

## Winter / Cooking Class Series

### By Appointment

Day	11:30-2:00	\$48.00
Evening	7:00-10:00	\$68.00

We can personalize any cooking class to incorporate Private Events

- Girl's Night Out
- Couples Classes
- Bachelorette Parties
- Interactive Cooking Class Dinner Parties
- Corporate Team Building
- Birthday Parties

### Hearty Soups, Stews and Winter Salads

There is nothing more comforting or welcoming on a cold winter day than a pot of homemade soup or a hearty Stew simmering on the stove sending delicious aromas throughout the house. Join me as I teach you the basics to making a delicious bean & broth based soup, a meat filled, and an all-vegetable stew, with a hearty winter salad with cold weather greens, roasted squash and fiber rich grains. Show your love, and make soup!

### Hors d'oeuvre Basics

With the holiday season upon us, join me as I show you how to prepare some simple, classic, make ahead, or quick on the spot, Hors d'oeuvres, Spreads, and Platters that will make entertaining a snap! I will share my shortcuts, "must have on hand" ingredients and recipes for a stress free entertaining season.

### Easy Week Day Dinners

Even when life is frantic, it is still possible to make a healthy, quick and delicious meal. With these recipes and a few "must have" staples from your pantry shelves, you can have great meals in just minutes. Join me when I share my best short cuts and quick ideas to help you serve a good dinner right now.

### The Meatless Main Course or Simple Meatless Monday Recipes

Maintaining a vegetable-based diet in the summer is easy, but it is more of a challenge during the long winter months. We are ready to help with delicious cold weather entrees. Even the most devoted carnivore won't miss the meat with these main dishes featuring such seasonal ingredients as sweet potatoes, barley, Kabocha squash, Tuscan kale and mushrooms.

### Fearless Fish Entrees for the Whole Family

Learn all about four major categories of fish cooking techniques (grill, oven roasted, steam, and sauté), I will take the mystery and fear out of making delicious fresh fish entrees 4 different ways that will surely please everyone's palate and tantalize your taste buds!

## KIDS CLASSES SAMPLE LIST

\$35 Per Child with an 8 Child Minimum

### KIDS NIGHT OUT, ages 11-15

Chef Carol promises it to be another great season for those kids who are serious about the kitchen. As always, the kids will decide what it is we will make but you can count on much food coming home after these classes

### TRY IT, YOU'LL LIKE IT, ages 9-13

Join Chef Carol as she tries to get your little ones to see the light of healthy food. We will start with a Great Green Salad and move on to Chef Carol's Chicken Parmesan & her famous focaccia, Honey Glazed Carrots and Brown Rice Pilaf and Finish the meal with the best ice cream chocolate chip cookie sandwich's (with Timothy's famous homemade ice cream)

### LOVE YOUR PIZZA, ages 9-13

What kid doesn't love Pizza? Join Chef Carol as we explore the many ways to make a great Pizza. We will make regular Pizza, Hawaiian Pizza, Salad Pizza, Mexican Pizza and Whatever Pizza but you have to tell Chef Carol in advance, so she knows what to buy. Chef Carol will surprise the little ones with one of her fabulous desserts.

### GOING TO MEXICO, ages 9-13

Inspired by the Flavors & Spice of Mexico Chef Carol is taking your kids on a Mexican journey with Fresh Tacos, Chicken Burritos, Quesadillas, Rice and Beans, Mexican Salad