

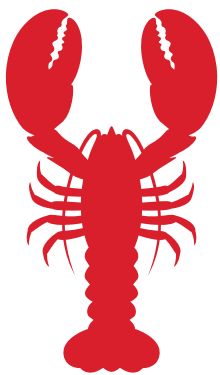
# ONLINE COOKING CLASS: COOKING GUIDE

OUR STEP-BY-STEP COMPANION AS YOU COOK



## STEP 1 INTRODUCTIONS, WELCOME & HOUSEKEEPING

- Melodie Mensch, President, Kitchener Conestoga Rotary Club
- Greetings, Regional Chair Karen Redman
- Michael Lutzmann, Co-Managing Director, Opimian - Wine pairings for Appetizer
- Melodie - 1st Project Video
- Melodie - Door Prize list and Draw!
- Let's start cooking!
- Gather Equipment: 2 frying pans | 1 medium pot for potatoes | baking sheet | sharp knife & cutting board | mixing bowls | measuring spoons/cups |



## STEP 2 PREPARE LOBSTER

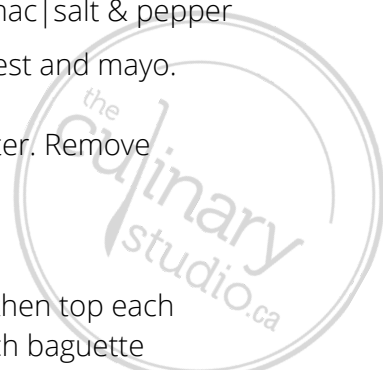
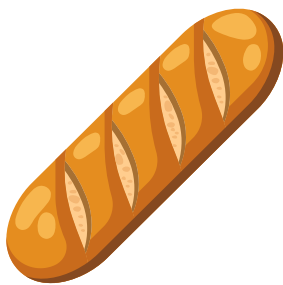
You will need: 1 lobster | large knife | cutting board | towel | baking sheet or mixing bowls

- Prepare lobster meat as shown
- Set shells aside
- Keep separate the claw meat (first course) and the tail meat (second course)

## STEP 3 CREAMY LOBSTER CLAW SALAD ON BUTTER TOASTED BAGUETTE

You will need: 2 lobster claws, removed from shell, shells reserved | 2 radishes | 3 sprigs of dill | ½ small Martin's Honey Crisp apple | 1 green onion | Zest of lemon | Juice of ½ lemon | ¼ cup mayo | 3 tbsp. butter | 1 demi-baguette | 1 tsp. sumac | salt & pepper

- Mix together radishes, dill, apple, green onion, lemon juice and zest and mayo. Season with salt and pepper. Set aside.
- Heat butter in a small frying pan. Gently heat shells to infuse butter. Remove shells, leaving flavourful butter behind.
- Warm claw meat in butter, remove to a small bowl.
- Toast bread in flavourful butter, then place on a serving plate.
- Top each toasted baguette slice with creamy vegetable mixture, then top each with lobster meat. Drizzle with any remaining butter. Sprinkle each baguette slice with sumac. Eat and enjoy!



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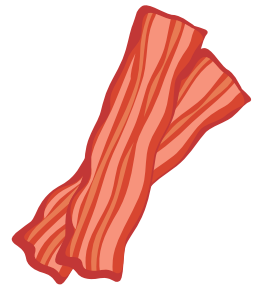
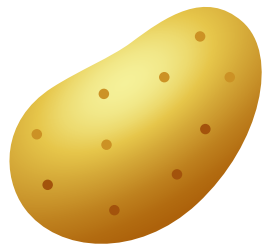
## BREAK!

- Melodie: 2nd Video & 2nd Door Prize Draw
- Michael: Wine pairings for Entree

### STEP 5 WARM POTATO SALAD PREP

You will need: 2 medium Potatoes | 2 tbsp. white vinegar | 3 strips bacon | 2 tbsp. neutral oil  
1 tsp. whole grain mustard | freshly ground black pepper and salt, as needed

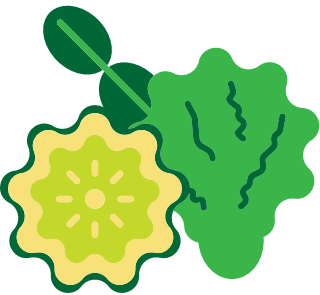
- Peel & dice potatoes. Place potatoes, vinegar and about 1 heaping tablespoon of salt in a pot.
- Cover with cold water, bring to just a simmer, and then reduce heat to lowest heat setting. Cook until fork tender, about 30 minutes
- Dice bacon-> fry with oil
- Remove cooked potatoes with a slotted spoon and stir into bacon mixture along with whole grain mustard. Season with salt and pepper



### STEP 5 LOBSTER CHIMICHURRI

You will need: 1 cooked lobster tail | 1 clove garlic | juice of ½ lemon | 1 tbsp. capers  
4-5 sprigs flat leaf parsley | 2 sprigs fresh dill | ¼ bunch fresh chives |  
¼ cup olive oil

- Slice lobster tail, mince garlic (with salt as shown), and chop herbs
- Mix together lobster meat with garlic, lemon, capers, parsley, dill, chives and olive oil.



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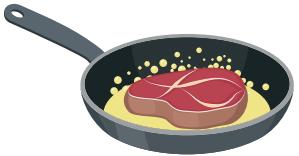
## BREAK!

- Melodie: Final Video & 3rd Door Prize Draw
- Michael: Wine pairings for Dessert

### STEP 6

#### PAN-SEARED STEAK

You will need: 2x 7-8oz Beef Strip Loin steaks | 1 large sprig of rosemary | Salt, as needed  
oil, as needed | 3 tbsp. unsalted butter



- Pre-heat frying pan (**NO OIL**) Season steaks well with salt and rub steaks all over with oil.
- Add steaks to pan: because there is already oil on the steaks, you should not have to add more oil to the pan, but you can judge this once the steaks are in the pan. Add in rosemary sprig whole.
- Cook one side about 2-3 minutes, turn over and cook a further 2-3 minutes for medium-rare. Cook a little longer for more doneness.
- Reduce heat. Add in butter, tip pan, and 'baste' with melted butter for 1-2 minutes.
- Remove steak to a plate and allow steak to rest before slicing

### STEP 6

#### ASPARAGUS

You will need: fresh asparagus | salt, if needed | lemon (optional)



- Trim asparagus as shown
- Add to your steak pan while steak is resting
- Options: add a splash of water, squeeze of lemon or a bit of salt
- Plate presentation shown

## CLOSING REMARKS!

- Final Door Prize Draw
- Proceeds for Charities
- ENJOY YOUR MEAL!

