating experience. www.sushiwhore.com

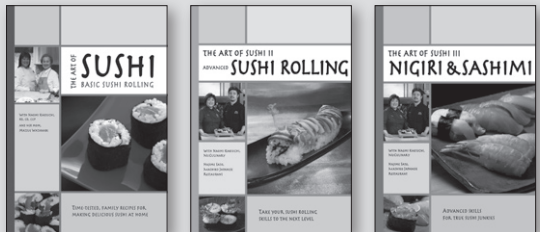


Toby Kim

Toby Kim is the Sous Chef at the popular newly opened Poppy on Seattle's Capitol Hill. Formerly of The Herbfarm Restaurant and a graduate of the Seattle Culinary Academy at Seattle Central Community College, Toby grew up in Hawaii, learning the traditions of Korean cooking from his mother and grandmother. Seattle-born, Toby is an adventuresome chef of international foods and enjoys sharing his enthusiasm and knowledge so others will be inspired.

LEARN AT HOME!

The Art of Sushi DVD series



Basic Sushi Rolling, Advanced
Sushi Rolling and Nigiri & Sashimi
www.theartofsushidvd.com