

**Special Note:**

To give everyone a fair opportunity to register, registration will begin at the shop at:

9:00 a.m. on Sunday, January 24

Numbers will be issued at 6:00 a.m. to reserve a place in line. Phone Registrations will be taken after 1:00 p.m.

# Kitchen Witch Gourmet Shop

February '99 thru June '99

Please come in and register in person at the *Kitchen Witch*, 127 N. El Camino Real #D, Encinitas, CA 92024 for confirmation of your reservation or you may register by phone using VISA or Mastercard. Fees are due 30 days in advance of classes which are filled on first come basis. Full refunds will be made upon cancellation no less than three days before classes begin. In the case of a no-show or late cancellation, your deposit is non-refundable and you will receive recipes from the class. In the event of an instructor's illness, or of unavoidable conflict, fees will be refunded.

Students receive a 10% discount on all non-food and non-sale merchandise on the day of your class.

## Learn-A-Lunch with Phillis Carey

12 Noon to 1 p.m. on Fridays \$14.95

Learn-A-Lunch classes are a special way to go out to lunch on Fridays. A full lunch is served, including wine and coffee, the same as any restaurant but with a small difference. This lunch includes instruction on how to prepare what you will be eating. There's the lesson, a full meal to eat, dessert to savour, recipes to take home and all this only takes one hour.

### Company Dinner

February 12 or March 26 or May 14

- Apricot Glazed Pork Tenderloin with Honey Spiced Apricots
- Poppy Seed and Green Onion Noodles
- Baby Corn Wrapped in Zucchini
- Individual Apricot Amaretto Charlottes

### California Cuisine

February 26 or April 16 or May 28

- Italian Quesadillas with Gorgonzola, Artichokes and Roasted Red Peppers
- Chopped Salad with Grilled Chicken, Pepperoni and Olives
- Cannoli with Chocolate Orange Filling

### Casual Dining

March 12 or April 30 or June 11

- Pepper Jelly Glazed Chicken Breasts on a bed of Creamy Zucchini, Corn and Tomatoes
- Macadamia Rice Pilaf
- Strawberry Cream Cheese Mousse

### Comfort Foods

February 19 or April 9 or May 21

- Marinated Zucchini Salad with Zesty Vinaigrette
- Rosemary Chicken Stew
- Garlic Mashed Potatoes
- Pineapple Jelly Roll Swirl

### Pacific Rim Dining

March 5 or April 23 or June 4

- Baby Spinach Salad with Toasted Almonds and Plum Sauce Dressing
- Sesame Pita Toasts
- Grilled Hoisin Pork Tenderloin with Pineapple Grilled Onion Relish
- Easy Orange and Ginger Rice Pudding

### Soup, Salad and Pie

March 19 or May 7 or June 25

- Corn Potato Chowder with Sage
- Curried BBQ Chicken on a bed of Rainbow Coleslaw with Won Ton Crisps
- German Chocolate Pie

**Kitchen Witch Gourmet Shop**  
 Features an Extensive Selection of European Cookware and Bakeware

- Calphalon & Accessories
- Cuisinart Cookware
- Le Creuset
- All-Clad Cookware
- Berndes Non-Stick
- Magnalite Stainless
- Aprons, etc.
- Utensils
- Kitchen Gadgets
- J. A. Henckels & Chicago Cutlery
- Ceramic Serving Pieces
- Cuisinart Processors & Parts
- Cookbooks Galore
- Cake Decorating Supplies

**Kitchen Witch Gourmet Shop**  
 127 N. El Camino Real, Suite D  
 Encinitas, California 92024  
 (760) 942-3228

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## WHO'S WHO

**Dee Biller:** Dee has been teaching cooking classes in the San Diego, Los Angeles and Orange County area for the past 20 years specializing in Thai, Vietnamese, Chinese, vegetarian and low fat foods. She has consulted on new recipe development for many local restaurants including Rocket Wraps and Pizza Nova. Dee is currently the Corporate Chef for Souplantation/Sweet Tomatoes —

Garden Fresh Restaurant Corporation developing and testing new recipes and ideas.

**Nancy J. Brown:** Nancy is a nutrition consultant and holds bachelors degrees in both nutrition and Clinical Psychology. She works with professional chefs and private cooking staffs teaching healthy cooking techniques and recipe modification. Her recipes provide satisfying and nutritious foods that are very low in fat, cholesterol, sodium, and high in complex carbohydrates and beneficial fiber.

**Phillis Carey:** Phillis has been teaching cooking classes for 22 years. Her specialty is easy yet elegant food from around the world. She is also a free-lance food writer with several articles published by *Cooks Illustrated* and *The San Diego Union Tribune*. A new publication, *Cooking Pleasures*, will publish two of her articles this fall and next spring. Her cookbook, *The Casual Gourmet: 50 Easy Entertaining Menus*, is back in print.

**Stella Fong:** Stella is a research biologist who shares her scientific understanding of food through her company *Tickled Palate*. She brings an innovative perspective to her cooking classes using less familiar fruits, vegetables and herbs. Her recipes are low in fat, not necessarily Asian-flavored, and her artistic eye creates colorful food presentations.

**Nadia Frigeri:** Nadia began her career as a food consultant in Treviso, Italy and continued for the past 25 years in the San Diego area. She is known for her northern Italian gourmet cooking classes. Her original recipes and cooking methods have been featured in San Diego Home and Garden Magazine and the Tribune Food Section.

**Sadhana Gandhi:** Sadhana earned her Masters Degree in Economics at Bombay University and has been teaching Kumon math in Encinitas for many years. She also teaches traditional Indian cuisine for local students. Her classes focus on familiar vegetarian dishes with classic but easy instruction.

**George Geary:** George is currently devoting more time to teaching cooking classes from California to the East Coast. He formerly worked as pastry chef for Walt Disney Corporation at Disneyland. Many of his creations have been on major television shows and movies as he worked with prop departments in the Hollywood area. George received his teaching credentials at UCLA and graduated from the California Culinary Academy.

**Nancie McDermott:** Nancie McDermott specializes in the cuisine of Thailand, where she spent three years as a Peace Corps volunteer. A food writer as well as a cooking teacher, she has written for several newspapers, and her articles have appeared in *Food & Wine*, *Food Arts*, *Bon Appetit* and *Cook's Illustrated*. Her first cookbook, *Real Thai: The Best of Thailand's Regional Cooking*, is in its sixth printing. Nancie had two new books published this spring: *Real Vegetarian Thai*, from Chronicle Books and *The Curry Book: A Celebration of Memorable Flavors and Irresistible Recipes* from Chapters Publishing.

**Kay Pastorius:** Kay has been teaching gourmet cooking since 1975. Her culinary interest and training began while living and traveling in Western Europe in the sixties. She has studied extensively in France, Italy, Thailand and Mexico. Kay has written a cooking column for *Sea Magazine* for many years and recently completed a cookbook titled *Cruising Cuisine: Fresh Food From the Galley.* By teaching recipes that can be done ahead, her classes are extremely practical for the hostess with a limited time schedule. Besides her teaching and writing, Kay organizes trips around the world where she and her students can learn new cooking techniques from native cooks.

**Maria Simon:** Maria was born in Spain and has traveled extensively throughout the Middle East. She operated a deli in Vista for five years and then began teaching cooking classes in the area. Her love for the Lebanese cuisine has driven her to develop classes from that region.

**Liz Strahle:** Liz is a graduate of UCLA Extension's Culinary Arts Program. She has been teaching for the past 12 years at various southern California locations conducting hands-on cooking workshops and summer cooking camps.

**Evelyn Sudora:** Evelyn is presently studying at Tanabe Research Labs, but her love for bread baking has kept her teaching classes for the past 20 years in the San Diego area, Sedona and Coos Bay. She has been catering in San Diego and more extensively in Oregon where she is also writing the Food Page for the Umpqua Post in Reedsport.

