

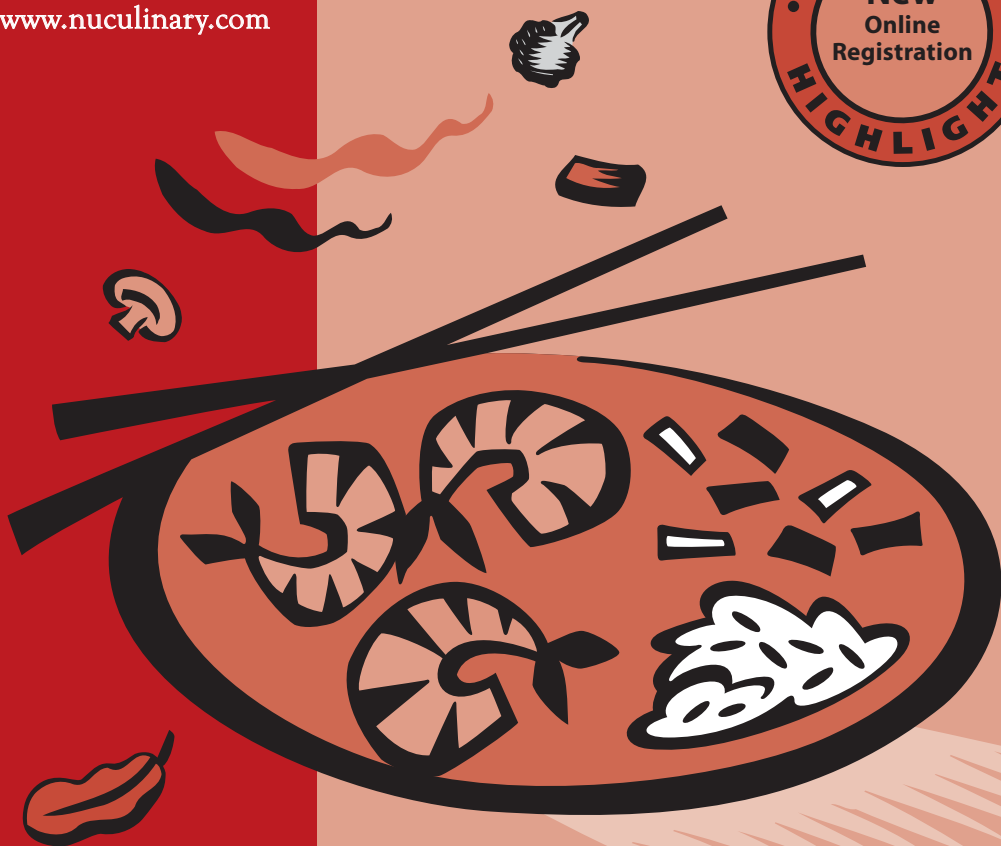
COOKING CLASSES



NuCulinary

www.nuculinary.com

Popular Asian Cuisine



UWAJIMAYA Since 1928 

FALL 2008

TASTES OF ASIA

Healthy Cooking Can Be Tasty Too!

LOCATIONS

Bellevue Uwajimaya

Deli Kitchen

NE 24th & Bellevue-Redmond Road

15555 NE 24th

425.747.9012

www.uwajimaya.com



At NuCulinary, we understand that many people have health issues that affect the way you eat—and the way you cook. But that doesn't mean you can't enjoy the vibrant flavors of authentic Asian dishes. So this year we have introduced classes that include ingredients and techniques for the discerning diner with diabetes, heart disease or weight management issues. 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
- Recipes and samples of everything you cook



Things to Know

- Class registration is through NuCulinary only. Registration is not available at Uwajimaya.
- Classes are 2-2½ 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.



Look, Learn and Eat classes are demonstration only

NEW

REGISTER ONLINE @ www.nuculinary.com. SIGN UP TODAY!

