

# COOKING CLASSES



NuCulinary

[www.nuculinary.com](http://www.nuculinary.com)

## Asian Home Cooking



UWAJIMAYA Since 1928 

WINTER 2009

ASIAN FLAVORS



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 be more skilled at stirring up sumptuous Asian cuisine in your own home—whether you enjoy Japanese, Chinese, or Thai cooking.

Keep an eye out for advanced weekend intensive classes designed to solidify your skills and expand your repertoire. 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.



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

### Bellevue Uwajimaya

Deli Kitchen

NE 24th & Bel-Red Road

15555 NE 24th

425.747.9012

[www.uwajimaya.com](http://www.uwajimaya.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

# EXOTIC FLAVORS FOR EVERYDAY COOKING

## Sushi I – Basic Sushi Rolling

B286 Tuesday, January 6	6:30 pm	Naomi Kakiuchi	\$75
B290 Tuesday, February 3	6:30 pm	Naomi Kakiuchi	\$75
B294 Tuesday, March 3	6:30 pm	Naomi Kakiuchi	\$75
B298 Tuesday, April 14	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 for \$20 and save \$5.*

## B287 Thai I – Popular Favorites and Store Tour

Tuesday, January 13	6:30 pm	Naomi Kakiuchi	\$65
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Immerse yourself in the rich flavors, fresh ingredients and spicy notes of Thai cuisine. These tasty traditional dishes are easy to make at home once you learn what products to use on our store tour, and the simple cooking techniques taught in this class. **(Hands-on)**

Tom Kha Gai (Coconut Chicken Soup with Lemongrass)  
Pad Thai  
Steamed Fish with Vegetables in Banana Leaves  
Green Bean Salad with Lime & Coconut Dressing  
Banana Rum Sauté over Vanilla Ice Cream

## B288 Thai II – Fresh Thai Curry Pastes

Tuesday, January 20	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 do the same quickly and easily in this hands-on class. We cover which pastes go with different ingredients, then you get to make each paste and a yummy dish to compliment it. **(Hands-on)**

Thai Red Curry Paste—Country-Style Hot and Sour Soup  
Thai Green Curry Paste—Cod in Green Coconut Curry Sauce  
Thai Mussaman Curry Paste—Massaman Vegetarian Curry  
Thai Penang Curry Paste—Penang Chicken with Asian Pears

## B289 Dim Sum I

Tuesday, January 27	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. Enjoy the hands-on experience of pinching, rolling, steaming and baking a cornucopia of Asian delicacies perfect for appetizers, brunch or entertaining. **(Hands-on)**

Sui Mai  
Potstickers  
Vegetable Spring Rolls  
Hum Bow (Steamed Buns)  
Chinese Greens with Oyster Sauce

## B291 Chinese I Favorites and Store Tour

Tuesday February 10	6:30 pm	Naomi Kakiuchi	\$65
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Chinese cooks feed their families on a budget. And they whip up beautiful, flavorful, healthy dishes in a jiffy because traditionally there was little fuel to cook with. Breeze along the aisles at Uwajimaya to uncover exotic, easy-to-prepare ingredients then use them to make a wonderful dinner. **(Hands-on)**

Hot and Sour Soup  
Garlic Chicken Wings  
MoPo Tofu  
Steamed Rice  
Mushroom and Lotus Root Stir-fry

# EXPLORING ASIAN FLAVORS

## B292 Sushi II – Advanced Sushi Rolls Sushi 1 Required

Tuesday, February 17

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 get ready to impress your friends by learning to make these incredible 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 \$20. You save \$5 when purchased.*

## B293 Chinese II – Delicate Flavors

Tuesday, February 24

6:30 pm Naomi Kakiuchi \$65



This class teaches you to cook a traditional Cantonese-American family meal. Learn to use steaming and stir-fry techniques along with simple sauces to liven up your dinner hour. The marriage of black bean sauce, sesame oil, green onions and seafood in these dishes make a winning combination. **(Hands-on)**

*Egg Drop Soup with Tomatoes  
Chinese Steamed Fish with Sesame and Green Onions  
Vegetable Lo Mein  
Bok Choy Salad  
Almond Cookies*

## B295 Sushi III – The Art of Nigiri Sushi

Tuesday, March 10

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 for \$20 and save \$5!*

## B296 Japanese I – Favorites and Store Tour

Tuesday, March 24

6:30 pm Naomi Kakiuchi \$65



Known for its simple, elegant, healthy roots, Japanese cuisine is made from a few basics that can be used to create many dishes. Join us in the grocery aisle and then in the kitchen to create a taste bud tempting meal. **(Hands-on)**

