

Cooking Classes & Market Tour schedule for June 2019:

Dear Reader:

Please permit me to share the dates, subjects and hours for my upcoming San Miguel de Allende cooking classes and Chef Tours, if you would like to sign up for any of them, or in case you would like to reserve a private class, then please send me a message to david.jahnke@gmail.com

Thank you for taking your time to read my message ☺

Calendar for June 2019 Cooking Classes and Chef Market Tours:

Thursday 6th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine Course; Let's cook together (hands on) and enjoy a delicious Mexican Mestiza Menu:

- 1: '[Sopa de Tortilla](#)' (Mexican Tortilla/Aztec soup, chicken/tomato broth, served with fried Pasilla chili, corn chips, avocado, cream and fresh Mexican ranchero cheese)
- 2: '[Enchiladas Suizas](#)' (Swiss style Enchiladas with creamy tomatillo sauce, covered with Swiss cheese)
- 3: '[Torta Ahogada](#)' (Guadalajara style with 'Carnitas' (fried pork meat) stuffed bun covered with tomato sauce)
- 4: '[Buñuelos](#)' (Mexican Fritters with guava-piloncillo sugar sauce)

Friday 7th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine Course; Let's cook together (hands on) and enjoy a delicious Mexican Mestiza Menu:

- 1: '[Crema de Chile Poblano](#)' (Poblano chili cream soup)
- 2: '[Stuffed jalapeño peppers](#)' (with fresh Huitlacotche corn fungus and Oaxaca string cheese)
- 3: '[Mole Manchamanteles](#)' (called the "Table-cloth-stain" sauce, delicious and rare to find these days, made with seasonal fruits & pork meat)
- 4: '[Chocolate Flan](#)' (made with real cacao & caramelized sugar sauce)

Monday 10th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine Course; Let's cook together (hands on) and enjoy a delicious Mexican Mestiza Menu:

- 1: '[Ensalada de Nopal](#)' (Mexican Nopal Cactus leaf salad)
- 2: '[Quesadillas de Flor de Calabaza](#)' (Zucchini flower Quesadillas, made with corn tortillas and Oaxaca string cheese)
- 3: '[Rajas de Chile Poblano](#)' (Poblano chili slices cooked in a cream sauce, served with crunchy baked tortillas and ranchero cheese)
- 4: '[Platano Frito](#)' (Fried plantain with cinnamon and tamarind sauce)

VEGETERIAN & GLUTEN FREE

Tuesday 11th of June from 10:00 to 13:00 Cost 500.00 Pesos Per Person = Mexican Local 'Tianguis' Tuesday Market - Chef Tour: Let's walk through the market: We will have a 3 hour walk, in which we will slowly go through all parts of the big Mexican Tuesday 'Tianguis' market, which is located in the back part of the San Miguel Fire Station

every Tuesday and in smaller version also Sundays. During our walk I will share with you very interesting details about the local and national ingredients (spices, herbs, honey, veggies, meats, seafood, fruits, organic products and more) offered at the market and how to use and prepare them, about the food stands and the varieties of food which are sold in the different stands and about the Mexican artwork which is worth buying there. Of course I will also share my personal tips with you and we will do tastings at some of the food stands, to sample varieties of delicious Mexican street food.

Wednesday 12th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine Course; Let's cook together (hands on) and enjoy a delicious Mexican Mestiza Menu:

- 1: 'Crema de frijol' (Black bean soup (served with tortilla chips, ranchero cheese, cream and avocado))
- 2: 'Tamales Oaxaqueño' (Fresh corn dough stuffed with Turkey meat in Oaxaca Mole Sauce, wrapped and steamed inside a fresh banana plant leaf)
- 3: 'Chile relleno' (with egg covered Poblano chili, stuffed with ranchero cheese, served in a light tomato broth)
- 4: 'Flan a lo Napolitano' – (fresh made Vanilla Flan with caramelized sugar sauce)

Thursday 13th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine Course; Let's cook together (hands on) and enjoy a few Mexican Breakfast dishes:

- 1: 'Chilaquilles' (Crunchy fried tortilla chips cooked in a green tomatillo sauce) served with fried egg, sour cream, fresh ranchero cheese and avocado & Fried black beans
- 2: 'Huevos con machaca' (eggs with shredded beef meat and tomato chili sauce)
- 3: 'Quesdailles de requeson' (Corn tortillas stuffed with fresh requeson cheese, serrano chili, epazote herb, baked on a comal pan)
- 4: 'Omelete con Huazontle' (Egg omelet made with Chenopodium nuttalliae, which is a species of edible plant native to Mexico), served with fresh made tomato sauce

