

# CANNING & PICKLING 101

## SYLLABUS

Faculty: Sous Chef John Courtney, Anne Marie Canlis

Wednesday, October 28th at 5:00 PM



### Objectives:

- ❑ Learn to preserve whatever you can get your hands on for the coming winter months, and we'll teach you all the techniques you'll need.

### Tools you'll need:

- ❑ 3 jars with metal lids, it doesn't matter what size you chose (we will be using large 32 ounce jars)  
*Jars need to be washed in hot soapy water, rinsed with hot water and fully dry before class begins (this is to sanitize the jars)*
- ❑ Knife & cutting board
- ❑ Cheesecloth (optional for spices)
- ❑ Multiple pots, 1 large one for boiling your jars
- ❑ Jar Lifting Clamp (you can use tongs, but have to be very careful)



- ❑ Canning rack - this goes in the pot (the glass jar can NOT touch the bottom of the pot)  
Other ideas are a steam rack or metal colander



### Ingredients:

- ❑ Apples or pears - your choice whatever looks better in your local grocery store. The recipe works for both. (We like granny smith ourselves.)
- ❑ Spices of your choice that look good to you for the apples or pears (cinnamon, nutmeg, cardamom, star anise, or all the above.) Honestly, you cannot go wrong here.
- ❑ Acid: 2 lemons or an orange
- ❑ Crunchy vegetables of your choice (no leafy greens) - Examples: green beans, cucumbers and beets
- ❑ Rice wine vinegar or white wine vinegar or a similar vinegar of your choice (not distilled vinegar) - the bigger the jug the better depending how much you want to pickle (at least 32 ounces)
- ❑ Sugar, 1 pound
- ❑ Kosher Salt, ½ pound (NOT iodized or table salt)
- ❑ Pickling spices you may also like to include, but are not necessary  
Examples: Fresh dill, crushed red pepper, black peppercorns (whole), garlic cloves, coriander, spicy peppers - like jalapenos, habaneros (if you like heat.) Again, it's personal choice you can't go wrong. Let me know if anything is unclear or needs anything additional.

## Recipes for the class:

### Pickle Brine:

8 cups water  
8 cups white wine vinegar or apple cider  
1 cup salt  
1/4 cup sugar

### Dill Pickle:

6 cucumbers  
1 tablespoons pickling spice  
1 bunch dill  
1 shallot  
4 cloves garlic  
2 cups pickle brine

### Apple Butter:

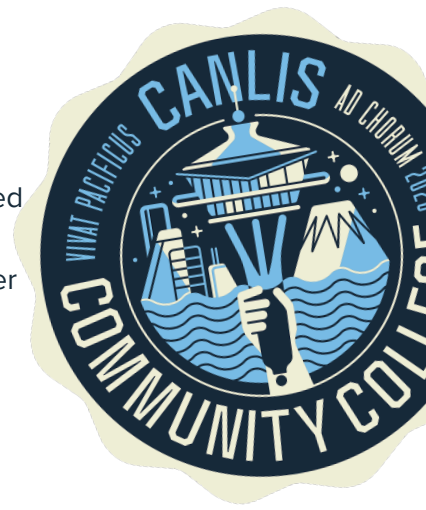
6 - 10 apples  
2 cups white wine or water  
2 cups apple cider vinegar  
2 cups sugar (any, but not powdered)  
1 stick cinnamon  
2 pieces star anise

### Pickling Spice:

5 tablespoons mustard seed  
5 tablespoons coriander  
5 tablespoons black pepper  
3 tablespoons chili flake

### Beet Pickle:

6 - 10 baby beets  
1 shallot  
1 tablespoons pickling spice  
3 cups pickling brine



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# BOXED & CANNED WINE: A SOMMELIER SYMPOSIUM

## SYLLABUS

Faculty: Nelson Daquip, Erica Catubig

Thursday, October 15th at 6:30 PM



### Objectives:

- ❑ Delicious and cheap? You bet! Easy wine and a pairing of truck-stop worthy salty snack foods. Date Night on a budget never looked so good and this class will teach you how.

### Required Resources:

- ❑ La Petite Frog, Picpoul de Pinet, FRA (6oz) - boxed wine
- ❑ Bota Box Sauvignon Blanc, CA (6oz) - boxed wine
- ❑ From the Tank, Rhône Red, FRA (6oz) - boxed wine
- ❑ Old Westminster, Pinot Gris, Seeds & Skins, MD (1 Can)
- ❑ Nomadica, Sparkling White, CA (1 Can)
- ❑ House Wine Pinot Noir, WA (1 Can)
- ❑ Symposium Sipping Snacks
  - ❑ Li Hing Gummy Bears
    - In Hawaii, Li hing powder is often sprinkled on tropical fruits such as pineapple and papaya along with many other snacks like gummy bears and popcorn. Li hing mui powder is made from dried salted plums. It has both a sweet and sour taste with a hint of saltiness.*
  - ❑ Cool Ranch Doritos
  - ❑ Himemaru Japanese Rice Crackers



- ❑ TV Dinners - we will be enjoying Swedish Meatballs
- ❑ Your favorite salty snack. There are no rules to a good time.

