

## COOKING CLASS SCHEDULE

### OCTOBER 2006 THROUGH MARCH 2007

Tuesday, October 17th

#### SOUPS FOR PENNIES

No, I don't have the slightest hint of the depression mentality. I just think it is a triumph when we get fabulous returns in our kitchens on a tiny investment, and what better showcase than soup? Besides, take a look below, I am on a soup kick! Any of these are delicious enough to serve to guests, and are super healthy!

*Fava bean soup; lentil soup; chick pea soup; minted barley soup; cabbage tomato soup. Served with salad.*

Monday, October 23rd

#### QUICK SOUPS

How would you like to end up with a gallon of incredible soup about half an hour after you decide to have soup for dinner? And without cutting any corners? Yes, it is that simple! It is not for nothing my family calls me the soup queen. Let those unannounced guests drop in on you!

*Miso soup; farina soup; wild mushroom smoked turkey soup; corn shrimp chowder; quick borscht. Served with salad.*

Monday, October 30th

#### WINTER STEWS

Comfort foods at their most glorious. Low maintenance too! Each one is a complete dinner, with the addition of just a salad, some good bread and wine.

*Choucroute garnie; bouillabaisse; root vegetable stew; beer-braised wild mushroom tempeh stew.*

Monday, November 6th

#### THANKSGIVING

I assure you this wonderful feast won't be such a tough act to follow when your turn to host it comes around. Learn how simple and healthy it can be. No stress, and best of all, no unwanted extra calories!

*Maple-candied yams; roast turkey with juniper wine gravy; wild rice with chestnuts; jicama watercress and mandarin salad; roasted brussel sprouts; pecan pumpkin pie.*

The week of November 13th I will be abroad, making a demo for 300, yes 300 guests! What fun! Check my blog at [www.LevanaCooks.blogspot.com](http://www.LevanaCooks.blogspot.com) for more information.

Monday, November 20TH

#### LET'S TALK TURKEY (some more!)

Do you get so frazzled on Thanksgiving that you throw away those fabulous bones and the succulent meat attached to them as you are slicing it? I promise you won't ever again. Turkey is versatile and ideally nutritious; this cook makes it all year round!

*Maple-roasted turkey breast; turkey patties in lemon sauce; Indian turkey salad; turkey fried rice; turkey soup with toasted vermicelli.*

For the next 2 weeks I need to get my daughter married. Mazal tov! Somehow I am confident you will understand!

Monday, December 11th

#### CHOCOLATE

Every time I think we have been decadent enough I get everyone clamoring for some more chocolate magic. The good news is, I only use black chocolate, the kind that's good for you, so go for it! *Flourless chocolate hazelnut torte with chocolate icing; chocolate peanut butter cookies; chocolate coconut meringues; chocolate-dipped fruit; chocolate chestnut molds; chocolate apricot bars.*

Monday, December 18th

### CHANNUKAH PARTY

Conquer your fear of frying, with some useful tips. Latkas and a few other wonderful fried treats. Children welcome at a discount.

*Potato latkas; spicy apple latkas; Indian vegetable pancakes; cheese latkas; lentil fritters; homemade apple sauce.*

Wednesday, December 27th

### COOKING WITH GREEN TEA

Drink - and eat - plenty of green tea, one of the best foods and most powerful antioxidants, even when decaffeinated. In fact we will only use decaf. I am sharing with you a punch that will knock your socks off!

*Cold green tea sesame noodles; grated vegetable seaweed salad with green tea dressing; beef and root vegetables green tea stew; green tea almond cake; green bubble tea; tea sake punch.*

Wednesday, January 3rd

### QUICKBREADS AND MUFFINS

I hate to break it to you, but those commercial muffins we buy on the run are laden with fat, sugar and calories, and have hardly any redeeming nutritional value. You can make quick breads and muffins at the drop of a hat, the fun and nutritious way, and offer some alternative grain flours, even some egg-free recipes! We will serve them with tea, coffee, and a couple interesting spreads, also whipped up at demo time.

*Mustard caraway bread; carrot ginger muffins; herb cheese corn bread; Irish soda bread; apple oat bread; mocha nut muffins.*

Monday, January 8th

### VEGETARIAN FEAST

So where's the beef? You will never miss it with these hearty, easy and elegant dishes. The idea is to get so familiar with all the resources of vegetarian cooking that you will come to think of it as the complete meal offering it is.