Friday 14th of June from 10:00 to 13:00 Cost 750.00 Pesos Per Person = Mexican Cuisine Course; Let's cook together (hands on) and enjoy a few Mexican Seafood dishes:

- 1: 'Pulpo enamorado' (Octopus salad with homemade Chipotle mayonnaise, tomatoes, carrots, lettuce, red onion and more, served with baked tortillas)
- 2: 'Mexican style seafood soup' (vegies, mussels, crab, shrimp, fish, clams cooked in a non-spicy chili tomato broth)
- 3: 'Camaron a la Diabla' (Shrimp "devil style", fresh shrimp sautéed with a hot-spicy chili tomato sauce)
- 4: 'Pescado a la Veracruzana' (Fish filet Veracruz Style, Red snapper filet steamed inside a banana leaf with a rich tomato sauce which includes olives, capers, bell peppers, onion & more)

Monday 17th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine Course; Let's cook together (hands on) and enjoy a delicious Mexican Mestiza Menu:

- 1: 'Atole de Grano' Traditional from Michoacán, its cooked fresh corn seeds served in a delicious fennel broth.
- 2: 'Arroz Poblano' (Poblano Chili rice, traditional side dish)
- 3: 'Huazontles' (Chenopodium nuttalliae, a species of edible plant native to Mexico, wrapped in egg, stuffed with fresh cheese, served with tomato sauce)
- 4: 'Calabacitas a la mexicana' (Zucchini/Squash stew Mexican style), served with backed Corn Tortillas
- 5: 'Agua de Horchata' (rice – Cinnamon water)

VEGETERIAN & GLUTEN FREE

Tuesday 18th of June from 10:00 to 13:00 Cost 500.00 Pesos Per Person = Mexican Local 'Tianguis' Tuesday Market - Chef Tour: Let's walk through the market: We will have a 3 hour walk, in which we will slowly go through all parts of the big Mexican Tuesday 'Tianguis' market, which is located in the back part of the San Miguel Fire Station every Tuesday and in smaller version also Sundays. During our walk I will share with you very interesting details about the local and national ingredients (spices, herbs, honey, vegies, meats, seafood, fruits, organic products and more) offered at the market and how to use and prepare them, about the food stands and the varieties of food which are sold in the different stands and about the Mexican artwork which is worth buying there. Of course I will also share my personal tips with you and we will do tastings at some of the food stands, to sample varieties of delicious Mexican street food.

Wednesday 19th of June from 14:00 to 17:00 Cost 750.00 Pesos Per Person = Italian 'Demonstration Class' Dinner: I will prepare in front of you some delicious Italian dishes and serve them in order of a menu, so you can enjoy them all at my Chefs table (you are welcome to bring your wine). [Here the menu:](#)

- 1: 'Caprese salad' (mozzarella cheese, tomatoes, fresh basil, balsamic vinegar, olive oil, fresh grinded pepper & smoked salt)
- 2: 'Zuppa di Porcini' (wild Mushroom cream soup)
- 3: 'Acqua Pazza' (Mediterranean fish dish)
- 4: 'Saltimbocca' (Prosciutto ham stuffed beef filet rolls)
- 5: 'Tiramisu' (Ladyfingers, Coffee and Amaretto + Mascarpone cheese)

Thursday 20th of June from 14:00 to 17:00 Cost 750.00 Pesos Per Person = French 'Demonstration Class' Dinner: I will prepare in front of you some delicious French dishes and serve them in order of a menu, so you can enjoy them all at my Chefs table (you are welcome to bring your wine). [Here the menu:](#)

- 1: 'Onion soup au gratin'
- 2: 'Tartiflette au Reblochon' (Potato tart baked with French Reblochon cheese)
- 3: 'Sole Meunière' (flounder fish filet with lemon butter sauce)
- 4: 'La blanquette d agneau' (Lamb leg, slow cooked & tender, served in a creamy mushroom sauce)
- 5: 'Crepes suzette' (crêpe with a sauce of caramelized sugar and butter, orange juice, zest + Grand Marnier)

Friday 21th of June from 14:00 to 17:00 Cost 750.00 Pesos Per Person = German 'Demonstration Class' Dinner: I will prepare in front of you some delicious German dishes and serve them in order of a menu, so you can enjoy them all at my Chefs table (you are welcome to bring your wine). [Here the menu:](#)