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# CANABLIS: A HIGHER EDUCATION

## SYLLABUS

Faculty: Jody Hall (Cupcake Royale), Brian Canlis

Tuesday, October 27th at 6:30 PM



### Objectives:

- ☐ Learn the finer points of baking with cannabis and CBD.

### Prerequisites:

- ☐ Crockpot (optional)
- ☐ Oven
- ☐ Mixer
- ☐ Sheet pans

### Chocolate Chip Cookies:

- ☐ All Purpose Flour - 3 3/4 cup (473 grams)
- ☐ Baking Soda - 1 tsp (5 grams)
- ☐ Baking Powder - 1 tsp (5 grams)
- ☐ Kosher Salt - 2 1/4 tsp (10 grams)
- ☐ Vanilla Extract - 1 1/2 tsp (6 grams)
- ☐ Unsalted Butter - 1 1/4 cup (283 grams)
- ☐ Cannabutter\* - (see step 3, item #10)

*NOTE: Total butter needed is 283 grams. Cannabutter will be a subset of butter needed depending on potency target.*

- ☐ Brown Sugar - 1 1/2 cup (330 grams)
- ☐ Granulated Sugar - 1 cup (200 grams)
- ☐ Large Eggs - 2
- ☐ Dark Chocolate Chips - 1 1/3 cup (225 grams)
- ☐ Milk Chocolate Chips - 1 cup (180 grams)

\*\*\*\* We will demo on the show how to make Cannabutter, but the whole process takes about three hours. If you want to follow along when we're cooking, you have two options.

1. Make your Cannabutter in advance of the show, steps & recipe below.  
OR - take the easy route and...
2. Purchase 100mg THC tincture oil (or RSO) and bring to class. We'll reduce butter by 1 tablespoon (or 14 grams) if oil is in 15ml; if in 30ml, sub out 2 tablespoons (28 grams) of butter.

### Cannabutter (recipe makes one pound, but we will only use a portion of this on the show):

- ☐ Unsalted Butter - 1 pound
- ☐ Cannabis Flower - 7 grams

*(Honestly, you can purchase any size and infuse into any amount of butter. For this effort, we suggest infusing 7 grams into 1 pound of butter.)*



### **STEP 1: Decarboxylate the cannabis**

1. Preheat oven to 250 degrees F
2. Roughly grind or break apart your favorite cannabis - you want it to look like the size of a grain of rice, not too fine or you risk burning.
3. Line a baking sheet with aluminum foil (important to regulate heat with direct contact to the pan.)
4. Evenly spread the ground cannabis on the lined baking sheet - make sure the cannabis is very thinly spread for even decarboxylation.
5. When the oven is preheated, place the cannabis baking sheet into the oven - middle rack.
6. Cook for 30 minutes, stirring every 10 minutes or so to avoid burning.
7. After 30 minutes, remove the baking sheet from the oven and allow to cool for 30 minutes.
8. The cannabis can now be transitioned to your infusion medium of choice or stored for future infusion. (Butter is best!)

### **STEP 2: INFUSE into butter**

1. Melt butter in a crockpot on high.
2. Once butter is melted, add your decarboxylated cannabis
3. Infuse for 3 hours - Use a thermometer to make sure butter stays between 175-200 degrees F - stir every 20 to 30 minutes.
4. After 90 minutes, turn the crockpot to low (ensure temp is between 175-200 degrees F.)
5. After 3 full hours your butter is now infused.
6. Place a cheesecloth over a mesh liner or colander. Pour contents of the crockpot into the cheesecloth. Once butter has drained, wrap cloth around solids and squeeze.
7. Store butter in the fridge or freezer until ready to use for recipes.

