

## COOKING CLASS SCHEDULE

### MARCH 2006 THROUGH SEPTEMBER 2006

MONDAY MARCH 6TH

#### LEFTOVER PARTY

Here is the answer to your perennial question, what to do with leftovers. You will treat all those unused shabbos portions with renewed respect. Cholent, challah, roast, chicken, chopped liver; fish, all reinvent themselves, effortlessly and elegantly. Plus: one off-the-cuff recycled breakfast, a throwback to my lean student years.

Mexican bean potato soup; Chinese beef salad; chicken pate; salmon cakes with cocktail sauce; apricot bread pudding. Chocolate oatmeal pots de crème.

MONDAY MARCH 20TH

#### SEDER FEAST

I still hear, once in a great while, some cooks say that their hands are tied when it comes to making a seder meal. Anyone who has been at my seder demos before comes away with the exact opposite feeling: Passover is a gastronomic week. Get ready for a fabulous feast!

*Almond stuffed salmon; roasted tomato soup with yellow pepper cream; herb roasted beef shoulder with wild mushroom sauce; quinoa Spanish style; mixed greens with basil honey dressing; chocolate-dipped coconut meringues; berry wine molds.*

WEDNESDAY MAY 3RD

#### ENTERTAINING ON A SHOESTRING

I can't help noticing many of us wish they could sometimes serve frugally while preserving all the nutritional guidelines, and of course the proper hosting decorum. So, I am moving a few side dishes to the center, just as I recently did for a party in my son's synagogue. Vegetarian to boot!

*Lentil kale stew; peanut butter rice noodles; Moroccan sweet potatoes; spinach kugel; Chinese pickles; banana chocolate chip cake.*

MONDAY MAY 8TH

#### MOTHER'S DAY. VENUS BRUNCH

Read on, you will see I am giving equal time to Mom and Dad. Children welcome at a discounted price. Brunch is our chance to star the humble egg, and it wears so many hats!

*Strawberry pineapple smoothies; cold fruit soup; onion and goat cheese pie; baby spinach and mushroom salad; blueberry cake.*

MONDAY MAY 15TH

#### YOM YERUSHALAIM FEAST

Let's have our very own a few days early. Short of being in Israel, enjoy some wonderful native Israeli goodies with us!

*Yerushalmi kugel; cabbage salad with lemon and garlic; whole wheat fresh pita; Turkish salad; spice-rubbed roast chicken; apple strudel.*

MONDAY MAY 22ND

#### SHAVUOT

Even a diehard serious cook like me knows how and when to splurge. Shavuot is the time, so enjoy it and don't apologize to anyone!

*French onion soup; vegetable cheddar casserole; maple-roasted salmon; herb-saute cremini mushrooms; endive walnut salad; key lime pie.*

TUESDAY MAY 30TH

### **SUPERFOODS**

Have you noticed there is much more fuss about these? Think of all the wonderful dishes you can make, using only the best most healing ingredients. You won't even know it is good for you!

*Kombucha, leek and seaweed stew; spicy steamed chicken breasts with baby bok choy and shitaki; mung bean lentil soup with root vegetables; almond custard with berry sauce.*

MONDAY JUNE 5TH

### **COOKING FOR NEWLYWEDS**

Everyone knows I have a soft spot for young couples, and I have taught countless romantic quick dinners for two. I have just recently written an article on "bridal" cooking in Kallah magazine. Empty nesters, and everyone in between, you are included, as you have come full circle! In no time, you will make ample portions for at least 2 exciting meals.

*Herb-crusted pan-fried tilapia; sauté spinach and Portobello on linguini; Thai pumpkin peanut butter soup; chocolate custard with coconut sorbet.*

TUESDAY JUNE 13TH

### **FATHER'S DAY BRUNCH**

Do the distinctions between Venus and Mars extend to food preferences? Don't answer that, it might be too loaded! But if we get a good laugh, and a great meal, why not? Children welcome at a discounted price.

