



a recipe for fun:

Cooking Classes

at the Hearth & Candle

by Sarah Jarvis

From the heart of the Smugglers' Notch Village, the scent of savory grilling spices tossed with a mix of laughter and learning is flowing out of the Hearth & Candle Restaurant. The locally owned restaurant, renowned for its innovative menu, is offering intimate hands-on cooking classes again this summer, taught by restaurant owner Akash Parikh and executive chef Michael "Tike" Fitzgerald.

The classes include Pastas, Sauces and Fillings; Rubs, Grilling and Smoking; and Alcohol Infusion and Cocktail Creations. Many guests enjoy the classes while their kids are in Smugglers' all-day camps or other activities, giving parents time to learn cooking skills and techniques while socializing with other adults.

Just a taste: *one of the many recipes that will be offered in the classes*

Basil Pesto

2 cups fresh basil leaves, packed
2 cloves garlic
¼ cup pine nuts (or choice of nut)
⅔ cup olive oil blend (20% olive oil,
80% canola)
½ cup grated Parmesan cheese
Salt and pepper to taste

Combine basil, garlic, nuts and cheese in food processor or blender. Blend until fine. Slowly drizzle oil blend in steady stream, while continue to blend in food processor or blender, to emulsify. Add the salt and pepper to taste.



“With a minimum requirement of four participants and a maximum of six people per class, there is a really good student-chef ratio and the class is very hands on,” says Akash. “Last year we had a lot of full classes and even some waitlists.”

Classes typically begin with a meet-and-greet downstairs in the family dining area’s cozy and laid-back atmosphere. Prior to the cooking classes, chef Tike and his students get to know one another and enjoy a cup of coffee as the chef goes over what the group will be cooking. They discuss the likes and dislikes of individuals in the class and find out if anyone has any allergies. The chef outlines the plan for the class to make sure that everyone is happy. “It is a structured yet open class; for example, if we were planning on smoking trout but someone doesn’t like fish, we can certainly work around that,” says chef Tike.

During the meet-and-greet session, students receive packets with the class description, goals of the class, history of the session’s cooking techniques as well as written tips about the dishes being prepared. Participants also receive information that they can use if preparing the menu at home, plus the

recipes are included on print handouts they can take with them. And then it’s cooking time!

The Hearth & Candle makes everything from scratch, so the students in the cooking class go outside to the restaurant’s garden and pick vegetables and herbs to use in their cooking. “I even cure and smoke all my own bacon,” proudly says chef Tike, a graduate of the New England Culinary Institute. The class does most of their work in the upstairs kitchen adjacent to the adults-only dining room. There Tike goes over the preparation and cooking process, explaining everything from safe knife use to cleanliness practices to how to pair foods together to selecting wines to complement the meal.

“Sometimes I will intentionally mess something up, like adding too much salt, just so I can demonstrate how to fix it,” says Tike. “Then I also show the class little tricks to the trade, such as finishing things with lemon juice,” he continues.

The chef goes over plating techniques so the food that the class has cooked looks professionally displayed on the plate before it is served. Casual discussions take place throughout the class on related topics such as party

planning and tips on things to do when planning events at home where you want your food properly displayed. Portioning and freezing techniques are also discussed. While the class is taking place, there are chefs and other restaurant staff working in the building, so students get an authentic behind-the-scenes restaurant experience. If someone makes a really great pasta or sauce, it might be used in the restaurant as a special on the menu.

Once the meal is prepared, the student cooks enjoy their creations in the upstairs adults-only dining room. Classes end between 1:30 pm and 2:00 pm depending on how long participants stay to eat and socialize. Chef Tike, who teaches both of the cooking classes, joins the group for the meal.

Akash teaches the popular Alcohol Infusion & Cocktail Creations. In this class students learn how to create stellar cocktails using fresh berries and fruits for infusions. Halfway through the session, the class divides into two groups, which then have a friendly competition for the best infusion.

The classes met with rave reviews from students who enjoyed the sessions last summer. “Chef Tike is not only a great

chef, but a great teacher who was able to impart his knowledge and passion for food while also creating a fun environment for me to improve my skills,” says Glenn Silverstein, a participant in last summer’s cooking classes. “We had overwhelmingly positive feedback from people who very much enjoyed the cooking and had fun eating afterwards, as well,” says Akash. Students are sent home full, happy, and with many new recipes to try at home.

Sarah Jarvis is a student in the public relations program at Champlain College. She worked as an intern in the Smugglers’ Public Relations office during Winter 2010-2011.

Registration for the Hearth & Candle classes can be done at the Guest Service Desk in the Smugglers’ Notch Village. Classes begin at 10:30 am, with a recommended arrival time of 10:15 am. It is recommended that participants not wear open-toe shoes, or excessive jewelry or perfume. If there are not four people signed up for a class 24 hours in advance, those registered will be allowed full refunds or the opportunity to reschedule. If someone cancels less than 24 hours before the class is scheduled to be held, then the class will still be held and that individual will not receive a refund.

Enjoy the Hearth & Candle’s country atmosphere for casual family dinners, or quiet adults-only white tablecloth dining for adults in the Birch Room. The restaurant’s complete dinner menu features unique appetizers like the Vermont cheese plate, and entrées of fresh seafood, lamb, filet mignon, stuffed chicken breast, pasta, and combination dishes. The Hearth serves local organically grown vegetables and salads and a delicious selection of homemade desserts. A full-service bar and extensive wine list complements the dining experience. The whole family is invited – there is a complete children’s menu. Summer hours: Daily, 5:00 pm to 9:30 pm. Reservations are recommended; please call (802) 644-1260. For more information please visit www.hearthandcandle.com.



Cooking class at the Hearth & Candle Restaurant

Smugglers’ Notch, Vermont

Serving dinner nightly 5:00 pm – 9:30 pm
reservations recommended 802.644.1260



The fun starts when you tie your apron on! Choose from three different classes and gain the skills and confidence to prepare your own culinary delights. With a maximum of six students in each class, the learning experience is intimate and hands-on. Everything you need will be provided for you, just arrive ready to cook! At the end of the class, enjoy your creations with a glass of wine and lunch with your chef. You’ll also receive copies of the recipes and a tip sheet to bring home. Ages 21 & older. **\$90 per person for each 3-hour cooking session, \$60 per person for the 2-hour liquor infusion session.**

Tuesday 10:30 am - 1:30 pm • Fresh pastas, sauces & fillings

Learn how to prepare fresh pasta dough for fettucini, ravioli and tortellini. You’ll also learn how to create fillings and sauces to accompany pastas. In addition to a basic dough recipe, you’ll create a basil pesto, a hearty Bolognese sauce, and ricotta ravioli filling.

Wednesday 10:30 am - 1:30 pm • Rubs, grilling & smoking

Learn how to prepare a savory rub and marinade, and proper techniques for smoking and grilling to yield a well-seasoned, flavorful and tender meat or poultry dish. Learn how to prepare a thick and hearty barbecue sauce, a paprika-based rub well matched to pork or poultry, a marinade seasoned with rosemary, and grilled potatoes.

Thursday 11:00 am - 1:00 pm • Cocktails & liquor infusion

This session includes tips on setting up a home bar and planning for parties, and creating delicious cocktails and liquor infusion drinks perfect for the summer season. You’ll prepare a key lime martini, infused mojito and more as you learn how to use the flavors of the season to enhance refreshing alcoholic beverages.

To register contact the Guest Service Desk, ext. 1293 or 802.644.8851
24-hour advance sign-up required. Course will be cancelled if 4 person minimum is not met.