



Thank you for your interest in Cook Academy at The Essex, Vermont's Culinary Resort & Spa. We are excited to welcome you to the program! Due to the nature of the classes, we ask that you please make yourself familiar with and adhere to the following policies, and procedures. If you have any questions, I invite you to contact me personally, and again, welcome.

Sincerely,

*The Essex Culinary Team*  
[info@essexresort.com](mailto:info@essexresort.com)  
802.878.1100

## Policies, Procedures, and FAQs

Please plan to be in class 5 minutes before class begins so that we may take roll call.

**ATTIRE:** The Essex recommends that students wear closed-toe shoes to class and to dress appropriately for a cooking environment and have long hair tied back. Shorts, skirts, open-toed shoes, and flip flops are not allowed to be worn during any classes. The Essex will provide an apron to protect most clothing but, being a professional kitchen environment, spills do unfortunately happen.

**AGE RESTRICTION:** Unless designated as a Kids Class or Family Class, participants need to be 16 years of age to participate. Private classes can often be arranged if a guest is interested in a class for or with their children. Please contact Chef Anthony Ploof directly in this instance at 802-764-1402.

**OBSERVING:** Unfortunately due to the size of our professional kitchens and the liability of dealing with flames, sharp objects, and fast paced work environments, we cannot allow guests to sit in on a class and observe without participating. However, both kitchens are equipped with large bay windows to observe friends and family members participating in a class.

**CANCELLATION POLICY:** The Essex reserves the right to limit class sizes, revise any or all menus, substitute food items, cancel a class, change class time or location, and/or substitute instructors. If a class is cancelled, The Essex will contact the guests registered and arrange a credit or a refund. In case of inclement weather it is the responsibility of the guest to call for information regarding outdoor classes.

Full refunds will be granted if cancellation is received 5 days or more prior to the cooking class or event. Participants withdrawing from classes within 5 days prior to the class will not receive a refund or credit, though you are welcome to send a friend in your place. Exceptions may be made in cases of illness or flight delays. In these instances, registered participants can apply their payment to classes or events taking place within 3 months from the original class or event. Kids Camp Cook is non-refundable after June 1st 2016. All cancellations must be made by phone: 800-727-4295. We will not accept email cancellation.

**WAITING LIST:** If a class has a waitlist, click on the class as you would to register for the class and fill in the requested information. You will not be charged for the class at that time. If a seat for the class becomes available you will be notified by email and you will be able to go back into the registration system and purchase available seats for the class. This is offered on a first come-first serve basis. Please call us at 1-800-727-4295 if you have any additional questions.

**FOOD ALLERGIES AND DIETARY RESTRICTIONS:** The food items that will be prepared in our cooking classes draw from all food groups to create menus of wide and varied flavors. Therefore, in order to provide the full experience to our participants, we cannot always accommodate restrictive diets such as vegan, macrobiotic, low carbohydrate/sugar, gluten-free, lactose intolerant, or individuals with single ingredient allergies such as peanuts, nuts or shellfish. While we recognize that some individuals have very real and life-threatening food allergies and/or severe dietary restrictions, our demonstration cooking class setting does not always allow for us to accommodate those food issues. Class registration confirms your acknowledgment and acceptance of the potential risks associated with food allergies and dietary restrictions and holds harmless The Essex and its owners/agents for any loss, injury or damage; due to allergic reactions that participant may suffer while attending our classes. However, if you are interested in attending one of our classes that includes a sit-down meal, and you have some specific allergies or dietary restrictions, please contact the Essex a minimum of 48 hours prior to class to allow for a chef's choice substitution of items to be eaten during the meal.

**KITCHEN SAFETY:** Participants assume and accept that they will be participating in cooking activities where there is a natural element of risk of injury with kitchen appliances, equipment, knives, allergic reactions, and other participants in the class. When you reserve your cooking class you acknowledge this level of risk to yourself while participating in the activities at The Essex. Bringing your own Alcoholic Beverages is strictly prohibited.

**CHEF INSTRUCTOR GRATUITY:** Gratuities for a job well done are happily accepted, but are not expected. All gratuities are left to guest discretion. Packages and coupons do not include gratuities unless otherwise noted.

**RECIPES:** You will receive a copy of recipes used at the completion of class.

## CLASS TYPES

**“Supper Series/World Cuisine Classes”**-These 2 1/2 -3 hour evening classes are not only a cooking class but a unique dining experience, designed to teach and encourage people to learn to prepare a 3-4 course meal that they can then re-create at home. You will do more than just watch and eat, you will be the chef! Along with our Chef Instructor, you will be cutting, chopping, and zesting, roasting, sautéing your way to a fabulous meal! Supper Series and World Series classes not only give you the skill and confidence to reproduce the items at home but a fun, delicious meal that you have the satisfaction of knowing you created. One of our encouraging and engaging chef instructors will be there to guide you and give you tricks of the trade! We not only emphasize cooking techniques but also purchasing and planning, timing of meal preparation, plating and serving. Guests will work together to create the meal and then sit down and enjoy the fruits of your labor; guests enter as strangers and leave as friends. You will receive a copy of the recipes prepared at the end of class. See individual class description for further details.

**"Semi-Hands-On Classes"**-These 2 hour classes involve limited hands-on participation. Usually the student will be involved in two or three cooking processes during the class. These classes offer a generous tasting of each item prepared as well as a recipe packet for items prepared in class. Please check specific class descriptions for more information.

**“Technique Classes”**-These classes are designed to showcase a specific cooking technique or knife skills.

**“Demonstration Only”** - These are demonstration-only classes wherein students will learn only by observing the instructor.

**“Tasting”**-This designation means participants will get to taste everything that is demonstrated or discussed in class. You may be served the tastings individually or all at once at the conclusion of class.