LIGHT AND TASTY ASIAN FLAVORS

Sushi I – Basic Sushi Rolling

B275 Wednesday, September 10	6:30 pm	Naomi Kakiuchi	\$75
B280 Monday, October 13	6:30 pm	Naomi Kakiuchi	\$75
B284 Tuesday, December 2	6:30 pm	Naomi Kakiuchi	\$75

Sushi rolling is easier than you think! Learn the basics of this Japanese art using your own two hands. 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)

B276 Dim Sum

Tuesday, September 16	6:30 pm	Naomi Kakiuchi	\$65
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Literally meaning “to touch your heart,” bite-sized Dim Sum morsels originated in the teahouses of China long ago. And they’re as fun to eat as they are to make. Enjoy the hands-on experience of pinching, rolling, steaming and baking a cornucopia of delightful Asian delicacies. (Hands-on)



Vegetarian Spring Rolls
Scallop Sui Mai
Hum Bow (Steamed Buns)
Lo Mai Gai
(Sticky Rice in Lotus Leaf)

B277 Thai Curries and Seafood

Tuesday, September 23	6:30 pm	Naomi Kakiuchi	\$65
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Throughout SE Asia, cooks use freshly made curry pastes because they deliver the best flavors. You can learn to make your own curry pastes quickly and easily. We cover which pastes go with different ingredients, then you get to make each paste and a delicious dish to compliment it. (Hands-on)



Thai Red Curry Paste--
Curry with Kabocha Squash
and Chicken
Thai Green Curry Paste—
Cod in Green Coconut
Curry Sauce
Thai Mussaman Curry Paste--
Massaman Curry with Beef

B278 Simple Sensations—Noodles and Stir-fry

Wednesday, October 1	6:30 pm	Naomi Kakiuchi	\$65
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Cooking dinner is a breeze when you make these traditional Asian family favorites. Discover how to add whatever’s fresh and in season to your noodle or stir-fry dish. Plus, pick up a few shortcuts that make whipping up a delightful, home-cooked meal even easier. (Hands-on)



Hong Kong Style Chow Mein
Chow Fun with Black
Bean Sauce
Shrimp in Lobster Sauce
Baby Bok Choy with
Oyster Sauce

B279 Sweet and Spicy Indian

Tuesday, October 7	6:30 pm	Naomi Kakiuchi	\$65
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Who said vegetarian meals have to be bland or boring? These delicious veggie dishes are bursting with the intense flavors of India! The roasting and melding of spices into curry mixes lets you use market fresh ingredients with exciting results. And you can always include meat and seafood when you make these recipes at home, if you’d like. (Hands-on) Vegetarian



Toor Dal Soup with
Vegetables (Yellow Lentil
Soup with Vegetables)
Sambal Saag (Daal Curry)
Peas Pulao(Spice-Scented
Basmati Rice with Peas)
Sweet Sour and Spicy
Eggplant and Squash

EXPLORING ASIAN CUISINE

B281 A Homemade Chinese Dinner

Wednesday, November 5 6:30 pm Christina Chung \$65

Amaze your friends —and yourself —by cooking up an authentic Chinese dinner quickly and easily in your own kitchen. Join our newest instructor, Christina Chung, as she shares recipes from her Hong Kong homeland that are a snap to make at home. **(Hands-on)**



Wonton Soup
Steamed Chicken with Wood Ear Mushroom and Gogiberry
Pan-fried Buddhist Rolls filled with Vegetables
Glutinous Rice Balls with Sesame Filling and Shredded Coconut

B282 Sushi II – Advanced Sushi Rolls Sushi I required

Monday, November 10 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

B283 The Vietnamese Table

Tuesday, November 18 6:30 pm Naomi Kakiuchi \$65

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



Goi Cuon (Fresh Spring Rolls) with Nuoc Cham Dipping Sauce
Tom Rang Me (Shrimp in Spicy Tamarind Sauce)
Golden Jasmine Rice
Goi Bap Cai Ga (Spicy Chicken and Vegetable Salad)