### **STEP 3: determine potency of butter**

1. Packaging should have the THCA and THC % available to you.
2. Math: example: THCA = 22.2%; THC = 0.7%. Equation to determine how much THC is  $(.88 \times \text{THCA}) + \text{THC} = \text{Total THC}$
3. Example: After Decarboxylation: Total THC =  $(0.88 \times 22.2\%) + 0.7\% = 20.2\% \text{ THC}$
4. Math: Multiply THC by number of grams purchased x 1000
5. Example: I purchased 7 grams:  $7 \times (20.2\% \times 1000)/100 = 1414 \text{ MG THC}$
6. Math: 1 pound of Infused Butter = 32 Tablespoons
7. Example: 1 pound butter will have 1414 MG THC. Divide  $1414/32$  to get MG THC per Tablespoon
8. In this example, every Tablespoon of butter will have 44mg THC. POTENT!
9. Determine potency of each cookie to determine how much butter needed. I suggest 5mg/cookie
10. In this example, making 34 cookies, we'll need 170mg THC or about 4 tablespoons (or 55g) of pot butter to combine with 228g regular butter.

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# CANLIS CLASSICS

## SYLLABUS

**Faculty: Mr. & Mrs. C (Dad & Mom), Mark Canlis**

**Thursday, October 22nd at 6:30 PM**



### Objectives:

- ☐ Learn to make our two most iconic classics, Canlis Salad and Canlis Prawns.

### Prerequisites:

- ☐ Bowls, multiple sizes
- ☐ Knife & cutting board
- ☐ Large Skillet

### Required Resources:

- ☐ White wine (your choice, but this is what will be featured): Grüner Veltliner, Chenin Blanc, and Sémillon/Sauvignon Blanc Blend

#### Canlis Salad

- ☐ 2 heads of Romaine
- ☐ Bouquet of Mint, Oregano and Scallions
- ☐ Bacon, 8 ounces cooked
- ☐ Croutons, 8 ounces
- ☐ Romano, 8 ounces
- ☐ ½ a shell of Cherry Tomatoes

#### For the dressing:

- ☐ 1 raw egg
- ☐ 1 cup of Olive Oil
- ☐ 2 lemons

#### Canlis Prawns

- ☐ 6-12 large prawns, shelled (except tail), split and clean
- ☐ 1 stick of butter (you may not use it all)
- ☐ 3 cloves of garlic (you may not use it all)
- ☐ ¼ cup dry vermouth
- ☐ 3 Tablespoons Olive Oil
- ☐ 2 lemons (3 Tablespoons of lemon juice)
- ☐ Salt
- ☐ Black pepper
- ☐ Crushed red pepper (if you like heat)

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# BAKING WITH THE WSU BREAD LAB

## SYLLABUS

**Faculty:** Louie Prager & Stephen Jones (WSU Bread Lab), Mark Canlis

**Tuesday, October 20th at 6:30 PM**



### Objectives:

- ☐ We'll cover a few tricks for a boast-worthy sourdough boule (or improve the one you've been perfecting all pandemic).

### Prerequisites:

- ☐ Bread proofing basket (or an 8" bowl with a clean kitchen towel)
- ☐ Dough scraper (optional)
- ☐ Kitchen scale
- ☐ Knife
- ☐ Thermometer
- ☐ Medium or large mixing bowl
- ☐ Pizza stone or sheet pan or loaf pan

### Required Resources:

- ☐ Finn River Cider (or your favorite beverage with bread)
- ☐ 2 pounds of Organic Whole Wheat Flour (for anyone joining last minute, really any AP or bread flour in your pantry will do—pastry flour and cake flour will NOT work)
- ☐ Dry Yeast - 1 packet or 2.25 teaspoons
- ☐ Salt
- ☐ Olive Oil, or other cooking oil (for coating the bowl)
- ☐ *If you prefer to use your own Sourdough Starter have it ready. Starters will be discussed during class.*

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# WINE DRINKING 101

## SYLLABUS

**Faculty:** Nelson Daquip, Erica Catubig

**Thursday, October 15th at 6:30 PM**



### Objectives:

- ❑ Enough of "wine tasting," this class is a lesson on truly enjoying wine for what it is: six distinct glasses of fermented fun in a bottle. Find out how a few easy fundamentals take your appreciation and enjoyment to a higher level.

### Prerequisites:

- ❑ Wine Glasses
- ❑ Wine Key

### Required Resources:

- ❑ 2017 Felluga Friulano, Friuli, ITA
- ❑ 2018 Von Buhl Dry Riesling, Pfalz, DEU
- ❑ 2017 Baptiste Nayrand, Puits à Vin, Coteaux Lyonnais, FRA
- ❑ 2017 Piolet Cabernet Sauvignon, Columbia Valley, WA
- ❑ 2018 Angelique Leon Chinon, Loire Valley, FRA
- ❑ 2011 Lopez de Heredia Viña Tondonia, Viña Cubillo, Rioja, ESP
- ❑ Your favorite Charcuterie items

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# BRADY & MEL DO FILIPINX FOOD

## SYLLABUS

Faculty: Melissa Miranda (Musang), Brady Williams

Wednesday, October 14th at 7:00 PM



### Objectives:

- ☐ Learn how to cook Filipinx-inspired cuisine with two of our favorite dishes: Lumpiang Shanghai and Musang's Pancit Canton.

