

NxJ Test Kitchen Thursdays with Chef Dani Chavez-Bello • Thursday, March 2, 2023

Welcome Spring season cooking on the Next Jump rooftop farm



Chef Dani is hosting a monthly “food for human performance” event on the 1st Thursday of each month. Invite only.

Inquire at
MegaChar@nextjump.com



11:00 AM – Featured Class

Dani’s Paella two ways: “arroces” (the traditional way to cook rice in Spain) and “arroz de campo” (countryside rice).

1:00 PM – Planting with Colin

planting with Colin Coogan (owner of Green Up Nursery, New Canaan, CT). Planting carrots and onions and other root vegetables on the terrace garden.

2:00 PM – Teaming and decision-making exercise “Cooking in the Dark” (volunteer teams of 3)

Learn about your teams’ decision-making biases via kitchen challenge

3:00 PM – Fermented rice “koji”

“Koji” - the basic ingredient for Japanese food culture)

4:00 PM – Risotto, paella, jambalaya

Risotto, paella, jambalaya (different rice dishes from Spain, Italy, USA)

7:00 PM – Paella party on the Terrace

Guest Chef: **Rafael de la Rosa**

Complete

February 2

Focus on:
BONE BROTH

Learn how to make this winter staple

Plus, Kombucha, tepache and fermented vegetables.

Almost Full

March 2nd

Focus on:
RICE

Welcome to spring & starting-up the farm

Paella cooking class outdoors and “no waste” cooking

April 6th

Focus on:
FISH

How to clean & portion a **whole fish**

Sharpening knives class

May 4th

Focus on:
WHEAT & GLUTEN

Baking class: **tarte tatin** (classic French apple dessert)

Dani will teach about flour, gluten vs gluten free, and the myth of gluten.

June 1st

Focus on:
BBQ & SUMMER FOOD

Gazpacho cold soup (Spain, Andalucía), Mediterranean diet, warm-weather healthy food