## February

### A Curry Celebration Menu

<i>Nancie McDermott</i>		
<b>Thursday, February 4</b>	6:00 p.m.	\$29
Curry Couscous — Stuffed Mushrooms		
Curried Kabocha Pumpkin Soup		
Lamb Curry, Kashmiri Style		
Ginger Pear Chutney		
Beet Raita		
Basmati Rice		
Mango Lhassie		

### Classes For Children Valentine Recipes

<i>Liz Strahle</i>		
<b>Grades 4th, 5th and 6th</b>		
<b>Friday, February 5</b>	4:00 p.m.	\$16
<b>Kindergarten, 1st, 2nd and 3rd Grades</b>		
<b>Saturday, February 6</b>	10:30 a.m. or 2:00 p.m.	\$16

Junior pastry chefs will bake and decorate a variety of Valentine treats. Recipes include:

Valentine Tea Party Scones, Ribbon Sandwiches, Mini Cupcakes with Icing Flowers, White and Dark Chocolate Dipped Broken Heart Cookies

### Valentine Dinner Party

<i>Phillis Carey</i>		
<b>Monday, February 8</b>	11:00 a.m. or 6:00 p.m.	\$29
<b>Wednesday, February 10</b>	6:00 p.m.	
Fast and elegant, this meal is easy to prepare for the special person or people in your life.		
Cæsar Salad with Focaccia Croutons in Parmesan Cups		
Filet Mignon with Red Pepper Hollandaise		
Wild Mushroom Bread Pudding		
Asparagus and Prosciutto Bundles with Garlic Butter		
Meringue Crusted Chocolate Cake		

### Making the Basic Pasta

<i>Nadia Frigeri</i>		
<b>Tuesday, February 9</b>	11:00 a.m.	\$29
In this class you will learn how to make the very basic dough and cut of homemade pasta.		
CAPELLO D'ANGELO AL GRANCHIO (Angel Hair with Crab Meat and Julienne Vegetables)		
FETTUCCHINE AL MASCARPONE (Fettuccine with Shiitake, Mascarpone and Asparagus)		
PAPPARDELLE AI BROCCOLI (Pappardelle with Broccoli Rabe, Tomato and Ricotta Salata)		
ZUPPA DI POLLO SPEZIATA (Tagliardi Pasta in Spicy Chicken Soup)		
MOUSSE DI CIOCCOLATO (Chocolate Frangelico Mousse)		

### A Real Thai Menu

<i>Nancie McDermott</i>		
<b>Tuesday, February 9</b>	6:00 p.m.	\$29
Jasmine Rice Soup with Minced Pork, Green Onions and Crispy Garlic		
Chiang Mai Curry Noodles with Chicken, Shallots and Chili Paste		
Triple Mushroom Feast		
Broccoli with Fresh Ginger		
Dried Shrimp with Shallots, Chilis and Lime		
Jasmine Rice		
Kabocha Pumpkin Stewed in Sweet Coconut Milk		

### Vegetarian Asian Menu

<i>Stella Fong</i>		
<b>Wednesday, February 10</b>	11:00 a.m.	\$29
Bring together the freshness of vegetables and flavors of Asia.		
Spicy Pickled Daikon Radish, Red Pepper and Cucumber		
Potstickers Filled with Black Mushrooms, Baked Savory Tofu and Spinach		
Steamed Japanese Squash with Black Bean Sauce, Green Onions, Ginger and Garlic		
Stir-Fried Rice Noodles with Bok Choy and Bean Sprouts		
Broiled Tofu Topped with Miso and Sesame Seeds		
Pearl Tapioca in Coconut Milk with Mango		

### Celebration Of Love: Valentine's Day

<i>Nadia Frigeri</i>		
<b>Thursday, February 11</b>	11:00 a.m. or 6:00 p.m.	\$29
FOCACCIA RIPIENA DI FORMAGGIO (Stuffed Focaccia with Gorgonzola, Pine Nuts and Sweet Onions)		
ZUPPA DI CAROTE E SPINACI (Carrot and Spinach Soup with Celery Root Sticks and Cheese)		
INSALATA DI INDIVIA APPLE, ROQUEFORT AND WALNUT (Endive Salad with Roquefort, Apples and Walnuts)		
FILETTO DI MANZO ALLE ERBE (Herb-Crusted Filet Mignon with Merlot Sauce)		
TORTA DI PATATE (Lemon-Thyme Potato Pie with Sun Dried Tomatoes)		
NAPOLEON DI PISTACCHI E FRAGOLE (Pistachio Strawberry Napoleon)		

The *Kitchen Witch Gourmet Shop* has been successfully serving the community since 1981. My staff includes Twink, Helen, Kit, Karen, Keator, Andrea and Sam. They're always pleased to offer help with your purchases or answer your questions. If the item you wish isn't in our shop, we'll be happy to order it for you.

## Marie Santucci

### Rich Vanilla Desserts

<i>George Geary</i>		
<b>Monday, February 15</b>	11:00 a.m. or 6:00 p.m.	\$29
Vanilla is the number one flavor used in baked goods and ice cream. We will explore the flavors of this rich orchid plant we know as vanilla. You will learn about the origin of vanilla beans and the differences of the beans and extracts around the world.		
Madagascar Vanilla Cream Tarts		
Baked Vanilla Custards		
Rum Vanilla Cake with Vanilla Bean Whipped Cream		
Vanilla Sugar Cookies		

## Delicious Pizza And Calzone

*Nadia Frigeri*

**Tuesday, February 16** 11:00 a.m. or \$29  
**Thursday, April 29** 11:00 a.m.

PIZZA MARGHERITA AGLI ASPARAGI  
(Pizza with Tomato, Cheese, Herbs and Asparagus)

CALZONE DI SCAROLA  
(Calzone with Escarole, Ricotta, Raisins, Pine Nuts and Anchovies)

PIZZA ALLA CIPOLLE E FORMAGGIO  
(Pizza with Caramelized Onions, Blue Cheese and Mushrooms)

PIZZA AI PEPERONI E AGLIO  
(Pizza with Roasted Peppers, Roasted Garlic and Two Cheeses)

PIZZA AL SALMONE  
(Pizza with Smoked Salmon, Dill and Goat Cheese)

## Soups and Breads

*Phillis Carey*

**Tuesday, February 16** 6:00 p.m. or \$29  
**Wednesday, February 17** 11:00 a.m. or  
6:00 p.m.

Hearty and satisfying for the cold weather, these soups and breads are sure to satisfy.

Potato Leek Soup with Grilled Chicken

Butternut Squash Soup topped with Creme Fraiche

Country Captain Chicken Curry Soup

Bacon Cornmeal Scones

Focaccia with Peppers and Olives

Irish Coffee Bread Pudding

## Dining At Harry's Bar — Cipriani Venezia

*Nadia Frigeri*

**Thursday, February 18** 11:00 a.m. or \$29  
6:00 p.m.

INSALATA DI SPINACI ALLE CAPESANTE  
(Baby Spinach with seared Scallops with Fresh Ginger and Orange Zest)

TAGLIATELLE NERE AL PESCE  
(Black Pasta Noodles with Shrimp and Clams)

PASSERA CON SCALOGNO  
(Marinated Halibut filet with Caramelized Shallots, Tomatoes and Thyme)

TIMBALLO DI RISOTTO ALLA PARMIGIANA  
(Parmesan Risotto Timbale with Zucchini Julienne)

GELATO AL LIMONE  
(Lemon Ice Cream with Strawberries)

BISCOTTINI ALLE MANDORLE  
(Almond Cookies)

## Best of Paris Restaurants, Part 2

*Kay Pastorius*

**Monday, February 22** 11:00 a.m. or \$29  
6:00 p.m.

Kay has just returned from cooking at Cordon Bleu and Provence with her annual tour. Experience great recipes from favorite Paris restaurants. Addresses will be given for each of them.

Potato and Jerusalem Artichoke Gratin from  
Pile au Face

Warm Fennel with Spicy Citrus Vinaigrette from  
Le Bistro de l'Etoile

Salmon with Basil Sauce from Le Duc

Escarole Salad with Gruyere Cheese from  
Moissonnier

Marquise au Chocolate with Pistachio Paste from  
Taillevent

## Ossobuco: An Italian Tradition

*Nadia Frigeri*

**Tuesday, February 23** 11:00 a.m. or \$29  
**Thursday, April 22** 11:00 a.m.

INSALATA MISTA CAROLTE  
E SPINACI AL CAPRINO  
(Mixed Green, Carrot and Spinach Salad with  
Hazelnut Crusted Goat Cheese)

RAVIOLI DI CARNE ALLA SALVIA  
(Veal-Beef Ravioli with Chicken Stock,  
Butter and Sage Sauce)

OSSOBUCO ALLE ERBE  
(Veal Shanks with Wine-Herb Sauce and Gremolada)

NAPOLEON DI POMODORI PUREE DI PATATE  
ALL'AGLIO EL SPINACI  
(Layered Tomatoes, Garlic Mashed Potatoes  
and Spinach)

CROSTATA DI PESCHE GRATINATA  
(Peach Tart with Sabayon Au Gratin)

## Vegetarian Feast

*Nadia Frigeri*

**Wednesday, February 24** 11:00 a.m. \$29

TIMBALLO DI MELANZANE CON FONDUTA  
(Eggplant Timbale with Pecorino Romano Fondue)

CAPELLE DI FUNGHI GRATINATE  
(Zucchini-Cheese-Herb Stuffed Mushrooms  
Au Gratin)

RAVIOLONI DI RICOTTA ALLE VERDURE  
(Ricotta-Herb Giant Ravioli with Eggplant-Tomato-  
Herb Sauce)

CARTOCCIO VEGETALE  
(Baked Mixed Vegetables in Parchment Paper)

GNOCCCHI DI PATATE CON FONDUTA  
(Potato-Spelt-Buckwheat Gnocchi with Taleggio-  
Fontina Fondue)

TORTA DI NOCI AL CARMELLO  
(Caramel Walnut Tart)

## Asian-Style Noodles

*Phillis Carey*

**Wednesday, February 24** 6:00 p.m. or \$29  
**Thursday, February 25** 11:00 a.m. or  
6:00 p.m.

Noodles are not native to Italy and here's proof that the best are from Asia.

