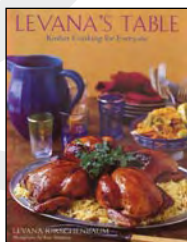




# LEVANA COOKS

**inspires, entertains and shows you how**

## Lévana's Books:



### LEVANA'S TABLE

Now in its second printing!  
An international mosaic of more than 150 recipes that are simple, nutritious, beautifully presented and 100% kosher.

**NEW!**



### LEVANA COOKS DAIRY-FREE!

Lévana's much-anticipated new cookbook. These simple, creative, all-natural recipes will surprise and delight all that think they need to give up their favorite "forbidden" dishes.

**NEW!**



### IN SHORT ORDER

*A compilation of Lévana's personal thoughts on eating well and sensibly for those times we want a great meal but are too harried to fuss over cooking. Includes a DVD with demos of over 30 dishes.*

All books are available in class, at Amazon.com and on Lévana's web site: [www.LevanaCooks.com](http://www.LevanaCooks.com)

Lévana's unfussy, straightforward approach utilizes fresh, all-natural ingredients to create international flavors from her native Morocco and other wide-ranging culinary influences.

Come watch Lévana as she demonstrates, step-by-step, just how easy it can be to prepare a nutritious gourmet meal. Lévana takes her students through the creation of an entire memorable meal and serves it at the end for all to enjoy. She shares many stories, preparation tips, kitchen tools and exotic ingredient sources. Each student receives a full recipe booklet detailing each dish.

## CLASSES: MONDAY NIGHTS 7:00 – 9:00 pm

at Lincoln Square Synagogue  
200 Amsterdam Avenue at 69th Street, 2nd floor

**\$45/class, \$120/3 classes**

**\$200/5 classes** (includes a free cookbook signed by Lévana)

## GIFT CERTIFICATES

Beautiful boxed gift certificates are available and are a great gift idea for the new bride, birthday or anniversary. Add an inscribed cookbook as well!

## 4 convenient ways to register:

Please try to register a week in advance, we always like to serve generous samplings to all!

1. Pay online with a credit card ([www.levanacooks.com](http://www.levanacooks.com)).
  2. Call Lévana at (800) 433-5423.
  3. Email Lévana at [levana@levanacooks.com](mailto:levana@levanacooks.com) and she will contact you to make payment arrangements.
  4. Bring the form inside to class with payment – but please be sure to contact Lévana by phone or email to reserve your space
- Share the fun! Bring a friend and receive \$10 off your class
  - Register 10 friends and receive a free class
  - Bring many friends for a unique party idea

For class and recipe updates, please send your email address to Lévana: [Levana@LevanaCooks.com](mailto:Levana@LevanaCooks.com)  
Your information will never be shared.

**LEVANA COOKS**  
[www.LevanaCooks.com](http://www.LevanaCooks.com)

**GOURMET**

**KOSHER**

**COOKING**

**DEMOS**

by Lévana  
**Kirschenbaum**

**Cookbook Author**

**Restaurant Owner**

**Master Chef**

[Levana@  
LevanaCooks.com](mailto:Levana@LevanaCooks.com)

# COOKING CLASS SCHEDULE: May through September 2009

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## **MONDAY APRIL 27TH CHOCOLATE ANYTIME**

In these uncertain times, it is a great consolation to know chocolate is always there for our comfort, enjoyment and good health, for dinner or dessert. We have some racy flavors for you!

*Black bean chocolate soup; turkey mole sauce with rice; assorted truffles; chili hot chocolate; chocolate coconut pie.*

## **MONDAY MAY 4TH MOTHER'S DAY**

More and more children have been coming to our demos: Either they know how much I love them, or they are enjoying themselves at our dinner-and-a-show nights, or best of all, both! Now here is the perfect gift for Mom: the gift of the children's presence is every bit as important as the sumptuous feast itself!

*Kyrrh royale; Shirley Temples for kids; wild mushroom parmesan risotto; spinach and asparagus frittata; Caesar's salad; smoked salmon dill scones; tiramisu.*

## **MONDAY MAY 11TH YOM YERUSHALAIM**

Combine this essential event with Lag Baomer, and you get the perfect easy healthy Israeli feast, featuring several great favorites, both Sephardi and Ashkenazi. My son Yakov will come running for the babka.

*Chraimi fish; lazy unstuffed stuffed cabbage; Israeli salad; chummus-tehina; roasted eggplant slices; babka.*

## **MONDAY MAY 18TH SHAVUOT FEAST**

This is the time of year I make special allowances for all those dairy ingredients I use so sparingly the rest of the year. Simple and delicious, and delightfully seasonal.

