

# Cooking Classes & Market Tour schedule for September 2019:

## Dear Reader:

Please allow 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](mailto:david.jahnke@gmail.com) and I will respond in less than 24 hours.

Thank you for taking your time to read my message 😊

## Calendar for September 2019 Cooking Classes and Chef Market Tours:

**Monday 9<sup>th</sup> of September from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine - Let's make **7 Mexican Salsas (hands on):****

1: We will make three different cold served table center sauces, all made in 'Molcajete' (volcanic rock grinder);

- a) Roasted red tomato chili sauce
- b) Roasted green tomatillo sauce
- c) Avocado/lime sauce

2: 'Chile Toreados' (spicy onion-serrano pepper sauce)

3: We will make two sauces which are used for hot servings, like for example for 'enchiladas', 'chilaquiles', scrambled or fried egg dishes or for other Mexican dishes;

- a) Red sauce ('Salsa Roja')
- b) Green sauce ('Salsa Verde')

4: Mexican "Pico de Gallo" Sauce

*And of course we will enjoy them all the sauces with some fresh and also crunchy baked corn tortillas and fresh tender juicy cooked Turkey meat*

**Tuesday 10<sup>th</sup> of September 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 - Placita' - 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 will be happy to answer all your questions about the things we will see there.

**Wednesday 11<sup>th</sup> of September from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine Mexican Prehispanic Cooking tools & Cooking techniques (Hands on) Course:** You will learn how to use Traditional Mexican Prehispanic Culinary Tools; we will work with different types of 'Molcajete' volcanic rock grinders, different types of 'Metate' grinders, roast on 'Comal' pan's, use the mesquite wood Tortilla press and you also will learn about the mesquite wood Tortilla printer. You will learn about 'nixtamalization' of corn, about 'tatemar' on open fire and we will make tortillas with our fresh made dough.

We also will prepare and enjoy after:

Different molcajete sauces, a refreshing drink made with Mexican cacao seeds, guacamole in molcajete grinder and we also will make some Huitlacotche corn fungus quesadillas with Oaxaca string cheese.

**GLUTEN FREE**

**Wednesday 11<sup>th</sup> of September from 14:30 to 17:30 Cost 850.00 Pesos Per Person = Mexican Cuisine – Traditional fresh Seafood dishes (Hands on course); we will cook and enjoy:**

- 1: 'Caldo de Pulpo' (Tender cooked Octopus served in a tomato – Chile broth)
- 2: 'Taco de camarones' (tempura shrimp tacos Baja California style), accompaniment with lettuce, cabbage, 'pico de gallo' & chipotle mayo sauce, avocado and a sour cream, all placed on top of a flour tortilla
- 3: '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)
- 4: 'Camarones al Ajillo' (fresh shrimp sautéed in a dehydrated Anaheim pepper, garlic butter sauce)

**Thursday 12<sup>th</sup> of September from 14:00 to 17:00 Cost 750.00 Pesos Per Person = International 'Demonstration Class' Dinner: I will prepare in front of you some delicious popular international dishes, to serve them in order of a menu and enjoy them all at my Chefs table (you are welcome to bring your wine). Here the menu:**

- 1: Greek salad served with homemade Yoghurt dressing (lettuce, olives, feta cheese, cherry tomatoes, and more)

- 2: [Hungarian Goulash soup](#) (rich soup made with bell peppers, garlic, onions, tomatoes, red wine and beef meat seasoned with paprika, cumin, lemon and other spices)
- 3: [Cauliflower au gratin - Polish style](#) (backed with ghee, sourdough bread crumbs, herbs, boiled egg and cheese)
- 4: [Indian Chicken Tikka Masala](#) (roasted marinated chicken in a spiced curry sauce)
- 5: [Apple pie served with real vanilla sauce](#) (fresh made crust and baked at the moment with organic apples)

**Friday 13<sup>th</sup> of September 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: ['Stuffed jalapeño peppers'](#) (with fresh Huitlacotche corn fungus and Oaxaca string cheese)
- 3: ['Taco dorado'](#) (crunchy tortilla roles stuffed with chicken and served with broth, lettuce, avocado, radish and cream)
- 4: ['Chocolate Flan'](#) (made with real cacao seeds and served with caramelized sugar sauce)

**GLUTEN FREE**

**Monday 16<sup>th</sup> of September from 10:00 to 13:00 Cost 680.00 Pesos Per Person = Mexican Cuisine - Let's make a menu together (hands on), to honor our ['Independence-Day'](#)**

