

Chef David Jahnke – Upcoming Virtual Online Cooking Classes!

Hi, we hope you and your family are doing well, we are doing fine and still waiting things out to see how all will go the coming months.

For now, we will keep going with our Public Virtual Online Classes but will take the last week of this month off, to record new Videos for our YouTube channel, to share for free culinary tips and tricks and coming soon, many new recipes.

To see them, you can click here:

https://studio.youtube.com/channel/UCIJQ_s_1zXFw9N_EdXS95Cw/playlists

Please allow me to share my upcoming virtual cooking class schedule with you, wish you can join me. 😊

All my Virtual Live public group classes: Will be Transmitted through an upgraded Zoom account for Professional use, all classes will be recorded and **stored for at least 7 Days** in my Zoom Cloud. If you cannot assist in the announced date or time of a class, then do not worry, you get the recipes and a link shortly after the class, so you can watch the video from the cloud, or you can download the recording to your device, so you can watch it as many times as you like.

Classes for April 2021:

Monday 05.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - The Plantain Cooking Class -

This class is all about fresh Plantain and to share a few culinary tips and tricks of what we can do with them.

In the first part of our class, I will show and talk about:

- The nutritional benefits of consuming Plantain
- Ripeness and in which phase to use it for which preparation
- How to dehydrate Plantain
- How to make Plantain Chips
- How to bake or fry Plantain
- How to make a gluten free plantain pizza crust
- How to stuff and bake whole Plantains

In the second part of our class, I will show a few recipes of what we can make with fresh Plantain, including:

'Plantain Arepas'; (Fresh baked Colombian style ripe Plantain Arepas made with corn flour & other ingredients)

&

'Caribbean Style Tostones'; (Twice-fried green plantain slices, delicious plus easy & fast to prepare)

&

'Indian style Plantain Kofta; (Bengali style kofta, made from vegetarian plantain balls, soaked & served in a light homemade curry gravy)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Tuesday 06.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - **The Central American - Mexican Fruit Cooking Class -**

This class is all about native Central American Mexican Fruits and to share a few culinary tips and tricks of what we can do with them and how we use them in the Mexican cuisine.

In this class I want to show a few fruits which grow in Mexico and which we can find right now here in the fruit sections of our Markets or commercial stores. I will explain each fruit individual and share details like:

How to pick and choose the fruit when you buy them

How to store, clean, peel and deseed

Taste & Texture

What you can do with it and how

How and when we use the fruit in the Mexican Cuisine

Nutritional Benefits

& more

Here are some of the fruits which I will point out in that class:

Zapote Negro

Chico Zapote

Mamey

Guayaba

Chirimoya

Guanábana

Xoconoxtle

& others

Shortly after the class you receive an email with a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Wednesday 07.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - **The Healthy Spring Soup Cooking Class -**

This class is all about sharing a few delicious healthy Spring Soup recipes and to show how we can prepare, cook and serve them.

In this class I will prepare in front of you some of my favorite easy and quick to make Spring Soup recipes, including:

'Potage Printanier'; (French style green spring soup, made from broth and pureed fresh veggies including peas, leek, celery, asparagus, onions, herbs & more)

&

'Spring Minestrone Soup'; (Italian style, made from many different fresh spring veggies in a rich clear broth with chicken meat balls, rice, pasta, parmesan cheese & more)

&

'Roasted Tomato & Red Bell Pepper Gazpacho'; (Can be hot or cold served, topped with sour cream, fresh herbs, and bread croutons)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Thursday 08.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: The Homemade Stuffed Bread Making & Baking Class

This class is all about sharing a few delicious recipes for making fresh homemade stuffed breads, all the way from scratch.

I will show you first how you can make quick a fresh bread dough and how we can make and use a sour dough for these recipes.

Then I will demonstrate how to stuff and bake them and prepare in front of you 2 of my favorite stuffed bread recipes, including:

'Italian style Calzone'; (Oven-baked folded pizza, stuffed with tomato sauce, roasted bell pepper, mozzarella cheese, mushrooms and more)

&

'Homemade Chicken Bake'; (Tender juicy chicken breast tossed with bits of bacon, cheese & creamy Caesar dressing, wrapped Stromboli-style in pizza dough, topped with parmesan cheese to be crunchy baked)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Friday 09.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - The Mexican Veracruz Style Seafood Cooking Class -

This class is all about sharing a few delicious Mexican Veracruz Style Seafood recipes and to show how to make them fresh from scratch.