- 1: 'Flammkuchen' (bread dough rolled out very thinly covered with onion, sour cream and bacon and after it gets crunchy baked just as a thin crust pizza)
- 2: 'Fish filet in dill sauce' served with marinated cucumber salad
- 3: 'Eisbein' (Slow cooked Pork shank, juicy and tasty, meat falls from the bone) served with Erbsen purre (mashed peas pure) & home fermented sauerkraut
- 4: 'Bavarian cream' (vanilla-whipped cream dessert), served with Rote Gruetze sauce (cold red fruit cocktail sauce)

Monday 24th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = **Basic cutting techniques course:**

In the class of 3 hours you will learn:

Knife skills: How to use small and large knives; holding and handling by sharpening, cutting, chopping, storing

Cutting skills: 3 different cutting techniques for Chef Knives (pull, push, lift), how to cut correctly all different types of French cuts, different sizes of Brunoise dice, the Julienne cut, the Batonnet cut, paysanne cut, rhombus, thin slices cut, sashimi (thick and thin cut), 3 easy techniques to cut vegetables into shapes, how to chop correctly

Other important tips & tricks: how to cut onion, how to peel correctly, how to mince garlic, how to clean and peel vegetables like poblano chili, jalapeno chili and belt pepper, how to clean & prepare artichokes, how to caramelize onions, how to make ghee, how to peel asparagus, how to cut out the filets of citrus fruits, how to peel tomatoes, almonds and grapes

Tuesday 25th of June from 10:00 to 13:00 Cost 500.00 Pesos Per Person = **Mexican Local 'Tianguis' Tuesday Market - Chef Tour: Let's walk through the market: We will have a 3 hour walk, in which we will slowly go through all parts of the big Mexican Tuesday 'Tianguis' market, which is located in the back part of the San Miguel Fire Station every Tuesday and in smaller version also Sundays. During our walk I will share with you very interesting details about the local and national ingredients (spices, herbs, honey, vegies, meats, seafood, fruits, organic products and more) offered at the market and how to use and prepare them, about the food stands and the varieties of food which are sold in the different stands and about the Mexican artwork which is worth buying there. Of course I will also share my personal tips with you and we will do tastings at some of the food stands, to sample varieties of delicious Mexican street food.**

Wednesday 26th of June from 14:00 to 17:00 Cost 750.00 Pesos Per Person = **Spanish 'Demonstration Class' Dinner: I will prepare in front of you some delicious Spanish dishes and serve them in order of a menu, so you can enjoy them all at my Chefs table (you are welcome to bring your wine). [Here the menu:](#)**

- 1: 'Tapa' - Serrano ham stuffed mushrooms
- 2: 'Pulpo a la Gallega' -Galician Style Octopus (served with potatoes, smoked paprika and extra virgin olive oil)
- 3: 'Ajoblanco' (Spanish Chilled Bread and Almond Soup)
- 4: 'Sevillian style roasted Duck' with sherry wine sauce
- 5: 'Catalán Cream' (also known as burnt cream or Trinity cream, dessert consisting of a rich custard base topped with a texturally contrasting layer of hardened caramelized sugar)

Thursday 27th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = **Mexican Cuisine Course; Let's make Mexican Enchiladas:**

- 1: 'Enchiladas Rojas' (with chicken stuffed Corn Tortilla in red Guajillo pepper sauce)
- 2: 'Enchiladas Suizas' (Swiss style Enchiladas with creamy tomatillo sauce, covered with Swiss cheese)
- 3: 'Enchiladas Mineras' (Guanajuato Style, marinated fried corn tortillas stuffed with fresh cheese, served with sautéed carrot and potato dice)
- 4: 'Enmoladas' (with chicken stuffed corn tortillas, covered with Mexican mole sauce)

Friday 28th of June from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine Course; Lets cook and enjoy after, a few Mexican traditional style Tacos;

- 1: 'Taco dorado' (crunchy fried tortilla rolls, stuffed with chicken and served with chicken broth, lettuce, radish and cream)
- 2: 'Taco de Cecina' (beef meat that has been salted and dried by air will be fried at the moment and served in a corn tortilla with some fresh made salsa, avocado, fresh cheese and cream)
- 3: 'Taco de camarones' (shrimp tacos Baja California style), fried shrimp accompaniment with lettuce or cabbage, 'pico de gallo' sauce, avocado and a sour cream, all placed on top of a corn or flour tortilla.
- 4: 'Tacos sudados' ("sweaty tacos") soft tortillas stuffed with chicken in mole sauce, then placed in a basket covered with cloth. The covering keeps the tacos warm and traps steam ("sweat") which softens them.

The July 2019 schedule will be published last week of June and the August 2019 schedule will be published last week of July. If you would like to make in advance a private reservation or reserve a personalized or private class, then please contact me.

