

## Introduction to Cooking

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Taught by Sur la Table Cooking School Chefs • 11 Sessions

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### **Course Description**

Great cooking isn't about recipes—it's about techniques. You'll work together with other students in a fun, hands-on environment led by professional chef instructors. This course is aimed at those with an interest in cooking and the culinary arts. Enjoy an introduction to cooking and techniques such as knife skills and how to prepare various types of cuisine. Each session is hands-on and focused on a specific type of food. Learn the fundamentals of different types of dishes and how to prepare them. Enjoy sampling your creations at the end of class.

### **Course Objectives**

To develop foundational kitchen and food preparation skills.

### **Course Prerequisites**

You must have an interest in food and cooking and want to have fun.