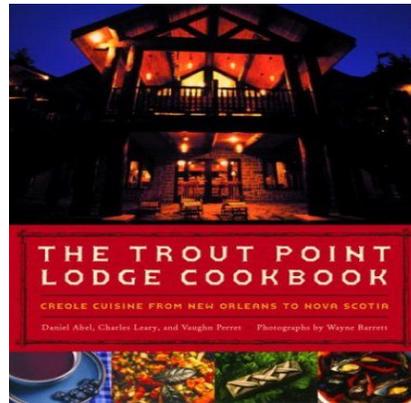


# Trout Point Cooking & Wine School

**Nova Scotia, Canada**



## Cooking Classes & Culinary Vacations

in Cheeses & Cheesemaking, Seafood Cuisine, Wines, and Hot & Cold Smoking and Curing

Trout Point Lodge offers the Nova Scotia Seafood Cooking School, a favorite program since 2000. Classes for 2009 include Seafood Cookery and Mediterranean Cuisine, with an emphasis on seafood and Mediterranean culinary techniques. For the fourth year, Trout Point will also offer its Cheeses & Cheesemaking Master Class in September.



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Classes by the hour are also available for Trout Point Lodge guests in Creole Cookery, Smoking & Curing (Seafood), & Cheeses (appreciation & cheesemaking). Guided afternoon Wine Tastings in the Lodge's Great Room will also be offered in 2009.

Among the most acclaimed cooking schools in North America, the Trout Point Cooking & Wine School has recently garnered top recommendations from:

The 10 "most palatial, intriguing and gourmet journeys on offer" NBPulse (July, 2008)

"World's best culinary trips" ForbesTraveler (April, 2008)

"A touch of class" Food & Travel (April, 2007)

"Global Culinary School" concierge.com/Condé-Nast (May, 2007)

"They come for the seafood" Globe & Mail (September, 2007)

"Gourmet traveling North American style" Peter Greenburg (September, 2007)

*These classes are intended for all food lovers!*

Topics include:

- Class in Smoking and Curing
- Nova Scotia Seafood Cooking School
- Cheese Appreciation & Cheesemaking
- Bordeaux & Spanish Wines

e-mail for reservations & information: [troutpoint@foodvacation.com](mailto:troutpoint@foodvacation.com) [www.troutpoint.com](http://www.troutpoint.com)

# The Nova Scotia Seafood Cooking School Learning About Food, Cooking, & Ingredients

Special Food Learning Vacations at Trout Point Lodge, Yarmouth & Acadian Shores Region, Nova Scotia  
Home to North America's Best and Freshest Seafood

**RATED No. 2 CULINARY VACATION DESTINATION IN THE WORLD BY**  
*conciierge.com/Condé Nast* and  
**WORLD'S BEST CULINARY TRIPS BY ForbesTraveler**

Trout Point Lodge hosts summer and fall culinary vacations combining luxurious accommodation, gourmet meals, hands-on culinary instruction, and visits to Nova Scotia seafood destinations. Chefs Daniel G. Abel, Charles L. Leary, and Vaughn J. Perret organize and teach all Culinary & Cooking Vacations. They are the authors of the critically acclaimed *Trout Point Lodge Cookbook: Creole Cuisine from New Orleans to Nova Scotia* (Random House). These instructors specialize in seafood cookery and wild foods in the tradition of the French New World, covering Creole, Acadian, and Cajun styles along with the fundamentals of choosing, storing, and cooking seafood. They also excel at Mediterranean cuisine, teaching at the Mediterranean Cooking School in Spain and leading cookery tours of Istanbul, Turkey. A new feature for 2008 is optional food and wine tastings and wine courses using the Lodge's extensive wine collection.

Here's how Kate Williams of *Time Out New York* summarized the experience: "The classes cover many seafood basics, from how to tell whether fish and shellfish are fresh to which kitchen equipment you'll need for a range of cooking processes, including grilling and salt-baking. In addition, the chefs are eager to demonstrate advanced methods—such as tea-smoking—which you'll probably never use in your closet-size New York kitchen but are fun to learn nonetheless. I picked up several fundamentals of Cajun cooking, like the "holy trinity" (a mix of chopped onion, garlic and celery that's at the heart of many recipes) and how to make different kinds of roux. One of the most useful skills I acquired was how to properly cut an onion so that you end up with uniform pieces, rather than giant chunks and tiny slivers." *Time Out New York*, May 11, 2006.



The Seafood Cookery course focuses on the use of different fish and shellfish, including various cooking techniques, making ceviche, and home smoking methods. It also exposes participants to Creole, Acadian French, and Cajun cooking styles. During the class the instructors and students will together create entire seafood-based meals, from appetizers and soups to entrees, breads, and desserts. This unique cooking vacation will introduce participants to the culture and history of Creole and Cajun cuisines. The course on Sephardic Cuisine introduces the cooking and culture of the Mediterranean and southern Spain, where the instructors have perfected techniques and recipes at the Granada Cooking School in Granada.

**Trout Point Lodge**

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