- 1: ['Tostadas con Nopales'](#)– baked tortillas (crunchy) served with Nopal Cactus leaf salad
- 2: ['Sopa de Tortilla'](#) (Mexican Tortilla/Aztec soup, chicken/tomato broth, served with fried Pasilla chili, corn chips, avocado, cream and fresh Mexican ranchero cheese)
- 3: [Chicken legs in 'Mole Pipan'](#) (pre-hispanic sauce technique, based on roasted green pumpkin seeds, sesame seeds, tomatillos + many other delicious ingredients)
- 4: ['Chiles Nogada'](#) (Stuffed Poblano pepper, we will make it the traditional 'State of Puebla Style', made with more than 30 ingredients, representing the colors of the flag of the Trigarante Army (green, white and red))

**GLUTEN FREE**

**Tuesday 17<sup>th</sup> of September 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 - Placita' - 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 will be happy to answer all your questions about the things we will see there.

**Wednesday 18<sup>th</sup> of September from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine - Let's make 3 types of Mexican Tamales (hands on);**

**'Tamales Oaxaqueño';** (Fresh corn dough stuffed with Turkey meat in Oaxaca Cacao Mole Sauce, wrapped and steamed inside a fresh banana plant leaf),

**'Corn leaf Tamales;'** (Fresh corn dough stuffed with Turkey meat in a red Guajillo pepper sauce, wrapped and steamed inside a dehydrated corn husk),

**'Corundas from Michoacan';** Corn plant leaf Tamales (Fresh corn dough, wrapped to a triangle shape and steamed inside a fresh corn plant leaf or 'Hoja Santa (Saint Leaf)', they will be served with shredded pork meat and green tomatillo-chili broth)

**'Atole de guayaba'** (hot corn - and masa-based beverage with guava fruits)

**GLUTEN FREE**

**Thursday 19<sup>th</sup> of September from 14:00 to 17:30 Cost 850.00 Pesos Per Person = Oriental**

**'Demonstration Class' Dinner:** I will prepare in front of you, some delicious internationalized popular Oriental – Asian dishes, to 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 is the menu:](#)

1: **'Wonton soup'** (filled with a juicy pork/shrimp filling)

2: **Vietnamese Fresh Spring Rolls** (Rice wrappers stuffed with fresh veggies, rice and chicken breast)

3: **Japanese style Tempura** (Fish filet and veggies covered in a crunchy Tempura), served with fresh made Teriyaki sauce (sweet soya sauce dip)

4: **'Yakimeshi – Chahan'** (Japanese fried rice dish and our will be prepared with veggies, eggs, meats, shrimp, soya sauce and more)

5: **'Bánh flan dừa'** (Coconut crème caramel, coconut caramel custard)

**Friday 20<sup>th</sup> of September from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican**

**Cuisine 3<sup>th</sup> Course; All about Mexican Chiles (hands on class);** We will work with Mexican dehydrated, canned, smoked and fresh Chiles and make different traditional preparations and dishes with them and don't worry, I will teach you how to manage the spice/heat levels 😊

We will cook and enjoy after:

1: **'Crema de Chile Guero'** ('Blond Chile' pepper cream soup)

2: Stuffed jalapeño peppers (with Huitlacotche corn fungus and Oaxaca string Cheese) served with chipotle mayonnaise

3: 'Stuffed Passila Chile', backed on the top of a Comal pan (stuffed with fresh goat cheese) and served with a tomato broth

4: 'Rajas de chile Poblano' (roasted Poblano pepper slices cooked in a cream sauce, served with fresh corn tortillas & also crunchy baked tortillas + local made ranchero cheese and avocado)

**VEGETERIAN & GLUTEN FREE**

**Monday 23<sup>rd</sup> of September 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 elote' (Mexican corn cream soup, made from fresh corn and served with crunchy plantain chips)

2: 'Quesadillas de Flor de Calabaza' (Zucchini flower Quesadillas, made with blue corn tortillas and melted Oaxaca string cheese)

3: 'Huazontles' (Chenopodium nuttalliae, a species of edible plant native to Mexico, wrapped in egg, stuffed with fresh ranchero cheese, served with tomato sauce, just like a 'Chile Relleno')

4: 'Buñuelos' (Mexican Fritters served with a piloncillo sugar – guava fruit sauce)

**VEGETERIAN**

**Monday 23<sup>rd</sup> of September from 14:00 to 17:00 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 24<sup>th</sup> of September 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 - Placita' - 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 will be happy to answer all your questions about the things we will see there.