In this Class I will first talk a little bit about the Veracruz Culinary History and after show how to prepare in front of you 2 of my favorite Veracruz Seafood dishes, including:

'Filete de Huachinango a la Veracruzana' (Veracruz Style Red snapper filet, steamed inside a banana leaf, with a rich tomato sauce which includes olives, capers, bell peppers, onion, garlic & more)

&

'Pozole de Camarón a la Veracruzana' (Veracruz Style Shrimp 'Pozole, green tomatillo broth, seasoned with fresh serrano pepper, cilantro and epazote, served with hominy corn, shrimp, lettuce, radish and avocado & more)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Monday 12.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - The Lunch or Dinner Savory Pie Cooking Class -

This class is all about preparing and baking fresh savory Pies and to show a few tips and tricks on how we can make them.

In this class I will show 2 of my favorite salty Pie recipes, including:

'Shepherd's Pie'; (Or also called Cottage Pie or 'Hachis Parmentier', baked dish made from ground red meat cooked in a rich gravy sauce with onions & more, topping with mashed potato)

&

'Chicken Pot Pie'; (Flaky pie crust stuffed with a buttery creamy chicken pot pie filling made from chicken breast, a mix of fresh vegetables, fresh herbs & more)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Wednesday 14.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - The 'What to do with Citrus Fruits' Cooking Class -

This class is all about working with different Citrus fruits, which we usually find all year long at the Fruit sections in our local markets or stores, and to show & share a few culinary tips and tricks to work with them to make delicious healthy recipes.

Why include fresh Citrus Fruits to our Diet?

Besides being a perfect Antioxidant rich detox Ingredient, Citrus fruits are high in vitamin C, a nutrient which gives our immune system a boost & it encourages it to produce white blood

cells, which are necessary to fight infections. Beside the rich in fiber which confer vascular protection, reduce inflammation, improve gastrointestinal function & play an important role in preventing conditions like diabetes, cancer, neurological disease.

In the first part of our class, I will show and talk about:

- A cutting technique for how to peel Citrus fruits with a knife
- A cutting technique for how to cut out the filets / Supremes
- How to dehydrate Citrus Fruits
- How to Candice Citrus Fruits
- What to do with the Citrus Fruit Leftovers
- How to use Zesters or Graters
- How to use the skin / Zest

In the second part of our class, I will show 4 recipes of what we can make with fresh Citrus Fruits, including Grapefruits, Oranges, Lemons & Lime, and will prepare a:

Citrus fruit Supremes salad

&

Citrus fruit Jello / Gelatin (sugar free)

&

Caramelized citrus fruit sauce (for crepes, hotcakes, yoghurts, etc.)

&

Homemade Citrus Fruit Jam (made all natural from citrus fruit juice, filets, and Zest)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Thursday 15.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - The Mexican Yucatan Style Meat Cooking Class -

This class is all about sharing a couple Mexican Yucatan Style recipes and culinary tips and tricks on how to prepare them.

In this class I will first give a little bit about the Yucatan Culinary history and after I will show 2 classic Yucatan style recipes, including:

'Poc Chuc' (Traditional from the Yucatan area; Pork filets, marinated in citrus brine and after grilled together with Nopal leaf, fresh chiles, cheese, green onions, & more)

&

'Puchero de tres carnes' (Yucatan style stew made from 3 different meats (beef, chicken and pork), corn, chayote, Mexican squash, green beans, plantain, potatoes, sweet potatoes, yuca, carrots, turnips, cabbage & more)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Friday 16.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - The Asian Style Shrimp Cooking Class -

This class is all about sharing a few delicious Asian style shrimp recipes and to show step by step how to prepare them from scratch.

