



April/ May 2010

Spring has sprung this April and May! Our classes these months take their inspiration from Rachael Ray's fresh and fun menus, and also budget and earth-friendly eating. Our chef will teach you a broad range of techniques from all parts of the culinary world. Come to the culinary workshop with your friends for a great night out for only \$20! The lesson is always followed by a delicious tasting of the menu from the evening. Call the courtesy desk to register for the classes. Seating is limited, so register early!

Rachael Ray: Great Taste and Nutrition Go Hand-in-Hand!

(Wednesday, April 7th- 6:30-8:30 pm)

Rachael's philosophy of everything in moderation means you'll be shaving off calories, but never compromising taste!

Menu includes:

Gazpacho with Chicken

Peachy Avocado Salad with Candied Pecans

Tomato and Rice Stuffed Peppers

Peanut Butter Yogurt Dip with Fresh Fruit

Dinner Tonight, Dine Tomorrow for \$1 a person

(Wednesday, April 14th-6:30-8:30 pm)

Learn to prepare our delicious menu for your first night's dinner and how to shop once and dine twice with the same ingredients. In addition to the menu you learn in class, another menu and recipes will be given to you to try at home that uses the same ingredients.

Menu includes:

Roasted Asparagus and Cherry Tomato Salad with Ricotta Salata

Lemon-herb cedar plank salmon with bowtie pasta and sugar snap peas

Wild Red Berry Fruit Salad with Pomegranate Balsamic Drizzle

Live Right with ShopRite / Eating Green for Earth Day

(Wednesday, April 21st-6:30-8:30pm)

Being Green is a lot tastier than you might think with these delicious, good-for-you dishes that celebrate Earth Day.

Menu Includes:

Chilled Tex-Mex Avocado Salad

Gluten-free Southwest Chicken and Vegetable Lasagne

Sweet Strawberry-Rhubarb Bread

A Night in Spain

(Wednesday, April 28th-6:30-8:30pm)

You'll savor the best elements of Spanish cuisine with these traditional mouthwatering recipes.

Menu Includes:

Serrano-wrapped Asparagus with Crema Cabrales over Arugula

Smoked Paprika Roasted Shrimp

Arroz con Chorizo

Almond Flan

Mother's Day: Something Special For Mom

(Wednesday, May 5th-6:30-8:30pm)

Surprise your Mom with a magnificent menu. Super soup, chicken, sautéed greens and chocolate will make Mom feel loved.

Menu Includes:

San Marzano Tomato Bisque with Grilled Cheese Croutons

Braised Artichoke Chicken with Herbed Butter Couscous

Red Raspberry and Dark Chocolate Bars

Celebrating the Pacific Rim

(Wednesday, May 12th-6:30-8:30pm)

Enjoy the best features of the many cultures, cooking techniques and flavors that mingle in the Pacific Rim.

Menu Includes:

Thai Marinated Cucumber Salad

Five Spice Meatballs with Plum Dipping Sauce

Chicken Curry over Indonesian-style Yellow Rice

Coconut Cake with Asian Spice Syrup

Spring Fling

(Wednesday, May 19th-6:30-8:30pm)

You'll taste the lightness of spring with dishes that speak to warmer weather and the outdoors.

Menu Includes:

Chef's Choice Salad

Brined Grilled Lamb Chops with Pepper and Onion Relish over Multi Grain Pilaf

Blackberry Shortcake Pinwheels

Five Classic Recipes Every Cook Should Have

(Wednesday, May 26th-6:30-8:30pm)

Learn the techniques taught in the best culinary schools!

Menu Includes:

Classic Caesar Salad with Reggiano Garlic Croutons

Seared Angus Steak with Bordelaise Sauce

Lyonnais-style Potatoes

Classic Creamed Spinach

Classic New York Cheesecake with Fruit Topping