*Stir-fry soba; three color vegetable terrine with basil leek sauce; tempeh tajine; minted escarole fresh pea soup; millet berry mold.*

Tuesday, January 16th

### CREPE PARTY

I offer crepes quite often for meals at my house, especially ever since I went out to a crepe dinner with a couple friends and came away frustrated, with a mediocre and expensive meal. Crepes are the perfect sweet or savory while-you-watch treat, they are great fun, costs pennies and are ready in minutes. In honor of my egg-allergic granddaughter, I have even developed some egg-free recipes I would like to share with you!

*Basic crepes, Moroccan crepes (beghrir) and egg-free crepes with assorted fillings: spinach, mushroom, cheese, sour cream and caviar; dessert crepes with assorted fillings: fruit, jam, chocolate, flambé.*

Monday, January 22nd

### GREAT FIRST COURSES

Once in a while, we need to bring a stunning and delicious plated first course to the table for a small

group. Do not let small individual creations intimidate you. We will work with fillo and puff pastry, among others.

*Mini vegetable strudel cups; salmon coulibiac; chicken sausages with fresh tomato coulis; roasted vegetable broth with corn dumplings; sliced London broil on mixed greens.*

Monday, January 29th

### COOKING WITH GREEN APPLES

In honor of the upcoming Tu biShvat, we will be cooking with fruit. Only, just ONE fruit: the beautiful, powerful, healthful and versatile green apple. An apple a day? Make it two or three. From soup to nuts, it is a serious food that eats like great fun.

*Cucumber, endive and apple salad; braised red cabbage and apples; poached chicken breasts with caramelized apples; curried apple kale soup; warm apple cranberry crisp with coconut sorbet.*

Monday, February 5th

### COOKING WITH ASIAN INGREDIENTS

The restaurant counterparts can't hold a candle to the homemade classics, which are a snap to make, and perfect for entertaining, being so packed with robust clean flavors.

*Shrimp pad thai; chicken satay on skewers; vegetable summer rolls with dipping sauce; hot and sour soup; spicy lemon coconut pudding.*

Monday, February 12th

### FRENCH FEAST.

Eat as in your last trip to France, healthfully and elegantly. How in the world do they make that upside down apple tarte? Nothing to it! Served with French wine.

*French onion tarte; rainbow trout nicoise; celery root remoulade; creamed chestnut soup; tarte tatin.*

Tuesday, February 20th

### LOW CAL FEAST

Since I haven't grown up in a culture where good nutrition meant boring or in any way restrictive, I can easily share with you a perfectly fun, satisfying and lean meal, and endless tips for cooking great lean food. It's all in the flavors, and the cooking methods that seal them!

*Grilled tilapia with roasted red pepper puree; steamed chicken breasts with Swiss chard and shiitake; mixed greens with tofu herb dressing; zucchini tomato soup; strawberry rhubarb molds.*

Monday, February 26th

### COOKING WITH SUPERFOODS

Consider this a sneak preview of my upcoming work assignment for a book project. I am including as many wonder foods as I possibly can. My mother used to tell us: "The cure is in the pot", I intend to show you why!

*Soba noodles with tofu, vegetables and seaweed; roast salmon with pomegranate sweet and sour sauce; mung bean kale kombucha soup; roasted Japanese eggplant salad; ; teff quinoa crepes with almond chocolate cream.*

Tuesday, March 6th

### BREAD BAKING

Consider this the ultimate bread showcase, and be prepared to stay a little longer than our demos usually last. We need these babies to rise and bake properly! White, whole grain, long, braided, flat, savory, sweet, you name it, all aboard! We will serve them with some salad and good herb butter.

*Challah and all variations. Italian bread; Anise-scented Moroccan bread; baguettes; cheese babka.*

Monday, March 12th

## MOROCCAN FEAST

Ok, you know the drill by now: no schedule without a Moroccan feast. It gives all my Moroccan food lovers a chance for a scrumptious reunion, and that family is constantly expanding. Fabulous, healthy and simple: who could ask for more? Plus: March 12th is my birthday, the day I reflect on my roots (and on aging gracefully!)

*Chicken lamb couscous with dried fruit; vegetable soup with Moroccan spices; fish balls in spicy sauce; tomato relish; faduelos; candied eggplant slices.*

Monday, March 19th

## SEDER

My brisket was declared in several food reviews as the “best ever”, and I was honored to see it among some select recipes in the recently published New York Times Kosher Cookbook. If you want to treat anyone to a great night out, I guarantee tonight is a perfect time.

*Brisket in sweet and sour sauce; Russian vegetable vinaigrette; sweet potato kugel; mixed greens with basil honey dressing; roasted root vegetables; almond orange cake with apricot orange sauce.*