Korean Noodle Bowl with Beef and Red Peppers

Orange Sesame Chicken Noodles

Pan-Fried Crispy Noodle Cake with Beef and  
Vegetables

Szechwan Spaghetti with Ground Pork Sauce

Thai Shrimp Curry Pasta with Broccoli,  
Peppers and Basil

Pineapple Cream Topped Strawberries with Toasted  
Coconut

## Wonderful Wraps for 1999 (The Gourmet Burrito)

*Nancy Brown*

**Saturday, February 27** 11:00 a.m. \$29

Excellent Quick Lite Meals with delicious Flavor-Filled Wraps along with many unique filling and sauce ideas that are low in fat and big on flavor! Creative ideas for the whole family (even "picky eaters" love these ideas!) Vegetarian options are given for all recipes.

Toasted Sesame Garlic Chicken Teriyaki Wrap  
with Caramelized Crunchy Vegetables

Egg Foo Yummy Un-fried Ginger Rice

Pecan Pesto Shrimp and Crispy Garden  
Veggie Wrap

De"lite"ful White Corn Cranberry Couscous

Heavenly Chocolate Fudge Dessert Wrap with  
Homemade Peanut Butter Tortillas

We will also talk about and sample available products such as Healthy Wrap Fillings and Lowfat Condiments.

## March

### Hot Stuff

*Kay Pastorius*

**Monday, March 1** 11:00 a.m. or \$29  
6:00 p.m.

Robust spices and chiles make for bold fabulous cooking.

Spicy Crusted Shrimp with Sweet and Hot  
Seared Onions

Grilled Calamari with Spicy Almond Sauce

Grilled Spicy Thai Chicken with Coconut Peanut  
Dipping Sauce

Spicy Roasted Red Pepper Dip with Grilled Pita

Grilled Chicken Chipotle Quesadillas with  
Cheddar Cheese

### Comforting Soups from Every Region

*Nadia Frigeri*

**Tuesday, March 2** 11:00 a.m. \$29

PASSATELLI  
(Cheese-Bread-Egg Dumplings in Broth)

MINISTRONE TOSCANO  
(Vegetable Soup Tuscan Style)

ZUPPA DI CECI ALLA GENOVESE  
(Garbanzo, Mushroom and Vegetable Soup)

ZUPPA DI PESCE ALLA SIRACUSANA  
(Seafood Soup Sicilian Style with Couscous)

MINISTRONE ALLA MILANESE  
(Vegetable, Bean, Rice Soup Milanese Style)

PERE SPEZIATE AL CARMELLO  
(Spiced Caramel Pears  
with Chocolate Almond Ice Cream)

### Pork Possibilities

*Phillis Carey*

**Tuesday, March 2** 6:00 p.m. or \$29  
**Wednesday, March 3** 11:00 a.m. or  
6:00 p.m.

Pork can be tender and juicy! This class will teach you how to make it so every time.

Sweet Spiced Pork Tenderloin with Mustard Apricot  
Chili Sauce

Pork Chops with Mushrooms, Bourbon and Cream

Lemon Pork Slices with Black Sesame Seeds

Pork Tenderloin with Herbed Breadcrumb Crust

Garlic Orange Pork Chops

Chocolate Orange Fondue with Fruit Dippers

### Flavorful Main Courses On Grains

*Nadia Frigeri*

**Thursday, March 4** 11:00 a.m. or \$29  
6:00 p.m.

HALIBUT CON CLAMS, BEL PEPPER  
E SAFFRON  
(Halibut with Clams, Bell Peppers and Saffron  
on Rice)

POLLO AL LIMONE DAL MAROCCO  
(Moroccan Lemon Chicken with Olives, Garbanzo  
on Almond-Raisin Couscous)

STUFATO DI AGNELLO CON ORZO  
(Lamb Stew with Potatoes, Carrots and Onions  
on Pearl Barley)

SPIEDINI DI VITELLO  
(Braised Veal-Sage-Pancetta Skewers  
on Herbed Polenta)

GELATO AL CIOCCOLATO E RUM  
(Chocolate Rum Ice Cream with Strawberry Sauce)

## Crusts 101

*George Geary*

**Saturday, March 6** 11:00 a.m. or 3:00 p.m. \$29

The class you have been asking for on crusts and how to make them. From pies to quiches, we will cover it all. Tired of soggy or rubbery crusts? We will show you how to produce the flakiest crusts for all of your baking. You will even be a wiz at rolling out crusts by class end!

- Brie Triangles (made with a savory crust)
- Onion and Leek Quiche (made with a flaky crust)
- Berry Crunch Cups (made with a classic crust)
- Double Apple Pie (made with a spiced crust)

## Favorite Lebanese Recipes

*Maria Simon*

**Monday, March 8** 11:00 a.m. \$29

- Lebanese Potato Salad
  - Potatoes, Green Onions, Parsley, Lemon, Olives and Olive Oil
- Cod Fish with Tahini Sauce
  - Baked Cod fish over Lebanese Rice
- Garbanzo Beans with Cumin, Garlic and Olive Oil
- Kibbi with Pine Nuts and Wheat
  - Ground meat layered with Pine Nuts and Onion
- Spiced Rice Pudding
  - Rice, Sugar, Caraway Seeds, Anise Seeds, Cinnamon, Ginger and Pine Nuts

## Flavorful Cooking With Sage

*Nadia Frigeri*

**Tuesday, March 9** 11:00 a.m. \$29

- PIZZA BIANCA ALLA SALVIA
  - (Sage Pizza with Blue Cheese, Sun Dried Tomatoes and Fontina)
- FILETTO DI MAIALE RIPIENO ARROSTO
  - (Roast Stuffed Pork Tenderloin with Sage, Chicken and Red Peppers)
- PATATE IN UMIDO
  - (Potato Stew with Sage, Parsley and Cheese)
- INVOLTINI DI TACCHINO ALLA SALVIA
  - (Stuffed Turkey with Prosciutto, Bel Paese Cheese and Sage with Wine Sage Sauce)
- FAGIOLI E CARCIOFI ALLA SALVIA
  - (Beans and Artichokes with Sage Tuscan Style)
- MOUSSE DI LIMONE E SALVIA
  - (Sage Lemon Mousse with Strawberry Sauce)

## Mushroom Mania

*Phillis Carey*

**Tuesday, March 9** 6:00 p.m. or **Wednesday, March 10** 11:00 a.m. or 6:00 p.m. \$29

So many different kinds of mushrooms are now available — let's learn how to use them.

- Mushrooms Stuffed with Ham and Blue Cheese
- Warm Bacon, Broccoli and Mushroom Salad
- Chicken Breasts with Scallions, Shiitakes and Tomatoes
- Mushroom Stuffed Pork Tenderloin with Port Glaze
- Roasted Mushrooms, Corn and Spinach Risotto
- Ice Cream Bombe with Italian Meringue Mushrooms

## Fabulous "Primi" For All Occasions

*Nadia Frigeri*

**Thursday, March 11** 11:00 a.m. or 6:00 p.m. \$29

- FETTUCCHINE AGLI ASPARAGI E GRANCHIO
  - (Fettuccine with Crabmeat, Asparagus, Sun Dried Tomatoes and Mascarpone)
- PASTA AI NASTURZI RIPIENA
  - (Nasturtium Pasta Stuffed with Vegetables and Beans with Shrimp and Vegetable Sauce)
- RISOTTO ALLA TREVISANA
  - (Risotto with Radicchio, White Sauce and Grilled Chicken)
- GNOCCHI RIPIENI ALLA SALVIA
  - (Sausage Stuffed Potato Gnocchi with Butter Sage Sauce)
- ZUPPA DI PATATE E POMODORI
  - (Roasted Tomato and Potato Soup)
- FRAGOLE AL MASCARPONE
  - (Strawberry Sherbet with Mascarpone Cream)

## Novelty Breads

*Evelyn Sudora*

**Saturday, March 13** 11:00 a.m. \$20

- English Muffins — “baked” on top of the stove on a frying pan or griddle.
- Pita Bread — baked in a very hot oven resulting in a “pocket” to be stuffed with a variety of fillings.
- Brioche — classic egg bread. Wrap it around Brie Cheese or hollow out the traditional shape, and fill it with chicken or egg salad for a lite lunch.