In this class I will prepare in front of you 3 different quick and easy to prepare Asian Style Recipes, in which fresh Shrimp is the main ingredient, including:

'Thai Spiced Barbecue Shrimp'; (Ginger, Lemon, Chili, garlic, fish sauce and more)

&

'Chinese Shrimp Lo Mein'; (Tender juicy shrimp, veggies, egg noodles, ginger, soy sauce & more)

&

'Korean-Chinese KKanpung Saeu'; (Glazed in a sweet, slightly sour and spicy sauce)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Monday 19.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - The Mexican Chilaquiles Cooking Class -

Chilaquiles is one of the most Popular Mexican Comfort Food Breakfast, lunch, and brunch dishes, containing many Mexican traditional Native & Mestiza flavours of including fruits, dairy products, herbs, chilis, tomatillos and more.

This class is all about making Chilaquiles and to share a few different recipes and culinary tips and tricks of how to do them perfectly delicious.

In the first part of our class, I will show and talk about:

- How to make the Chilaquiles salsas (red tomatoes and green tomatillo sauce)
- The importance of using Epazote herb and how to use it dry or fresh
- How to make the Totopos (corn chips) for the Chilaquiles (baked or fried)
- Accompanied Chilaquiles servings side dishes and toppings and how to serve them with freshly made Chilaquiles including: **Machaca meat, shredded precooked Chicken meat, Fried eggs, whole beans tender cooked in its juice or pure of refried beans (black or brown)**
- Classic Chilaquiles toppings and how to serve them with freshly made Chilaquiles including: **Mexican sour cream (crema acificada or artisanal), Mexican cheeses like; queso fresco cheese, or queso ranchero cheese or aged queso cotija cheese, Mexican avocado fruit, Mexican herbs, Onions – red or white (sliced, rings or diced)**

In the second part of our class, I will show a couple of freshly made Chilaquiles recipes, including:

'Chilaquilles Rojos'; (Corn chips sautéed in a red Tomato – Chili sauce, served with Chilaquiles toppings)

&

'Chilaquiles Verdes'; (Corn chips sautéed in a green Tomatillo – Chili sauce, served with Chilaquiles toppings)

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

Tuesday 20.04.2021 starting 01:00 PM (Mexico City – Central Time Zone)

Class subject: - The Buddha Bowls Cooking Class -

This class is all about fresh Buddha Bowls and to share a few culinary tips and tricks of how to build your own Buddha Bowls.

In the first part of our class, I will show and talk about:

- The grains or rice you can use for bases and how to cook and serve them
- The different plant-based proteins you can use and how to get them flavorful ahead
- Which other ingredients you can use for Vegan Buddha Bowl
- Low carb ingredients for Vegan Diet
- Sauces and Dressing for Buddha Bowls
- Healthy cooking techniques for Buddha Bowl Ingredients

In the second part of our class, I will demonstrate a few Buddha Bowl recipes and show how you can build them beautiful and attractive, including:

'Vegan – High Protein – Low Carb Buddha Bowl' (rich in natural fats like Cacao, avocado, sesame seed and other to boost your energy)

&

'Roasted Veggie Buddha Bowl'; (Served with cauliflower rice, chimichurri sauce and more)

&

'Detox - Buddha Bowl'; (filled with natural Detox Food Ingredients, which help to rid the body of unspecified "toxins")

Shortly after the class you receive an email with recipes and a link to download the recording.

The cost for a class of 45 minutes is 7.00 US or 140.00 Pesos Per Person

How to sign up for a class:

Choose the class or classes you would like to join, choose your payment method, and share it with me to my email david.jahnke@gmail.com and I will get back to you shortly to confirm.

Payment options:

1: **PayPal payments:** If you have a PayPal account than you can send me the payment to my PayPal david.jahnke@gmail.com

2: **Deposit in cash** in any OXXO to my bank account (request my number)

3: **Credit or Debit Card payments:** If you don't have PayPal and want to pay with your Credit or Debit Card, then I will send you an invoice from my PayPal to your email so you can pay with your Card through PayPal (as a guest) without the need to have a PayPal account or to sign up for one.

Please let me know with your reservation, which payment option you would prefer.

Once I have confirmed your reservation, you will be signed up for the class or classes and will get an email 24 hours before your class with the Link, ID, and Password to connect with me through Zoom.