### Prerequisites for Lumpiang Shanghai:

- ☐ Large bowl - for filling mixture
- ☐ Small bowl - for beaten egg
- ☐ Small brush
- ☐ Medium sized pot for frying
- ☐ Tongs
- ☐ Cutting board
- ☐ Baking sheet

### Required Resources:

- ☐ 1 pound ground pork (70/30 gives the most flavor)
- ☐ 12 pieces of peeled and deveined shrimp, chopped finely
- ☐ 1 medium carrot, peeled and grated
- ☐ 1 small onion, minced
- ☐ 1 small can of water chestnuts, minced
- ☐ 3 Tablespoon oyster Sauce
- ☐ 2 Eggs, beaten slightly (reserve one egg for sealing your lumpia)
- ☐ 2 teaspoons black pepper
- ☐ Johnny's Seasoning to taste
- ☐ 1 Package of TY Spring Roll Pastry (This is the preferred wrapper because it has a lot of give and forgiveness when taking each sheet off, it also doesn't dry out as quickly as the other wrappers. And honestly it fries really crisp and consistently.)  
<https://www.amazon.com/Spring-Roll-Wrappers-Square-Sheets/dp/B01IFCK90K>
- ☐ Canola Oil

House made lumpia sauce:

- ☐ ½ cup Cane Vinegar
- ☐ 1 Tablespoon Maggi Seasoning
- ☐ 1 Clove of minced Garlic

For store bought dipping you can use:

- ☐ [https://www.amazon.com/Sweet-Chili-Sauce-Chicken-12oz/dp/B00NN6UISM/ref=sr\\_1\\_4?crid=2QQMYNJ239CK1&dchild=1&keywords=sweet+chili+sauce&qid=1602186180&s=grocery&sprefix=sweet+chili%2Cgrocery%2C277&sr=1-4](https://www.amazon.com/Sweet-Chili-Sauce-Chicken-12oz/dp/B00NN6UISM/ref=sr_1_4?crid=2QQMYNJ239CK1&dchild=1&keywords=sweet+chili+sauce&qid=1602186180&s=grocery&sprefix=sweet+chili%2Cgrocery%2C277&sr=1-4)

### Directions:

1. In a bowl, combine all the filling ingredients; mix thoroughly.
2. Scoop out a tablespoon and form into a ball. Test fry your filling and adjust taste if need be.

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3. Pull off one wrapper and lay on a cutting board. And put the set aside beaten egg in a small bowl
4. Place a tablespoon of the mixture on each spring roll pastry.
5. With your hands, form it into a thin log, and fold pastry over and roll 1 and a half rotations, fold the sides in, and continue to fold with 1 ½ inches left on the top.
6. Brush the top with the egg wash and roll till sealed.
7. Deep fry, a few pieces at a time, in hot oil until golden brown and cooked through, about 4-6 minutes. Drain on paper towels to remove excess oil.
8. Serve hot with sweet chili sauce or ketchup as a dipping sauce. Enjoy!



#### Freezing:

You can freeze the lumpia as well. Place on a baking sheet and freeze. Once frozen you can place them in ziplock bags. You can fry from frozen as well, just make sure your oil isn't too hot and that you have a cover to avoid splashing.

#### Prerequisites for Musang's Pancit Canton (Yields 4):

- ☐ Knife and cutting board
- ☐ Large wok

#### Required Resources:

- ☐ 1 medium yellow onion, sliced thinly
- ☐ 5 cloves garlic, peeled and minced
- ☐ 2 carrots, peeled and julienned
- ☐ 2 stalks celery
- ☐ ½ cabbage (purple or green), shaved thinly
- ☐ 10 button mushrooms
- ☐ 2 stalks green onions, cut in rounds (garnish)
- ☐ 1 lemon, cut into wedges (garnish)
- ☐ 1 pack Pancit Canton Noodles, fresh not dry (can use Yakisoba or Miki Noodles)

<https://fsiseattle.com/products/wan-hua-noodle-yakisoba-4-5-lb/>

Wan Hua is a great brand and can be purchased at any asian grocery store like Fou Lee, Viet-wah, or Uwajimaya.