## Chinese Steamer Baskets

*Kay Pastorius*

**Monday, March 15** 11:00 a.m. or 6:00 p.m. \$29

Stacked bamboo baskets fit perfectly over the wok and are perfect for cooking an entire meal at one time. Many appetizers can be cooked and served in these attractive baskets as well.

- Szechuan Style Rice Balls with Spicy Soy Dipping Sauce
- Shrimp and Spinach Dim Sum wrapped in Won Tons served with a Lemon Ginger Sauce
- Cabbage Wrapped Mexican Beef Rolls with Jicama, Green Chillies and Cumin with Curried Papaya Salsa
- Steamed Spareribs with Black Bean Sauce
- Chicken steamed with Asparagus with Spicy Lime Dipping Sauce
- Chinese Fried Walnuts with Sugar Glaze

## Cooking with Citrus

*Phillis Carey*

**Tuesday, March 16** 11:00 a.m. or 6:00 p.m. or **Wednesday, March 17** 11:00 a.m. \$29

Lemons, limes, oranges and grapefruits show off in both savory and sweet dishes.

- Citrus Salad with Raspberry Vinaigrette
- Chili Chicken Breasts with Citrus Glaze
- Lemon Risotto with Shrimp
- Lemon and Soy Marinated Pork Tenderloin
- Stir-fry Sesame Lemon Asparagus
- Lemon Blueberry Tart

## Oodles Of Long Life Asian Noodles

*Stella Fong*

**Wednesday, March 17** 6:00 p.m. \$29

Noodles provide comfort and flavor. Best served on your birthday but enjoy everyday for a healthy and long life.

- Chinese Egg Noodles tossed with Spicy Sesame Dressing and Cucumber, Red Bell Pepper and Bean Sprouts
- Shrimp Marinated with Red Chile Peppers, Cumin and Coriander on Thin Rice Noodles with Fresh Ginger and Basil
- Garlic Flank Steak with Black Mushrooms and Snow Peas on Crispy Chinese Noodles
- Soba Noodles with Shiitake, Enoki and Oyster Mushrooms
- Thick Fun Noodles with Five-Spice Flavored Pork and Spinach
- Udon Noodles with Creamy Peanut-Coconut Sauce and Grilled Chicken

## Spring Celebration: Easter

*Nadia Frigeri*

**Thursday, March 18** 11:00 a.m. or 6:00 p.m. \$29

- CROSTINI AL POMODORO E OLIVE
  - (Crostini with Tomato-Olive Layers)
- UOVA RIPIENE AL CURRY
  - (Stuffed Eggs with Curry and Yogurt)
- LASAGNA DI CRESPELLE ALI VEGETALI
  - (Mixed Vegetable Crepe Lasagna)
- CORONA DI MAIALE ARROSTA
  - (Roasted Pork Loin Crown with Carrots and Artichokes)
- PATATE ARROSTE AL ROSMARINO
  - (Roasted Yukon Potatoes with Garlic and Rosemary)
- TORTA DI MERINGA AL CIOCCOLATO
  - (Chocolate Meringue Torte)

## Classes For Children

### Eggstraordinary Easter Eggs

*Liz Strahle*

**Grades 4th, 5th and 6th**

**Friday, March 19** 4:00 p.m. \$16

**Kindergarten, 1st, 2nd and 3rd Grades**

**Saturday, March 20** 10:30 a.m. or 2:00 p.m. \$16

Speckled, splattered, dipped and dyed, chocolate, sugar, buttercream and more! Projects and Recipes Include: Hol-low Panoramic Sugar Easter Eggs decorated with Royal Icing, Sprintime Cookie Bouquet wrapped in Colored Cel-lophane and Chocolate Dipped Old Fashioned Buttercream Eggs.

## Santa Barbara Culinary Shopping Tour 1999

*George Geary*

**Saturday, March 20** 6:30 a.m. 'til 8:30 p.m. \$85.00

This is a culinary tour you will not want to miss. So book early! We will begin with coffee and muffins at the Kitchen Witch Gourmet Shop in Encinitas and depart promptly at 6:30 a.m. traveling by executive motor coach to Santa Barbara. We will arrive in Downtown Santa Barbara at the produce and flower market which some claim is the best in Southern California — local flowers and produce to nuts and honey! You will be able to leisurely shop there and walk to the Paseo Neveo outdoor mall or view the many galleries that line State Street. Then off to La Super Rica, the famous taco stand! Lunch is on your own (approx. \$6.00) for a feast. Watch them make the tortillas fresh and the selections are mouthwatering. Now off to the Santa Barbara Orchid Estate where you can see vanilla bean orchids grow. You can pick up a flowering orchid and tips on how to keep them healthy! Next will be a wine tasting at Santa Barbara Winery with a private barrel tour and guided tour with tasting of all of the wines. Last season we sampled 13 wines. You may purchase wines at a discount. We will then head back toward Encinitas with a dinner stop in South Orange County which is included in the tour fee. We will be dining family style at an Italian restaurant. Plan on a return to the shop at about 8:30 p.m. This is a fun-filled learning experience that you'll not want to miss!

## For Polenta Lovers Only

*Nadia Frigeri*

**Monday, March 22** 11:00 a.m. \$29

- FRICASSEA DI VEGETALI CON CORN POLENTA
  - (Corn-Cheese Polenta with Pepper-Sausage Fricasee)
- POLENTA AL POMODORO E FORMAGGIO
  - (Baked Polenta with Fresh Herbs Tomatoes, Mozzarella and Romano)
- TIMBALLI DI POLENTA E ZUCCHINI
  - (Grilled Zucchini, Polenta and Smoked Mozzarella Timbale)
- FAGOTTINI DI VERZE, POLENTA E POLLO
  - (Savoy Cabbage “Bundles” with Polenta and Chicken Au Gratin with Tomatoes and Cheese)
- BISCOTTI AL MAIS ED ANICE
  - (Cornmeal Biscotti with Anise)

## Passover With An Italian Touch

*Nadia Frigeri*

**Tuesday, March 23** 11:00 a.m. \$29

- POLPETTINE DI PESCE
  - (Fish Cakes with Spices and Matzo Meal)
- ZUPPA DI POLLO
  - (Soup with Chicken Dumplings and Herbs)
- ARROSTO AL ROSMARINO
  - (Rosemary Rib Roast)
- STUFATO DI FAVE, CARCIOFI E LATTUGA
  - (Braised Artichokes, Lettuce and Lima Beans)
- PATATE DOLCI AL FORNO
  - (Sweet Potato Casserole)
- DOLCE AL CIOCCOLATO E ARANCIA
  - (Chocolate Orange Honey Cake)

# April

## Spring Lamb Dinner

*Phillis Carey*

<b>Tuesday, March 23</b>	6:00 p.m. or	\$29
<b>Wednesday, March 24</b>	11:00 a.m. or 6:00 p.m.	

Whether it's for Easter dinner or a gathering of friends you can't beat the ease of the butterflied leg of lamb.

- Spinach and Pine Nut Salad with Feta and Olives
- Corn Drop Biscuits
- Garlic and Herb Butterflied Leg of Lamb with Orange Port Glaze
- Toasted Israeli Couscous with Grilled Asparagus, Zucchini, Red and Yellow Peppers
- Pavlova Meringue filled with White Chocolate Cream and Strawberries

## Asian Dinner Party

*Dee Biller*

<b>Thursday, March 25</b>	6:00 p.m.	\$29
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- Asparagus Spring Rolls
- Mussels with Basil Coconut Cream
- Cool and Spicy Noodles
- Salmon with Cilantro Garlic Crust
- Asian Wild Rice Salad

## Healthy Vegetarian Mexican De“lites”

*Nancy Brown*

<b>Saturday, March 27</b>	11:00 a.m.	\$29
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These original and mouthwatering recipes are surprisingly low in fat and cholesterol and high in valuable fiber and vegetarian. Transform basic recipes into creative and delicious meals. Great for Cinco de Mayo Parties!

- Southwest Seven Layer Bean and Rice Salad with Creamy Ranchero Ranch Dressing
- Homemade Red Chile and Toasted Onion Spice Mix — Great on eggs, cottage cheese or ...
- Gringo Mexican Rice and White Corn Casserole
- Roasted Vegetable and Goat Cheese Enchiladas smothered with Sun Dried Tomato Garlic Sauce
- Hot Cinnamon Apple Dessert Tostadas topped with French Vanilla Almond Ice Cream
- Bonus Recipe for Authentic No-Hangover Margaritas

## Ceramic Cookie Mold Workshop

*Twink Bumann*

<b>Monday, March 29</b>	11:00 a.m.	\$20
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- Pecan and Lavender Shortbread baked in a decorative pan
- Apricot Curry Shortbread a sweet and savory cookie/cracker
- Almond Cookies  
Use these to make the ultimate sandwich cookie with raspberry jam or ice cream.
- Peanut Butter Cookies  
Cookie molds are used to make these irresistible cookies
- Paper Casting  
Linter paper and facial tissue will be used to form paper castings from molds and stamps.