In case you would like to know more about me, then please permit me, to present myself:

Short Introduction:

My name is David Jahnke and I was born in 1976 in Rostock, Germany. I'm living since the last 22 years in Mexico and in total I have worked about 27 years in the gastronomy business and also in University superior education for the last 5 years. After working international as Chef and beside in education on University level for licensed degree in gastronomy, I consider myself as a professional for food science of international gastronomy.

In the last years I have taken many different courses at University's to refine didactic teaching, I have giving a few conferences in different University's including in the Autonomy University of Barcelona, Spain and also recently at the annual COIL Conference 2018 in the Fashion Institute of Technology, State University of New York, USA.

I have participated in the writing of two books about superior education strategies and have developed with students from the University of Celaya, a few nonprofit social projects to elevate quality of Hospital meals, for the government office of Tourism, for associations which help people in needs, for children with disabilities or with cancer, for associations of Mexican farmers and also for the food industry.

I am international certified as:

1. Professional Cook by the Government of Germany
2. Chef Educator by France World Association of Chefs (WACS)
3. Graduated with University Title for Licensed Degree in Gastronomy, certified by the Secretary of Education, Mexico

4. *Maître Cusinier by the culinary association of France*

Just recently because of family tragedy, I had to quit my full time job as professor and academic leader for the licensed degree of gastronomy in the University of Celaya which I was doing for the last 6 years.

Detailed Introduction:

1992 – 1995: I study for professional cook in the Hotel & Gastronomy School in Holzstein, Germany and have my certificate as ‘Professional Cook’ from the German Chamber of Commerce and Industry, in the time I study I also worked full time as Cook in the Gourmet restaurant in the Gorch Fock Hotel in Timmendorfer Strand, Germany.

1994: 1th place in Germany in the “Bertholt Eisenhut” cooking contest organized by the German Ostholzstein State Cooking Association.

1995: 4th place at the national Germany Cooking contest “Rudolf Achenbach” organized by the national German Cooking Association.

1995: Winner of the “6 Dollar dish” cooking contest at the Casino Hotel Travemuende Germany, organized by German North States Hotel and Restaurant Association

1995 – 1997: I worked as a Demi Chef in the famous Dom Hotel in Koeln, Germany

1998: I participated at a course for hygienic food handling in Acapulco, Mexico.

1997 – 2007: I worked as Executive Chef in the Boca Chica Hotel in Acapulco, Mexico. The Hotel was visited and honored by international and national celebrities and is now one of most expensive boutique hotels from Acapulco.

2004 and 2005: Twice State winner from State of Guerrero, Mexico in the Chef Contest organized by USA Meat and represent twice the State in the finals in Mexico City.

2005: I participated at a course for wine pairing in Acapulco, Mexico.

2007 – 2011: Created with my business partner Miguel, the fish Store “La Isla” (first located in Colonia Guadalupe and now at “Mercado Sano”) and which is also participating at the Organic market since the beginning of it.

2013 – 2014: I worked as head Chef in the MX Restaurant, in that time we won 1th price at the “100 paella contest” which was organized at the Real the Minas Hotel, we participated at the “Lamb and Mescal” festival at the Sierra Nevada Hotel, at the first “Sabores San Miguel” event, did an Event at the Toyan Ranch together with the “Casa the Ave” and “Rosewood” Chef where we served a 5 course menu for 300 people, we served the red carpet for the GIFF 2013 and 2014 Festival and we were mentioned in local, national and international magazines.

2012 – 2016: I worked as professor for hours in 3 different University’s and had teach classes for licensed degree in “Gastronomy”, in “Nutrition” and “Tourism” in the University UCA Celaya, in the University CEDVA Celaya and also in the University UNI Celaya which is awarded with excellence by FIMPES and is considered as one of the best University’s in Mexico.

2013: I did my test and got my certification as “Professional Chef Educator” from WACS (World Association of Chefs Society), known as world oldest international Professional Chef Society.

2016: 1th place at goat cooking contest at the beer festival in Celaya

Since June 2016: Contracted at the University of Celaya as full time professor and academic lieder for license degree in Gastronomy

2016: Participated in 2 different Master degrees at the University of Barcelona, Spain and also gave a conference about “Mexican Gastronomy and Cultural World Heritage”

2017: I teach international with collaborated education program COIL between University of Celaya and New York State University of Corning CC

2018: I represented the University of Celaya at the annual COIL Conference in the Fashion Institute of New York.

2019: we started our private cooking school in June 2018 and since then it's our full time family business, which thanks to the support of all our customers has brought us to the Top in TripAdvisor being recognized as one of the best of all Mexico.

In case you have any question, please let me know.

Best wishes,

Lic. Chef David Jahnke