

## COOKING CLASS SCHEDULE

### MAY 2005 THROUGH SEPTEMBER 2005

MONDAY MAY 9TH

#### SPRING FLAVORS

Enjoy them while they last, and while the prices are good!

*Artichokes and carrots in lemon sauce; fennel-roasted fish; minted zucchini and peas; fresh fava bean soup; plum peach cobbler.*

MONDAY MAY 16TH

#### THE JOY OF ROASTING

Nothing compares to roasting for quick easy and intense flavor. Yes, you can even roast dessert.

*Herb-roasted rainbow trout; pasta with mixed roasted vegetables; roasted chicken breasts with potatoes and garlic; honey-roasted bananas with coconut sorbet.*

MONDAY MAY 23RD

#### SALAD DAYS

Salads are fun foods prepared with serious ingredients. watch them grow up to be first course, main course and even dessert

*Curried chicken salad; nicoise salad; nutty barley salad; chinese watercress daikon salad; fruit salad with mango coulis.*

TUESDAY MAY 31ST

#### FATHER'S DAY BRUNCH

What can you get him? This dinner, it will beat the pen and the tie anytime. He will love it!

*Tropical smoothies; baked eggs florentine; salmon tartare; herb-roasted asparagus and new potatoes; cheddar dill scones; caesar salad; pecan-streusel coffee cake.*

MONDAY JUNE 6TH

#### SHAVUOT

A few luscious dairy favorites. it is Shavuot, go for it!

*Corn cheddar chowder; feta and spinach-stuffed trout; cauliflower au gratin; spinach salad with mango dressing; ricotta cheesecake with chocolate sauce.*

MONDAY JUNE 20TH

#### EASY SUMMER ENTERTAINING

Minimum maintenance and maximum flavor and presentation, this is what we look for when we are having guests.

*Beef marengo; seared tuna with black bean corn salsa; pasta with saute spinach, basil and garlic; vegetarian chopped liver; romaine radish avocado salad; peach-plum cobbler.*

MONDAY JUNE 27TH

#### SUMMER SOUPS

Soup for summer? You bet. each one easier to make and more fabulous than the next.

*Red and yellow pepper soup; gazpacho; iced watercress soup; curried apple carrot ginger soup; cold "yogurt" fruit soup (non-dairy).*

TUESDAY JULY 5TH

#### GLORIOUS COLD FOODS

This is not your run-of-the-mill picnic, but it is just as easy to put together, indoors or outdoors. *Minted honeydew kiwi soup; blackened london broil over mixed greens; quinoa with sun-dried tomatoes and olives; salmon mousse; blueberry cake with almond streusel.*

MONDAY JULY 25TH

### THE JOY OF STEAMING

You will never again associate steamed with bland after you have sampled these lean and super easy dishes, all packed with wonderful flavors.

*Steamed chicken breasts with miso sauce; steamed tilapia with baby bok choy; steamed vegetables with fresh tomato coulis; steamed coconut rice pudding.*

MONDAY AUGUST 1ST

### COOKING WITH SOY

You know me, I can't resist a soy demo. I always have some new soy dishes up my sleeve I want to share with you. Check out my new creations.

*Edemame leek soup; marinated tofu and tomato salad; tofu egg salad; tomato olive tajine; tiramisu.*

MONDAY AUGUST 8TH

### JUST THE TWO OF US

Yes, my husband is company, and once in a while I make a special treat just for us, which no restaurant can beat. So will you, for that special person in your life, once you see how much fun and how easy it can be.

*Grilled seabass with wild mushrooms, asparagus and tomato ragout; Chicken breasts with tomato basil sauce and new potatoes; Sauté swiss chard; Wine-poached pears.*

MONDAY AUGUST 15TH

### READY IN A JIFFY

Each dish takes minutes to make and is good enough even for company. There's nothing to it!

*Miso soup; spinach frittata; roasted glazed salmon; mixed greens with oil and lemon dressing; ricotta cream with berries.*

TUESDAY SEPTEMBER 6TH

### A MOROCCAN FEAST

Yes, a feast. except it cost pennies, thanks to the magic of Moroccan flavors.

*Fava bean soup; vegetable couscous; chicken with string beans; orange olive chicken; spicy nut truffles.*

MONDAY SEPTEMBER 12TH

### WHEAT-FREE BAKING

You wouldn't believe all the wonderful things you can bake without any wheat. These are just a few of my wheat-free concoctions.

*Nut butter bars; chocolate hazelnut parfaits; carrot cake; granola cookies; tapioca almond pudding; oat apple bread.*

MONDAY SEPTEMBER 19TH

### TROPICAL FLAVORS

What fun! Maybe we will even make a few tropical drinks on the sly.

*Black bean soup; creole chicken with rice; coconut-fried platanos; burritos with guacamole; tropical orange cake.*

MONDAY SEPTEMBER 26TH

## ROSH HASHANAH

My daughter insisted I include this fabulous soup, she said you won't believe it, to say nothing about all the other treats.

*Cabbage tomato soup; salmon roulade with tehina sauce; cider-roasted capon with onion marmelade; wild rice and wild mushroom pilaf; mixed greens with basil honey dressing; coconut lemon tart with apricot coulis.*