## Nothing But Chicken

*Phillis Carey*

<b>Tuesday, March 30</b>	6:00 p.m. or	\$29
<b>Wednesday, March 31</b>	11:00 a.m. or 6:00 p.m.	

Here are several new ideas for chicken just when the old ones are wearing thin.

- Chicken Cacciatore Risotto
- Boneless Chicken Breasts in Sun-Dried Tomato Cream
- Oven-Fried Chipotle Chicken Breasts
- Chicken with Gingered Apricot Sauce
- Chicken Creole Cordon Bleu
- Cherry Angel Cheesecake Squares

## Basics of Indian Cuisine

*Sadhana Gandhi*

<b>Tuesday, April 6</b>	11:00 a.m.	\$29
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Vegetarian dishes made quickly and easily with foods from your pantry or refrigerator or how to give your meal that Indian flavor using common Indian Spices.

- Dal — Garbanzo and Kidney Beans
- Basmati Rice
- Sabji — using Seasonal Vegetables such as Potatoes, Green Beans, Peas, Eggplant, Tomatoes or Onions prepared dry or soupy
- Cucumber Raita
- Chutney
- Indian Roti or Chapati will be made using Tortillas and Whole Wheat Pita Bread
- Condiments will be served

## Cooking With Shrimp

*Phillis Carey*

<b>Tuesday, April 6</b>	6:00 p.m. or	\$29
<b>Wednesday, April 7</b>	11:00 a.m. or 6:00 p.m.	

Grilled, sautéed, stir-fried and poached — that's the versatile shrimp.

- Appetizer Dilled Shrimp
- Shrimp and Cheese Calzone
- Asian Chili-Glazed Grilled Shrimp with Green Onion Fried Rice
- Flamenco Shrimp Pasta Toss
- Greek Shrimp and Leek Stir-fry with Couscous and Feta
- Strawberry Lemon Bavarian Cream with a Shortbread Crust

## Melting The Flavors Of Asia With The World

*Stella Fong*

<b>Thursday, April 8</b>	6:00 p.m.	\$29
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As modern technology advances, we have better access to foods from around the world. Take the flavors of Asia and melt them with those of the world, and the results are new culinary delights.

- Spicy Shredded Duck salad with Hoisin and Mustard Vinaigrette
- Baked Scallion and Red Chile Bread
- Salmon Congee with Jalapeños and Ginger
- Grilled Five-Spiced Mango and Chicken
- Cinnamon Spiced Asian Pears with Chocolate Sauce

## Say Blue Cheese!

*George Geary*

<b>Saturday, April 10</b>	11:00 a.m. or 3:00 p.m.	\$29
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Blue Cheese is a specialty cheese known all over the world, Roquefort in France, Gorgonzola in Italy, Stilton in England and the best blue cheese in America is Maytag Blue Cheese from Iowa. We will ship in this premium cheese from the Midwest and also use some of the European cheeses.

- Blue Cheese Peppercorn Dressing on a bed of Greens
- Herb Cheesecake with stone ground crackers
- French style New Red Potatoes with Roquefort
- Butterflied Pork Chops with Gorgonzola
- Cinnamon Nutmeg Baked Apples

## The Art of Stir Frying

*Kay Pastorius*

<b>Monday, April 12</b>	11:00 a.m. or 6:00 p.m.	\$29
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- Universal Stir-Fry Sauce to make ahead and use with Chicken, Beef, Pork or Shrimp
- Stir-fried Cashew Chicken in Oriental Sauce
- Minced Chicken wrapped in Napa Cabbage Leaves with Crispy Rice Sticks
- Almond Fried Rice
- Chicken Medallions with Snow Peas
- Curry Beef
- Stir-Fried Noodles with Velvet Chicken and Black Mushrooms
- Sweet Crescent Wontons

## Vegetarian Main Dishes

*Phillis Carey*

<b>Tuesday, April 13</b>	6:00 p.m. or	\$29
<b>Wednesday, April 14</b>	11:00 a.m. or 6:00 p.m.	

When you want to eliminate meat occasionally or all the time, here are several tasty main dishes that are sure to please.

- Potsticker and Roasted Red Peper Salad with Hoisin Lemon Ginger Dressing
- Tagiatelle with White Beans, Zucchini and Red Peppers
- Chipotle Chile Bean and Rice Wraps
- Vegetable-Muenster Cheese Filled Strudel with Tomato Basil Relish
- Garden Vegetable Enchiladas with Jack and Cheddar Sauce
- Fresh Berry Crumb Pie

## Classes For Children

### Pizza Workshop

*Liz Strahle*

<b>Grades 4th, 5th and 6th</b>		
<b>Friday, April 16</b>	4:00 p.m.	\$16

<b>Kindergarten, 1st, 2nd and 3rd Grades</b>		
<b>Saturday, April 17</b>	10:30 a.m. or 2:00 p.m.	\$16

Pizza from scratch is fun and easy! Learn the secrets of making Stuffed Crust, Pizza Pockets, Pizza Bread, Parmesan Bread Sticks and more. Each participant will make their own individual pizza with assorted toppings.

## More Lebanese Recipes

*Maria Simon*

<b>Monday, April 19</b>	11:00 a.m.	\$29
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- Fastuch Salad  
Lettuce, Parsley, Mint, Tomatoes, Olives, Lemon, Olive Oil with Pita Bread
- Okra with Meat  
Small Okra with Meat, Cilantro, Garlic, Tomato Paste, Onions over Lebanese Rice
- Falafil Patties  
Beans with Coriander, Onions and Garlic
- Cauliflower Omelet  
Cauliflower with Garlic and Eggs
- Baqlawa  
Fildo Dough, Pistachio Nuts, Sugar, Butter and Rose Water

## Getting Comfortable Cooking With A Pressure Cooker

*Nadia Frigeri*

<b>Monday, April 19</b>	6:00 p.m. or	\$29
<b>Tuesday, April 20</b>	11:00 a.m.	
SPEZZATINO ALLA FIORENTINA (Beef Stew Florentine Style)		
POLENTA AL ROSMARINO E FORMAGGIO (Polenta with Rosemary and Pecorino Cheese)		
AGNELLO BRODETTATO (Lamb Stew with Lemon-Egg Sauce) with Stewed Potatoes		
ZUPPA DI FAGIOLI ALLA FIORENTINA (Borlotti Bean Soup with Vegetables, Cabbage and Herbs)		
POLLO ALLE CACCIATORE (Chicken Thighs with Mushrooms, Tomatoes and Herbs)		
FICHI AL MASCARPONE (Wine Poached Dried Figs with Mascarpone)		

## International Dim Sum Pastries

*Phillis Carey*

<b>Tuesday, April 20</b>	6:00 p.m. or	\$29
<b>Wednesday, April 21</b>	11:00 a.m. or 6:00 p.m.	

Served as appetizers or part of a meal these pastries take a bit of time to prepare but are surprisingly easy to make.

- Turkish Borek (Meat and Dill-filled Pastries with Yogurt Sauce)
- Pan-Fried Chinese Pork Dumplings with Red Chili Sauce
- Vietnamese Crab and Shrimp Spring Rolls with Chili Lime Dressing
- Thai Curry Puffs with Chutney
- Spanakopetes (Spinach-Feta Phyllo Triangles) with Cucumber Sauce

## Asparagus: The Flavor Of Spring

*Nadia Frigeri*

<b>Monday, April 26</b>	6:00 p.m. or	\$29
<b>Tuesday, April 27</b>	11:00 a.m.	
ZUPPA DI ASPARAGI AL BASILICO (Asparagus Soup with Basil Cream)		
RISOTTO ALLE NOCI E ASPARAGI (Asparagus Walnut Risotto with Grilled Asparagus)		
RAGU' DI ASPARAGI CON POLLO (Asparagus, Leek, Shiitake and Potato Ragout with Grilled Chicken)		
MOUSSE DI BRANZINO ASPARAGI (Sea Bass Mousse with Asparagus Sauce)		
TORTA DI ASPARAGI E CAPRINO (Asparagus and Goat Cheese Tart)		
GELATO ALLA UVETTA E RUM (Rum Raisin Ice Cream)		

## Cinco De Mayo Celebration

*Phillis Carey*

<b>Tuesday, April 27</b>	6:00 p.m. or	\$29
<b>Wednesday, April 28</b>	11:00 a.m. or 6:00 p.m.	

