

UVA Teaching Kitchen  
Standard Menus, Fall 2024

**1. Mediterranean Grain Bowls**

- The Mediterranean Grain Bowls cooking class features Middle Eastern inspired cuisine - think garden fresh herbs and warm spices. In this class you will sharpen your knife skills, master meal prep, and get familiar with flavoring “to taste”.
- Dietary features: vegetarian, vegan option; gluten-free adaptable.
- Allergen information: this menu contains wheat (couscous; can sub quinoa) and optional milk (yogurt).

**2. Fajitas and Fresh Salsa**

- This class features popular flavors and ingredients you might find at Asado or Chipotle to make your own sizzling fajitas featuring fresh veggies, seasoned chicken strips, spicy black beans and cilantro lime rice. In this class we’ll also make fresh roasted salsa for an appetizer or topping. Adaptable to spice preference and dietary preferences, you’ll practice knife skills, sautéing, broiling, and blending.
- Dietary features: gluten-free (option), vegetarian-adaptable
- Allergen information: this menu contains optional dairy (sour cream) and wheat (flour tortillas)

**3. DIY Pizza with Garden Fresh Salad and Homemade Vinaigrette**

- Build your own pizza and salad featuring seasonal fresh produce. Learn pro tips to bake a crispy crust and mix up a custom vinaigrette dressing.
- Dietary features: customizable, including vegetarian option.
- Allergen information: contains wheat and soy (pizza dough), milk (cheese), and optional pine nuts (ingredient in pesto sauce option).

**4. Curried Chicken or Chic Peas and Vegetables *\*new!***

- Build a base curry paste to season chicken or chic peas alongside colorful and cruciferous vegetables. Learn culinary strategies for flavoring with aromatics and simmering a stable sauce in this north-Indian inspired dish adapted to be accessible and efficient for the college home cook.
- Dietary features: gluten-free; vegetarian and dairy free options
- Allergen information: this menu contains optional dairy (sub coconut milk)

**5. Ramen Reimagined *\*new!***

- Affordable pantry staple Instant Ramen gets an upgrade with a perfectly cooked egg and a variety of veggie add-ins. Sharpen your knife skills and step up your seasoning savvy as you make a balanced broth of sour, salty, spicy and savory flavors.
- Dietary features: vegetarian with vegan option, individual customization
- Allergen information: this menu contains wheat and soy; optional ingredients include sesame and eggs (sub tofu)