B285 Sushi III – The Art of Nigiri Sushi

Monday, December 8 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)**



Sake (Salmon)
Tako (Octopus)
Unagi (Eel)
Gunkan Maki (Battleship Rolls)

B286 O-Shogatsu The Traditional New Year's Feast

Tuesday, December 16 6:30 pm Naomi Kakiuchi \$65

Celebrate the Japanese New Year with tasty, time-honored recipes that represent good luck, good health and prosperity. This special meal is steeped in traditional foods and ancient lore. Not just for holidays, you can make these fast and healthy dishes part of any dinner. **(Hands-on)**



Ozoni Soup with Mochi
Shrimp Tempura
Sushi Hand-rolls
Kimpira Gobo (Stir-fry Burdock Root with Sweet Carrots)
O-Nishime (Dressed and Simmered Vegetables)
Namasu (Daikon-Carrot Pickled Salad)





REGISTRATION FORM

Price # Participants Total

Class Packages*

Sushi Combo
All three Sushi
Classes - save \$20

Asian Combo
Any two non-sushi
classes - Save \$12
Choose the classes
you want, then
subtract your
discount.

*One person only

All are in Bellevue



B275 Sushi I – Basic Sushi Rolling

\$75

B276 Dim Sum

\$65

B277 Thai Curries and Seafood

\$65

B278 Simple Sensations—Noodles and Sir-fry

\$65

B279 Sweet and Spicy Indian

\$65

B280 Sushi I – Basic Sushi Rolling

\$75

B281 Homemade Chinese Dinner

\$65

B282 Sushi II – Advanced Sushi Rolls (Sushi I required)

\$75

B283 The Vietnamese Table

\$65

B284 Sushi I – Basic Sushi Rolling

\$75

B285 Sushi III – The Art of Nigiri Sushi

\$85

B286 O-Shogatsu

\$65

Subtract Your Combo Discount (if applicable)

Art of Sushi DVD with Class Registration + tax

\$20

TOTAL:

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.



Two Ways to Register

Register online at:
www.nuculinary.com
or

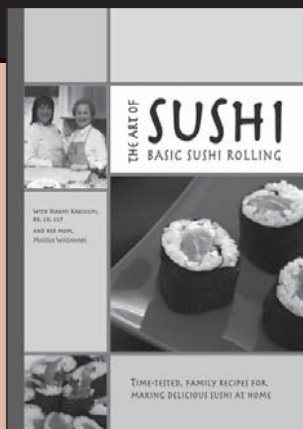
Mail form and check to:
NuCulinary
6523 California Ave. SW
PMB 250 Seattle, WA
98136-1833

Make checks payable
to NuCulinary

Questions Call
NuCulinary at
206-932-3855

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Seattle, WA 98136



Now Available

The Art of Sushi:
Basic Sushi Rolling DVD

A perfect sushi-rolling
primer, refresher or gift.

Buy it with your class registration & save!
www.nuculinary.com

OUR INSTRUCTORS

Bringing more than 75 years of experience to your table.



Naomi Kakiuchi, RD, CD, CCP

As President of NuCulinary, Naomi specializes in inspiring community and culture through Asian cooking. A registered and state certified 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.



Christina Chung

Born and raised in Hong Kong, Christina learned the essentials of Chinese cooking from her grandparents. She studied Japanese cooking in Tokyo, and French cooking at Le Cordon Bleu, Japan. After moving to the USA, Christina honed her culinary skills by studying at the Culinary Institute of America, and by teaching Chinese cooking. Christina travels extensively and is inspired by many different culinary influences. She is devoted to creating innovative recipes that are based on her traditional Chinese training, and reflect her passion for healthy, nutritious eating.



Hajime Sato

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

GIFT CERTIFICATES AVAILABLE!

Give a Gift That Lasts a Lifetime...
Cooking Classes from NuCulinary