Just add beer or margaritas to this meal and a fiesta is declared.

- Shrimp Salsa with Baked Tortilla Chips
- Cheese Enchiladas with Green Sauce
- Shredded Pork and Black Bean Chipotle Tacos
- Cilantro Corn Salad
- Watermelon Jicama Slaw
- Tequila Lime Tart

## Vegetarian

*Dee Biller*

<b>Thursday, April 29</b>	6:00 p.m.	\$29
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Note: Some recipes contain dairy products.

- Southernwestern Phyllo Triangles
- Vegetable Pizza with Potato Crust
- Linguini with Lentil Herb Sauce
- Roasted Red Pepper Gazpacho
- Mixed Greens with Bleu Cheese Cream and Caramelized Pecans

## Classes For Children Mother's Day Menu

*Liz Strahle*

<b>Grades 4th, 5th and 6th</b>		
<b>Friday, April 30</b>	4:00 p.m.	\$16
<b>Kindergarten, 1st, 2nd and 3rd Grades</b>		
<b>Saturday, May 1</b>	10:30 a.m. or 2:00 p.m.	\$16

Kids will learn how to plan a meal and prepare a special place setting *just for mom!* Recipes include: Popovers from Scratch with Fancy Jam, an Oven Baked Vegetable Frittata, Fancy Fruit Garnishes and Fresh Squeezed Orange Juice.

## May

## Soy Delights: Tofu, Miso And Tempeh

*Stella Fong*

<b>Monday, May 3</b>	11:00 a.m.	\$29
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An Asian secret for centuries, soy is finally coming to American tables. Filled with protein and other nutrients, soy comes in many forms and can easily be integrated into our every meals.

- Miso Soup with Soft Tofu, Seaweed and Green Onions
- Red Kidney Bean, Soybean, Red Pepper and Onion Salad with Roasted Walnuts and Pears
- Mu Shu Tofu with Homemade Peking Pancakes
- Tempeh with Red Bell Peppers, Corn and Quinoa in Lettuce Cups
- Tofu Teriyaki with Soba Noodles and Sesame Pepper Dressing
- Crustless Tofu Pumpkin Bake with Tofu Whipped Cream

## The Fun Of Making Gnocchi

*Nadia Frigeri*

<b>Tuesday, May 4</b>	11:00 a.m.	\$29
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- GNOCCHI DI PATATE AL RAGU  
(Potato Gnocchi with Meat Mushroom Ragout)
- GNOCCHI DI PATATE AL ROSMARINO  
(Rosemary-Potato Gnocchi  
with Tomato Rosemary Sauce)  
with Grilled Chicken
- GNOCCHI DI FORMAGGIO AGLI SPINACI  
(Goat Cheese, Ricotta, Ricotta Salata and Parmesan  
Gnocchi with Spinach-Yellow Pepper Sauce)
- GNOCCHI DI PATATE E CASTAGNE RIPIENI  
(Chestnut-Potato Gnocchi stuffed with Sausages  
Mascarpone and Fried Sage)
- SORBETTO AL LIMONE E YOGURT  
(Lemon Yogurt Sorbet)

## Mother's Day Brunch Ideas

*Phillis Carey*

<b>Tuesday, May 4</b>	6:00 p.m. or	\$29
<b>Wednesday, May 5</b>	11:00 a.m. or 6:00 p.m.	

Don't fight the crowds, stay home and enjoy one of these special brunch dishes with your Mom.

- Hawaiian French Toast with Macadamia Pineapple Syrup
- Crustless Jack and Red Pepper Quiche with Smoked Turkey
- Smoked Salmon and Asparagus Frittata Wrap
- Ham and Cheese Omelet Roulade
- Lemon Glazed Muffins
- Brownie Waffles with Cream and Fruit

## May Celebration: Mother's Day

*Nadia Frigeri*

<b>Thursday, May 6</b>	11:00 a.m. or 6:00 p.m.	\$29
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- ROTOLINI CROCCANTI  
(Ham Mousse Stuffed Belgian Endive in Puff Pastry)
- PASTA PENNE AGLI ASPARAGI E SALMONE  
(Penne Pasta with Asparagus, Smoked Salmon and Toasted Walnuts)
- GAMBERI ALL'ADRIATICO  
(Sauteed Shrimp with Rosemary and Wine)
- INSALATA DI FAGIOLINI E FUNGHI  
(Green Bean and White Mushroom Salad)
- SPIEDINI DI MOZZARELLA  
(Bread and Mozzarella Skewers  
with Caper Anchovy Sauce)
- TORTA GELATO  
(White Chocolate and Strawberry Ice Cream Torte)

## Sun Drenched Provençal Cooking

*Kay Pastorius*

<b>Monday, May 10</b>	11:00 a.m. or 6:00 p.m.	\$29
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- Paupiettes of Veal filled with Olives, Ham and Garlic cooked in a Wine Olive Sauce
- Bagna Cauda with Raw Vegetables (A hot Anchovy Garlic Sauce of Butter and fruity Olive Oil)
- Grand Aioli with New Potatoes (Classic Garlic Mayonnaise)
- Salad of Watermelon, Goat Cheese and toasted Pumpkin Seeds
- Oeuf a la Neige (Clouds of whipped egg whites float in a dish of Creme Anglaise with a crystallized web of Caramel on top)

## Going Meatless

*Nadia Frigeri*

<b>Tuesday, May 11</b>	11:00 a.m.	\$29
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- CROSTINI DI AGLIO-PISELLI E MASCARPONE  
(Grilled Polenta Crostini with Roasted Garlic, Peas and Mascarpone)
- ZUPPA DI CAVOLFIOR E  
CON ZUCCHINI E CAROTE  
(Cream of Cauliflower Soup  
with Zucchini and Carrot Julienne)
- TORTA DI CAPRINO E POMODORI  
(Cornmeal Crust Tart with Goat Cheese and Tomatoes)
- STRUDEL DI VEGETALI  
(Mixed Vegetable Strudel)
- STUFATO DI VEGETALI PRIMAVERA  
(Spring Vegetable Ragout  
with Marinated Curried Tofu)
- TORTA DI MELE  
(Apple Tart)

## Chinese Stir-Frys

*Phillis Carey*

<b>Tuesday, May 11</b>	6:00 p.m. or	\$29
<b>Wednesday, May 12</b>	11:00 a.m. or 6:00 p.m.	

Using a wok makes cooking speedy and with these recipes, delicious.

- Mu Shu Pork — New World Style
- Spicy Chicken with Water Chestnuts and Cashews
- Shrimp in Lobster Sauce
- Curried Fried Rice with Turkey, Carrots and Peas
- Stir-Fried Broccoli with Sweet Spicy Glaze
- Triple Ginger Almond Wafers

## Cooking From A Florentine Trattoria

Nadia Frigeri

Thursday, May 13 11:00 a.m. or 6:00 p.m. \$29

FRITTATA AFFOGATA  
(Frittata with Tomato and Vegetable Sauce)  
RISOTTO ALLA PAESANA  
(Risotto with Mixed Vegetables Country Style)  
POLPETTONE ALLA FIORENTINA  
(Beef-Mushroom-Prosciutto Meat Loaf)  
FUNGHI IN UMIDO  
(Mushrooms with Garlic and Tomato Sauce)  
PANINI AL RAMERINO  
(Tuscan Bread Rolls with Rosemary and Raisins)  
BOMBOLONI  
(Tuscan Fritters with Custard and Chocolate)

## Sweet Rolls And Coffee Cakes

Evelyn Sudora

Saturday, May 15 11:00 a.m. \$20

Using one sweet dough we'll make Cinnamon or Pecan Rolls "Danish" Pastries and several different Coffee Cakes including a "ladder Loaf" and a "flower" shape. The fillings are your choice, either prepare them yourself — we'll show you how — or buy them ready made to save some time.

## Asian Pasta

Kay Pastorius

Monday, May 17 11:00 a.m. or 6:00 p.m. \$29

Wheat Flour, Mung Bean Flour and Rice Flour are all used to make the various types of Oriental Noodles.

