

Class Agenda

Theme: CSNM Big Easy
Date: Sept. 17, 2026
Time: 5:30pm MST
(could go slightly longer if we have more questions)

INTRODUCTION

I'm so happy you are joining me for our Big Easy cooking class. This class is for people of all skill levels who just want to make themselves and their family/friends a nice meal, learn a few things but most importantly have a fun night in. I've had the privilege to work with some amazing chefs and I can't wait to share those skills with you.

Participation - The key to this class is no one is left behind! We will make sure everyone is progressing and we welcome questions on the Zoom chat but would also be happy to have you shout it out if we are not getting to your question soon enough. Just unmute and let 'er rip. Otherwise we'll have you mute your microphone (only when the class starts) so you can bang away on your pots and pans or "cheers" whenever you want.

Video - We may touch base with you from time to time on video to show off your amazing dishes. If you don't wish to be called on or you just dumped the whole thing on the floor and want to pick it up like nothing happened... turn off your video. But part of the fun of this class is seeing how everyone else is doing so we encourage you to keep it on! Make sure you turn up your volume ON ZOOM. If that is not turned up your computer volume may not be sufficient.

PRE-PREP REQUIREMENTS:

In order to allow us to focus on how we make the flavours of your dish jump off the plate, we ask that you get a bit of it done either the night before or anytime before class so that some support menu items and menu prep are out of the way. Should take around 30 mins.. Here is the list for the class:

NOLA Jambalaya

Pre-class prep:

- ☐ Mix Jambalaya spices into a small bowl.
 - ☐ 1 bay leaf
 - ☐ 1 tsp
 - ☐ dried thyme
 - ☐ paprika
 - ☐ salt
 - ☐ garlic powder
 - ☐ ½ tsp
 - ☐ dried oregano
 - ☐ onion powder

- ☐ black pepper
- ☐ Cut all the above meat into bite-sized pieces.
 - ☐ 1-2 boneless chicken breast
 - ☐ 2 Chorizo sausage
 - ☐ ½ medium ham steak
 - ☐ 1 spicy Italian sausage
 - ☐ ½ lb raw shrimp, peeled and deveined OPTIONAL
- ☐ Coarsely chop veggies. Not Enhancing Herbs. Keep them separated
 - ☐ ½ cup red pepper
 - ☐ ½ cup green pepper
 - ☐ ½ cup celery
 - ☐ ¾ cup onion
- ☐ IF MAKING VEGETARIAN JAMBALAYA CUT THESE AS WELL:
 - ☐ 3 shiitake mushrooms cut in half
 - ☐ 1 vegetarian beyond meat sausage
 - ☐ ½ pack plant based chicken smart tenders or tofu
 - ☐ ½ cup cauliflower cut into 1 inch size chunks
 - ☐ ½ cup broccoli cut into 1 inch pieces

NOLA Cornbread

Pre-class prep:

- ☐ Mix dry ingredients in a bowl
 - ☐ 1 ½ c. flour or gluten-free all purpose flour or quinoa or chickpea or spelt* flour (use 1:1)
 - ☐ ⅔ c. cornmeal
 - ☐ ½-⅓ c. sugar
 - ☐ ½ c. corn flour (or reg.)
 - ☐ 5 tsp. baking powder
 - ☐ ½ tsp. salt
- ☐ Chop jalapeno if you are using it
- ☐ Grate 1 ½ cup cheese.

Chili Chocolate Mousse

Pre-class prep:

- ☐ Chop 1 cup of good quality dark chocolate into pea-sized chunks and keep in a microwavable container
- ☐ Dissolve ¼ packet or 1 tsp of gelatin into 1 tbsp cold water. (Don't worry if it solidifies)
- ☐ Separate 2 egg yolks and put yolks into a bowl with 2 other eggs. Make sure you don't get ANY egg yolk in the whites as it won't whip properly

SHOPPING:

Ideally you can print out the recipes but if you do not have a printer no problem! We will be walking you through the whole process so not required.

We have provided you with the recipes and pre-class prep list and a shopping list to help when you are in the stores. If you cannot find fresh herbs we will provide quantity suggestions for dried herbs.

Make sure you complete your pre-class prep!

See you at class