*Udon  
(Savory soup with fat noodles)  
Kaarage Chicken  
(Japanese Style Fried Chicken)  
Steamed Brown Rice  
Oshitashi (Spinach with Soy Dashi Dressing)  
Nasu No Misoyaki  
(Eggplant with Miso Sauce)*

## B297 Japanese II – Classic Dishes

Tuesday, April 7

6:30 pm Naomi Kakiuchi \$65



This class teaches you quintessential Japanese dishes perfect for a make-ahead family meal. And, these recipes are ready quick enough to cook after work (love that!), yet still scrumptious enough to serve to special guests. **(Hands-on)**

*Gyoza (Potstickers)  
with Soy Dipping Sauce  
Beef and Vegetable Sukiyaki  
Steamed Rice  
String Beans Gomae (Green Beans with Sesame Dressing)  
Napa Cabbage Slaw*





## REGISTRATION FORM



Price # Participants Total

### Class Packages One Person Only\*

#### Packages:

#### HSC Series\*

\$65 for 1 class,

\$120 for both

Save \$10

Coupon Code:

See Class

Description Online

#### Sushi Combo\*

Register for Sushi I,  
II and III

Save \$20

Coupon Code:

Sushicombo

### All are in Bellevue

<input type="checkbox"/> B286 Sushi I – Basic Sushi Rolling	\$75		
<input type="checkbox"/> B287 Thai I Favorites and Store Tour	\$65		
<input type="checkbox"/> B288 Thai II--Fresh Thai Curry Pastes	\$65		
<input type="checkbox"/> B289 Dim Sum I	\$65		
<input type="checkbox"/> B290 Sushi I – Basic Sushi Rolling	\$75		
<input type="checkbox"/> B291 Chinese I Favorites and Store Tour	\$65		
<input type="checkbox"/> B292 Sushi II – Advanced Sushi Rolls (Sushi I required)	\$75		
<input type="checkbox"/> B293 Chinese II Delicate Flavors	\$65		
<input type="checkbox"/> B294 Sushi I – Basic Sushi Rolling	\$75		
<input type="checkbox"/> B295 Sushi III – The Art of Nigiri Sushi	\$85		
<input type="checkbox"/> B296 Japanese I Favorites and Store Tour	\$65		
<input type="checkbox"/> B297 Japanese II Classic Dishes	\$65		
<input type="checkbox"/> B298 Sushi I – Basic Sushi Rolling pm	\$75		
Subtract Your Combo Discount (if applicable)			-
<input type="checkbox"/> Art of Sushi DVD I – Basic Rolls	\$20		
<input type="checkbox"/> Art of Sushi DVD II – Advanced Rolls	\$20		
<input type="checkbox"/> Art of Sushi DVD III - Nigiri and Sashimi	\$20		

TOTAL:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Method of Payment  Check  Mastercard  Visa  Gift Certificate Enclosed

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ Security # \_\_\_\_\_

Register  
Online at:  
[nuculinary.com](http://nuculinary.com)

#### Questions?

Call NuCulinary at:  
206.932.3855

#### NuCulinary

6523 California Ave. SW  
PMB 250  
Seattle, WA  
98136-1833

**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

Bringing decades 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 dietitian, Certified Culinary Professional of the International Association of Culinary Professionals, and popular culinary educator, her classes combine 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 flavors for a unique eating experience.  
[www.sushiwhore.com](http://www.sushiwhore.com)

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

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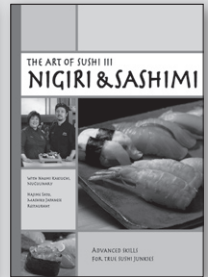
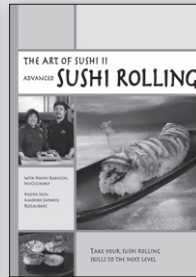
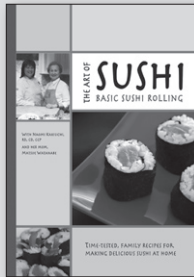
Cooking Classes  
from NuCulinary



Gift Certificates can  
be ordered on-line  
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NOW AVAILABLE!

The Art of Sushi DVD series



Basic Sushi Rolling, Advanced  
Sushi Rolling and Nigiri & Sashimi

[www.theartofsushidvd.com](http://www.theartofsushidvd.com)