Chili-Orange Cold Noodles  
Lettuce Roll with Shrimp, Pork and Rice Stick Noodles  
Stir-Fried Velvet Spinach with Glass Noodles  
Bean Thread Soup with Shredded Chicken  
Hunan Country Noodles with Spicy Meat Sauce  
Sweet Chinese Pillows with Lemon Sauce

## Cooking With Crepes

Nadia Frigeri

Tuesday, May 18 11:00 a.m. \$29

CREPPELLE AI FIORI DI ZUCCA  
(Crepes Stuffed with Zucchini Blossoms, Cheese and Herbs)  
CREPPELLE DI PESCE AL MASCARPONE  
(Salmon Crepes with Mascarpone Cheese)  
CREPPELLE INTEGRALI  
(Crepes layered with Chicken, Tomatoes and White Sauce)  
FAGOTTINI ALLE VERDURE  
(Crepe Purses with Shrimp, Carrots and Squash)  
ESPRESSO CREPPELLE ALLA RICOTTA  
(Sweet Crepes with Ricotta, Custard and Chocolate Sauce)

## Entertaining Appetizers

Phillis Carey

Tuesday, May 18 6:00 p.m. or \$29  
Wednesday, May 19 11:00 a.m. or 6:00 p.m.

Learn to make a few new and special appetizers for your next party.

Broiled Shrimp Puffs with Lemon and Chives  
Crusty Chicken Bites  
Firecracker Drumettes  
Phyllo Asparagus and Brie Fingers  
Blue Cheese Poppy Seed Shortbreads  
Camembert Topped with Pepper, Spinach and Olive Pesto  
Swiss Fondue with Bacon and Chives

## Chicken The Italian Way

Nadia Frigeri

Thursday, May 20 11:00 a.m. or 6:00 p.m. \$29

POLLO IN CROSTA DI SALE  
(Whole Chicken Cooked in a Salt-Flour Crust with Horseradish Sauce or Herbed-Orange Sauce)  
PETTI DI POLLO RIPIENI ALLA BOLOGNESE  
(Asparagus Stuffed Chicken Breast with Ham and Fontina Cheese)  
PETTI DI POLLO AL CAPRINO E ROSMARINO  
(Whole Chicken Breast Stuffed with Goat Cheese and Rosemary with Rosemary Butter and Polenta)  
POLLO ALLA TOSCANA CON FAGIOLI  
(Garlicky Tuscan Chicken with Warm Bean Salad)  
PESCHE RIPIENE IN SFOGLIA  
(Almond Stuffed Peaches in Puff Pastry)

## Lowfat Deliciously De-Lite-Ful Cookie Dessert Bars

Nancy Brown

Saturday, May 22 11:00 a.m. \$29

These easy-to-make delicious *Lowfat Cookie Dessert Bars* are perfect for special treats, birthdays, holidays or anytime the urge hits. You will receive many invaluable ideas for how to modify and "healthify" your favorite cookie and dessert recipes.

Fresh Banana White Chocolate Chip Bars with Nutty Pecan Streusel Topping  
Almond Butter Cream Cheese Shortbread with Vermont Maple Drizzle  
Milk Chocolate Coco-Nutty Bownies with Creamy Chocolate Fudge Icing  
Chewy No-Bake Cranberry Orange Oatmeal Cookie Bars with Cinnamon Ice Cream

## Cool Summer Desserts

George Geary

Monday May 24 11:00 a.m. or 6:00 p.m. \$29

Time is a main factor in the summer months. You can make all these desserts two days in advance without sacrificing flavor.

Italian Tiramisu  
Strawberry Brulee  
Apricot Almond Charlotte  
Bittersweet Chocolate Raspberry Compote  
Berry Chiffon Cake with Spiked Berry Sauce

## Great Meal: Pasta, Salad And Garlic Bread

Nadia Frigeri

Tuesday, May 25 11:00 a.m. \$29

PENNE AL SUGO E RICOTTA  
(Penne Pasta with Meat Sauce, Ricotta and Asparagus)  
with  
Asparagus, Carrot and Jicama Salad with Garlic Focaccia  
ORECCHIETTE AL SALMONE E OLIVE  
(Orecchiette Pasta with Olives, Salmone and Zucchini)  
with  
Sicilian Style Olive Salad with Olive-Garlic Rolls  
FARFALLE BICOLORI AL POLLO  
(Bow Tie Pasta with Chicken with Blue Cheese Sauce)  
with  
Tuscan Caesar Salad with Garlic Bread  
GELATO DI MELONE AI FRUTTI DI BOSCO  
(Melon Ice Cream with Mixed Berries)

## Italian Cuisine

Phillis Carey

Tuesday, May 25 6:00 p.m. or \$29  
Wednesday, May 26 11:00 a.m. or 6:00 p.m.

A meal that's sure to delight your family and friends with its tastes as well as its presentation.

Polenta Corn Cakes with Sautéed Herbed Mushrooms  
White Bean, Tomato and Olive Salad  
Chicken Breasts stacked with Eggplant, Tomato, Prosciutto and Cheese  
Linguine with Broccoli and Spicy Garlic Oil  
Chocolate Amaretto Cream Torte with Almond Shortbread Crust

## Main Courses From Around The World

Nadia Frigeri

Thursday, May 27 11:00 a.m. or 6:00 p.m. \$29

*From Mexico:* Cilantro-Stuffed Chicken Breast with Poblano Chile Sauce

*From Greece:* Red Snapper with Tomatoes, Garlic and Feta

*From Italy:* Veal Shanks with Capers and Olives

*From France:* Salmon with Puff Pastry, Asparagus and Lemon Butter Sauce

*From England:* Mixed Fruit Au Gratin with Custard Sauce

## June

## Fast And Fabulous Main Dishes

Phillis Carey

Tuesday, June 1 6:00 p.m. or \$29

Wednesday, June 2 11:00 a.m. or

Thursday June 3 6:00 p.m.

It's got to be great and it's got to be ready now — here are several great main dishes that fit the bill.

Saffron Orzo Risotto with Shrimp  
Chicken Breasts with Ricotta Stuffing and Light Tomato Sauce  
Quick Sausage and White Bean Cassoulet with Fresh Herbs  
Pork Medallions in Mustard Sauce  
Chicken in Mushroom and Lemon Dill Sauce  
Quick Chocolate Mousse with Raspberries and Grand Marnier

## The Flavors Of Tuscany

Nadia Frigeri

Wednesday, June 2 6:00 p.m. or \$29

Thursday, June 3 11:00 a.m.

CROSTONI AL'AGLIO E CARCIOFI  
(Garlic Country Bread with Artichokes and Peppers)  
ZUPPA DI POMODORO E PESCE  
(Shellfish-Tomato Soup with Fried Leeks)  
FILETTO DI MANZO AL VINO ROSSO  
(Grilled Filet Mignon with Red Wine-Mushroom-Tomato Sauce)  
PEPERONI RIPIENI  
(Red Bell Peppers stuffed with Rice, Peas and Raisins)  
FAGIOLINI VERDI AL POMODORI  
(Tomato-Garlic Green Beans with Pecorino Romano)  
PANNA COTTA AL CARDAMOMIO  
(Cardamom Panna Cotta with Cardamom poached Apricots)

## Ice Cream Social

George Geary

Saturday, June 5 11:00 a.m. or 3:00 p.m. \$29

This menu is full of ice cream toppings and treats for a wonderful Ice Cream bar. You will learn the correct way to make fudge sauces and spiced nuts for ice cream.

White Chocolate Macadamia Midnight Sauce  
Rum Kahlua Fudge Sauce  
Berry Berry Berry Cherry Sauce  
Burnt Almond Crunch  
Spiced Nuts  
Spiked Whipped Cream

## East Meets West

*Kay Pastorius*

**Monday, June 7** 11:00 a.m. or 6:00 p.m. \$29

A fabulous dinner for western tastes with a very strong Oriental influence.

Garden Greens with Oriental Dressing  
Veal Scaloppine in Shiitake Cream Sauce  
Oriental Rice Pilaf with Sesame Seeds, Red Peppers, Raisins, Garlic and Cilantro  
Grilled Oriental Eggplant with Garlic and Sesame Seeds  
Grand Marnier Mocha Ice Cream  
Chocolate Chip Almond Cookies

## Easy Summer Pastas

*Nadia Frigeri*

**Tuesday, June 8** 11:00 a.m. \$29

FETTUCCINE AL MASCARPONE E ASPARAGI  
(Fettuccine with Mascarpone, Asparagus and Grilled Chicken)  
ORECCHIETTE CON ARUGULA  
(Orecchiette Pasta with Arugula Pesto, Sun Dried Tomatoes and Cheese)  
GEMELLI PASTA ESTIVA  
(Gemelli Pasta with Fresh Tomatoes, Tuna, Capers and Olives)  
PENNE AI PISELLI E PEPERONI  
(Penne with Green Peas, Roasted Red and Yellow Pepper Sauce)  
FETTUCCINE AL CIOCCOLATO ALLE ALBICOCCHE  
(Chocolate Fettuccine with Cream, Apricots and Strawberries)

## Crazy For Corn

*Phillis Carey*

**Tuesday, June 8** 6:00 p.m. or \$29

**Wednesday, June 9** 11:00 a.m. or 6:00 p.m.

The new world crop that has invaded the cuisines of the world. Try these savory and sweet corn dishes that are great for entertaining or simple home fare.