**Wednesday 25<sup>th</sup> of September 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 lenteja al estilo Guerrero'** (Acapulco style lentil soup, made with plantain, pineapple & much more)
- 2: **'Enchiladas Suizas'** (Swiss style Enchiladas with creamy tomatillo sauce, stuffed with chicken and covered with Swiss cheese)
- 3: **'Green Pozole'** (Pork & chicken - combined meat stew, served with hominy corn in green tomatillo broth)
- 4: **'Torrejas'** (Mexican style French toast - fried Bread served in a syrup made with piloncillo sugar, citrus fruits, anise star & cinnamon)

**Thursday 26<sup>th</sup> of September from 14:00 to 17:00 Cost 780.00 Pesos Per Person = **European 'Demonstration Class' Dinner**: I will prepare in front of you some delicious and of course also my favorite popular European dishes, to 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: **German 'Kartoffel puffer mit apfelmus'** (crunchy potato tarts with warm served apple – cinnamon sauce) 
- 2: **Italian wedding soup** (Rich chicken broth with fresh spinach, wild mushrooms and tiny parmesan cheese - meatballs) 
- 3: **Spanish 'Pulpo a la Gallega'** - Galician Style Octopus (tender cooked and served with potatoes, smoked paprika and extra virgin olive oil) 
- 4: **Austrian 'Tafelspitz'** (Tender cooked, Veal shoulder meat stew, served in horseradish sauce and bouillon vegetables) 
- 5: **French 'Crepes suzette'** (crêpe with a sauce of caramelized sugar and butter, orange juice, zest + Grand Marnier) 

**Friday 27<sup>th</sup> of September from 10:00 to 13:00 Cost 580.00 Pesos Per Person = Mexican Cuisine - Lets cook and enjoy after, Mexican Mole Sauces (hands on class);** complete homemade with traditional Mexican cooking techniques. We will make 4 different mole sauces and enjoy them all with some fresh cooked juicy turkey meat and corn tortillas. We will make: **'Mole Oaxaca'** (more than 35 ingredients including cacao seeds), **'Mole Manchamanteles'** (delicious and rare to find, made with seasonal fruits & tender pork shoulder meat), **'Mole Pipian'** (green sauce based on roasted green pumpkin & sesame seeds, tomatillo and more), **'Mole de queso'** (Red Tomato & chili based sauce, served with local 'Ranchero/queso fresco' cheese)

**GLUTEN FREE**

**Saturday 28<sup>th</sup> of September from 10:00 to 14:00 Cost 950.00 Pesos Per Person = 'Lets shop and cook together' – Chef Market Tour + Home Cooking!**

We are going to meet in front of the San Miguel de Allende 'Ignacio Ramirez Market' and walk through it to make some shopping together, for a beautiful traditional Mexican menu which we will cook and enjoy after. During our walk I will talk about the local sellers & their products and will also share with you lots of interesting things about the local and national ingredients offered at the market and how to use and prepare them. **1 hour**

After we drive to my home and cooking school in Colonia San Antonio, to cook together our menu and of course enjoy it after. **3 hours**

**Our Menu:**

- 1: **Blue corn Tortilla Quesadilla** (stuffed with Huitlacotche (fresh corn fungus) or Zucchini flower & Oaxaca string cheese), served with fresh made 'Mocajete salsa'
- 2: **Nopal Cactus Leaf Salad** with avocado & Mexican fresh Ranchero Cheese
- 3: **'Chile Relleno'** (with 'queso fresco' cheese stuffed Poblano pepper, wrapped in egg and served in a light tomato broth)
- 4: **Backed Plantain (on the top of a Comal Pan)**, served with a Cinnamon – Piloncillo Sugar – Guava – Anise star – Citrus Fruit – Syrup Sauce

**VEGETERIAN & GLUTEN FREE**

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

## **If you would like to know more about me, then please allow me, to present myself:**

### **Short Introduction:**

*My name is David Jahnke and I was born in 1976 in Rostock, Germany. I have been living in Mexico for 22 years and I have worked about 29 years in total in the gastronomy business and in University superior education for over 5 years. After working internationally 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**

### **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: 4<sup>th</sup> 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 off and on 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 1st 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: 1st 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 leader 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.**

**If you have any question, please let me know.**

**Best wishes,**

***Lic. Chef David Jahnke***