*Bloody Mary and screwdriver; feta and spinach frittata; linguini with roasted dill garlic sauce; potato galette with smoked salmon, caviar and sour cream; mixed greens with blue cheese dressing; lemon almond cake.*

MONDAY JUNE 19TH

### **SALAD DAYS**

What is wrong with making a whole meal out of salad ingredients? You won't go hungry when you learn how versatile and filling they are (I am showcasing rice), and you will have fun dining.

*Rice primavera; mock crab rice noodle salad; baked tofu on mixed greens; wild rice chicken pecan salad; mixed berry salad with pomegranate sauce.*

MONDAY JUNE 26TH

### **WHAT SHALL WE BRING THEM?**

Edible gifts, for those long summer weekends you get invited to, what could insure better your friends' loyalty and gratitude? They beat the bottle of wine anytime, and they will travel well too. Don't forget to set aside some for your own home!

*Raspberry vinegar; honey mustard; mixed marinated olives; chocolate sauce; chai spice mix; roasted caramelized pecans; zucchini walnut bread; apricot butter.*

MONDAY JULY 10TH

### **SUMMER FEAST**

Summer foods are among my favorite. Cold glorious fresh flavors. Make the most of the seasonal produce!

*Chicken and zucchini tajine with lemon and thyme; dilled corn salad; artichokes in mustard vinaigrette; linguini with asparagus, fresh peas and arugala; plum almond tart.*

MONDAY JULY 17TH

### **QUICKBREADS AND MUFFINS**

Everything you think a treat simply can't be, yet it's all here: lean, healthy, simple, made with whole grains and natural sweeteners. A couple are even egg-free.

*Mustard caraway bread; poppy orange muffins; Irish soda bread; apple oat bread; carrot ginger muffins; moccha nut muffins; anise and sesame skillet flatbreads.*

MONDAY JULY 24TH

### **EASY MOROCCAN**

You didn't think I would leave out a Moroccan meal, did you? Easy, inexpensive and simple. And, as always, wonderful.

*Pea soup; fishballs in lemon sauce; celery chicken; Swiss chard and carrot salad; almond shortbread cookies*

MONDAY JULY 31ST

### **FISH COOKERY**

Brides, listen up, this is for you too! You can never learn enough about fish dishes, so this class is back by popular demand, with a whole new menu, as simple as ever.

*Corn fish chowder; mock crab cakes with red pepper puree; roasted salmon Moroccan style; spinach and mushroom stuffed tilapia; linguini with tuna sauce.*

MONDAY AUGUST 21ST

### **COOKING WITH WHOLE GRAINS**

All of you regulars, you will soon become a pro at whole foods, if you are not already, after so many demos on this valuable, and seemingly inexhaustible, subject. No, I never run out of wonderful things to make with whole grains.

*Millet fritters; quinoa with mushrooms and onions; curried chicken lentil stew; barley vegetable soup; spelt teff cookies.*

MONDAY AUGUST 28TH

### **THE PERFECT SHABBOS DINNER**

Nothing is quite as satisfying and comforting than all the traditional Shabbos treats. So what if it is so familiar, as long as it is beautifully prepared? Here is another round, you asked for it. Simple and delicious! We will set aside ample time for challah and all its variations.

*Chicken matzah ball soup; beef with mushroom, wine and tomato sauce; potato kugel; challah.*

TUESDAY SEPTEMBER 5TH

### **THE PERFECT SHABBOS LUNCH**

A welcome "user-friendly" twist on the traditional cholent, and much more.

*Jellied stuffed trout; spelt cholent; schnitzel; chopped liver; cabbage and cucumber slaw; babka.*

MONDAY SEPTEMBER 11TH

### **ROSH HASHANAH FEAST**

This is the meal you have been waiting for. Just till you taste that moussaka! I have recently developed this recipe, and can't wait to include it in our "banquet".

*Butternut squash soup; baked snapper in sweet and sour sauce; lamb moussaka; balsamic roasted chicken breast; herb-roasted baby potatoes; chocolate mousse torte with caramel sauce.*

MONDAY SEPTEMBER 18TH

### **MEDITERRANEAN FLAVORS**

Always wonderful, simple and healthy. Light cooking at its very best.

*White bean soup with preserved lemons; Chicken in walnut sauce; vegetarian stuffed grape leaves; artichokes, lima beans and peas tajine; pumpkin pudding.*