Chopped Corn and Pepper Salad with Salsa Verde Dressing  
Chilaquiles with Chicken and Corn  
California Chicken and Corn Crepes  
Corn and Bacon Pudding  
Polenta with Fresh Corn and Basil  
Florentine Cornmeal Cake with Amaretto Cream

## 30 Minute Main Courses

*Nadia Frigeri*

**Thursday, June 10** 11:00 a.m. or 6:00 p.m. \$29

BRACIOLE DI MAIALE RIPIENE  
(Roquefort Stuffed Pork Chops with Mushrooms and Herbs)  
POLLO IN SALSA ALL'ARANCIO  
(Chicken Thighs with Orange-Mustard Sauce with Orange-Orzo Pasta)  
ROTOLINI DI TACCHINO  
(Turkey-Sausage Rolls with Olives, Tomatoes and Herbs with Grilled Polenta)  
FILETTO DI MAIALE IN CROSTA  
(Pork Tenderloin with Herbed-Breadcrumbs with Braised Spinach and Red Bell Peppers)  
MOUSSE DI CIOCCOLATO E MASCARPONE  
(Chocolate Mascarpone Mousse with Raspberries)

## Quick And Easy Pasta Sauces

*Phillis Carey*

**Monday, June 14** 11:00 a.m. or 6:00 p.m. or \$29

**Tuesday, June 15** 11:00 a.m.

Pasta is always appropriate. It's always necessary to have several good pasta recipes ready to go.

Bucatini with Pancetta, Garlic, Sun-Dried Tomatoes and Olives  
Tortellini with Garlic Roasted Red Pepper Sauce  
Fettucini with Sausage, Artichokes and Basil  
Penne with Tuna, Lemon, Caper and Olive Sauce  
Pasta with Spring Vegetables, Prosciutto and Creamy Tomato Sauce  
Chocolate Coconut Chews

## Special Dinner For Dad

*Nadia Frigeri*

**Tuesday, June 15** 6:00 p.m. or \$29

**Wednesday, June 16** 11:00 a.m.

SANDWICH DI MOZZARELLA  
(Fried Mozzarella Sandwich stuffed with Anchovies and Herbs)  
MACCHERONI AL FORMAGGIO  
(“Macaroni and Cheese” with Red Bell Peppers, Blue Cheese, Cream and Parmesan Cheese)  
MANZO E FUNGHI IN CROSTA  
(Beef and Mushroom Pie)  
FAGIOLINI GRATINATI ALLA MOZZARELLA  
(Green Bean Bundles with Mozzarella Au Gratin)  
TORTA ALLE CILIEGE E FRANGIPANE  
(Cherry Almond Tart with Cherry Compote)

## More Risotto Recipes

*Nadia Frigeri*

**Thursday, June 17** 11:00 a.m. \$29

RISOTTO CON CARCIOFI E POLLO  
(Risotto with Artichokes, Chicken and Sun Dried Tomatoes)  
RISOTTO PRIMAVERA ALLO ZAFFERANO  
(Saffron Risotto Primavera with Grilled Shrimp)  
RISSOTTO PAESANO  
(Risotto with Sausage, Zucchini and Zucchini Blossoms)  
RISOTTO ALLE PATATE E POMODORI  
(Risotto with Potatoes, Tomatoes and Roasted Garlic)  
RISOTTO AL PUREE DI PEPERONI  
(Risotto with Roasted Pepper Puree, Asparagus and Scallops)  
SEMIFREDDO DI RICOTTA  
(Ricotta Semifreddo with Raspberry Puree)

## Classes For Children

### Father's Day Menu

*Liz Strahle*

**Grades 4th, 5th and 6th**

**Friday, June 18** 4:00 p.m. \$16

**Kindergarten, 1st, 2nd and 3rd Grades**

**Saturday, June 19** 10:30 a.m. or 2:00 p.m. \$16

Kids will learn how to plan a meal and prepare a special place setting *just for dad!* Recipes include: Breakfast Burritos with Homemade Salsa, Tropical Fruit Salad with Lime Dressing and Mexican Hot Chocolate.

## Mediterranean Cooking

*Kay Pastorius*

**Monday, June 21** 11:00 a.m. or 6:00 p.m. \$29

Sun-drenched fruits and vegetables, treasures of the sea, indigenous cheeses and oil, pungent spices and herbs make Mediterranean food flavorful and irresistible.

Smoked Eggplant and Fresh Tomato Sauce with Rosemary Garlic Butter  
Arugula Salad with Gorgonzola and Kalamata Olives  
Smoked Chicken and Chickpea Salad (using a stove top smoker)  
Grilled Figs and Tomatoes with Black Olives and Feta  
Parsley Salad with Bulgur, Mint and Tomatoes

## Artichokes: Cooking The Italian Way

*Nadia Frigeri*

**Tuesday, June 22** 11:00 a.m. \$29

PIZZA DI CARCIOFI, CAPRINO E SALSICCIA  
(Pizza with Artichokes, Goat Cheese and Sausage)  
PASTA CON CARCIOFI, POMODORI E GAMBERI  
(Pasta with Artichokes, Tomatoes and Shrimp)  
FONDI DI CARCIOFO RIPIENI  
(Artichoke Bottoms Stuffed with Spinach and Cheese)  
FRITTATA DI CARCIOFI E PEPERONI  
(Frittata with Artichoke, Chicken and Red Bell Peppers)  
CROSTATATA DI CARCIODI E PROSCIUTTO  
(Artichoke Savory Tart with Ham and Cheese)  
DOLCETTI AL CIOCCOLATO  
(Chocolate Espresso Cookies)

## Sandwiches And Salads

*Phillis Carey*

**Tuesday, June 22** 6:00 p.m. or \$29

**Wednesday, June 23** 11:00 a.m. or 6:00 p.m.

As the summer approaches make a meal of these great sandwich-salad combinations for lunch, supper or picnics.

Orzo Salad with Sun-Dried Tomatoes, Olives, Radicchio, Pine Nuts and Basil  
Turkey Sausage Vegetable Frittata Sandwiches  
Yellow Rice Salad with Red Pepper Vinaigrette  
Portabello Mushroom Burgers with Basil Mustard Mayonnaise  
New Potato, Spinach and Blue Cheese Salad  
Buffalo Chicken Sandwiches

## The Scent of Garlic

*Nadia Frigeri*

**Thursday, June 24** 11:00 a.m. or 6:00 p.m. \$29

PIZZA ALL'AGLIO ED ERBE  
(Garlicky Pizza with Garlic, Fontina and Herbs)  
ZUPPA DI AGLIO, ORZO E FUNGHI  
(Garlic Barley and Mushroom Soup)  
PATATE ALL'AGLIO IN FORNO  
(Baked Garlic Layered Potatoes)  
FAGIOLINI ALL'AGLIO  
(Garlicky Stir-Fried Green Beans)  
TORTA DI CIOCCOLATO E SEMI DI PAPAVERO  
(Flourless Poppy Seed Chocolate Torte)

## Cucina Fresca

*Nadia Frigeri*

**Monday, June 28** 6:00 p.m. or \$29

**Tuesday, June 29** 11:00 a.m.

INSALATA DI CONCHIGLIE PASTA E ANITRA ALL'ARANCIO  
(Conchiglie pasta, White Bean and Grilled Duck Salad with Orange Vinaigrette)  
PETTI DI POLLO IN SALSA  
(Cold Poached Chicken Breast with Tuna Basil Sauce)  
ASPARAGI GRIGLIATI AL MASCARPONE  
(Grilled Asparagus with Herbed Mascarpone and Balsamic Cheese Vinaigrette)  
INSALATA DI POMODORI, ARUGULA, OLIVE E RICOTTA  
(Herbed Cherry Tomatoes, Arugula, Olive and Ricotta Salata Salad)  
CAPONATA ALLA POLENTA  
(Sicilian Caponata with Grilled Polenta)  
GELATO DI CARDAMONIO  
(Cardamom Ice Cream)

## Main Dish Salads

*Phillis Carey*

**Tuesday, June 29** 6:00 p.m. or \$29

**Wednesday, June 30** 11:00 a.m. or 6:00 p.m.

As the weather heats up, it's nice to cool down with a salad for dinner. These flavor combinations aren't like any other simple salad you've had.

Crispy Chicken Salad with Smoky Hoisin Dressing  
Paella Rice Salad with Shrimp, Sausage and Peas  
Warm Pasta Salad with Smoked Chicken and Curried Tomato Dressing  
Seared Steak Salad with Chipotle Mayonnaise, Roasted Onions and Goat Cheese  
Grilled Pork and Two Bean Salad with Corn and Spicy Tomato Vinaigrette