- ☐ 1 Tablespoon soy sauce
- ☐ 1 Tablespoon Knorr Liquid Seasoning
- ☐ 2 cups mushroom stock or bouillon cube
- ☐ 2 Tablespoon canola oil
- ☐ Salt and Pepper to Taste

#### Directions:

1. Heat oil on medium high heat in a large wok or large skillet.
2. Saute garlic and onions till golden brown and translucent.
3. Add carrots and celery, cook for 1 min. Season with salt and Pepper.
4. Add cabbage and mushrooms, cook for 3-4 minutes, until veggies are tender but still crisp.
5. Season with salt and pepper.
6. 5. Add oyster sauce, Knorr Liquid Seasoning, soy sauce, mushroom stock and add noodles and cook until liquid is absorbed and noodles are done, about 8-10 minutes.
7. Remove from heat. Season with black pepper (if needed).
8. Garnish with lemon wedges and Green Onions.

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# INTRODUCTION TO COCKTAILS

## SYLLABUS



**Faculty:** Ali Daniels (Visit Seattle), James MacWilliams

**Thursday, October 8th at 6:30 PM**

### Objectives:

- ☐ Learn to make the following classics cocktails like a pro: Martinez, Aviation and the Bacardi Cocktail.

### Prerequisites:

- ☐ Measuring Glass
- ☐ Citrus Reamer
- ☐ Your favorite snacks to enjoy with cocktails, maybe Canlis Spiced Nuts & Marinated Olives

### Required Resources:

- ☐ Sipsmith London Dry Gin (1 Bottle)
- ☐ Plantation 3 Stars White Rum (1 Bottle)
- ☐ Your preferred whiskey (1 Bottle)
- ☐ Carpano Antica Vermouth (Half Bottle)
- ☐ Simple Syrup
- ☐ House Grenadine
- ☐ Angostura Bitters
- ☐ Ingredients for Garnish
  - ☐ Limes
  - ☐ Lemons
  - ☐ Fresh Mint & Quatre Epices Cherries (translation: fancy cherries)

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# DUMPLING FUNDAMENTALS

## SYLLABUS

Faculty: Amy Wong, Hui Qun Liu & Brady Williams

Tuesday, October 6th at 6:30 PM



### Course Outline:

1. INTRO
2. DUMPLING WRAPPER EDUCATION
3. HOW TO MAKE DUMPLING FILLING
4. DUMPLING FOLDING TECHNIQUE
5. COOKING DUMPLINGS (Boiling, Pan Fried)
6. DUMPLING SAUCES (Make your own, Best sauces to buy)
7. FREEZING INSTRUCTIONS

### Prerequisites:

- ☐ WASH YOUR HANDS
- ☐ Knife & cutting board
- ☐ Prepare a baking sheet or large plate with wax paper or parchment paper
- ☐ Prepare a large clean bowl, this is where we will mix the filling
- ☐ Fill a large pot of water and place it on the stove. Do not turn on the burner yet!
- ☐ Prepare a small bowl of water and a clean fork for each person participating.

### Required Resources:

- ☐ 1 lb ground pork (80/20 or 70/30 fat content works best)
- ☐ 1 tablespoon grated or finely chopped ginger
- ☐ 1 cup chopped chives or green onions
- ☐ 1 cup chopped mushrooms (shiitakes or button/crimini)
- ☐ sesame oil
- ☐ 1 tablespoon soy sauce
- ☐ 1 egg
- ☐ ½ teaspoon salt
- ☐ 1 package of round dumpling wrappers:
  - ☐ These can be found in Asian & Specialty Grocery stores (Uwajimaya, Asian Family Market, H-Mart, Ballard Market) and are typically located in the refrigerated noodle section. Preferred brand is Twin Marquis, but any round wheat dumpling skin will work.
  - ☐ Northern Style- thick dumpling skin (preferred for boiled dumplings) (<https://www.twinmarquis.com/products/northern-style-dumpling-wrapper/>)
  - ☐ Shanghai Style- thin dumpling skin (preferred for steamed dumplings) (<https://www.twinmarquis.com/products/northern-style-dumpling-wrapper/>)

### OPTIONAL for homemade dumpling sauce:

- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon rice vinegar or brown rice vinegar
- ☐ 2 tablespoons soy sauce

### If you prefer to purchase dumpling sauce at the store:

- ☐ Personal favorite is **Wei Chuan Dumpling Sauce** which comes in spicy & non spicy versions (both are great). You can find this in Asian grocery marts and in the Asian aisle at your local grocery store.
- ☐ If you're a spice fan, pick up some chili crisp. **Lao Gan Ma Chili Crisp** is the favorite, but any chili crisp will do. You can find this in Asian grocery marts and in the Asian aisle at your local grocery store.

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