*Grilled vegetable lasagna; radicchio, fennel and endive sauté; minted pea escarole soup; salmon medallions with horseradish white wine sauce; lemon cake with raspberry sauce.*

## **TUESDAY MAY 26TH LOW BUDGET ENTERTAINING**

As you will plainly see for yourselves, it is totally attainable. Always a pleasure, indeed a triumph, to arrive at a real feast, using nothing but the most plebeian ingredients. I can't tell you how many customers remember me fondly from fun and delicious events I catered for them on a shoestring.

*Vegetable fried rice; Chinese turkey meatloaf; lentil kale soup; cabbage carrot slaw; vegetarian chopped liver; pumpkin cake.*

## **MONDAY JUNE 1ST GET CULTURED!**

During those periods when we must eat foods to help heal the damage done by antibiotic and other intrusive treatments, as well as year-round to maintain a healthy digestive system, the answer need not always be yogurt. How did our families manage before the age of refrigeration? By naturally fermenting foods, making them not only delicious and lean, but truly therapeutic.

*Tofu tandoori; Kim-chi; sauerkraut sausage soup; tilapia in miso sauce; Irish soda bread with apricot "butter".*

## **MONDAY JUNE 8TH RECYCLING IN STYLE**

It is no wonder that dishes that were exciting on Shabbos sound boring and look washed up when we dare serve them on Sunday or Monday.

That is, unless of course we give them, as I do weekly, a complete makeover in no time, a new lease on life, and a hip name. Chuck it? Never! *Mexican bean soup; tricolor turkey terrine; mushroom spinach omelets; salmon rice salad; bread apple pudding.*

## **MONDAY JUNE 15TH WHOLE GRAINS**

No need whatsoever to sacrifice elegance or looks when exploring with the wonderful gamut of whole grains, from soup to nuts. You can make whole foods as glamorous as you like, this beautiful dinner will prove it.

*Millet fritters with green goddess sauce; barley tabouleh; aduki mung bean soup; wild rice pecan-stuffed chicken breasts; chocolate oat pots de crème.*

## **MONDAY JUNE 22ND COLD ASIAN FEAST**

A snap to make, a feast to the eyes, and an incredible lineup of flavors, intense and assertive.

*Nappa cabbage, mustard greens and mushrooms stir-fry; mock crab salad tehina sauce; sliced beef rice noodles salad; cold miso corn sake soup; Japanese eggplant salad; litchee fruit jelly.*

## **MONDAY JUNE 29TH EDIBLE GIFTS**

At everyone's request, we are replacing the snowed-in demo of March 2nd. With July 4th weekend just around the corner, there is your answer to the perennial question "What should we get them?" These fabulous gifts will help you secure frequent re-invitations! We are eating these goodies with a real meal (salmon, salad, bread, etc....), and best of all, we get to take our goodies home in pretty containers.

*Chow-chow; all-fruit citrus marmalade; radish pickle; olive basil spread; apple oat bread; Chinese salad dressing; chocolate coconut balls.*

## **MONDAY JULY 6TH GLUTEN FREE BAKING**

Although I have developed these fantastic recipes for the sake of our gluten-restricted friends, I now use them anytime, for their own sake. Go ahead and treat everyone to gluten-free dessert and sandwiches.

*Bread rolls; Buckwheat pancakes; blueberry muffins; chestnut almond molds with chocolate sauce; coconut rice pudding.*

## **MONDAY JULY 13TH GOOD CARBS**

I have always cooked the good carb way, since years before the craze started, quite effortlessly, and best of all without making any sacrifices whatsoever to flavor or texture. Just try this luxurious dinner and you will see what I mean.

*Curried white soup; vegetable puree; lamb eggplant curry with quinoa; spinach mushroom salad; grilled fruit skewers with caramel sauce.*

## **MONDAY JULY 20TH VEGAN FEAST**

I dedicate this wonderful dinner to all our vegan friends, especially to my lovely egg-allergic granddaughter. Call it a trick to get her to come running and sample my newest creations: It works!

*Mushroom crepes; apple yogurt noodle kugel; veggie burgers; tofu egg salad; chocolate chip cookies.*

**Check out our NEW spelt all-natural dessert line:  
[www.LevanaDesserts.com](http://www.LevanaDesserts.com)**

# LEVANA COOKS

www.LevanaCooks.com

## MONDAY JULY 27TH MEATLESS SUMMER TREATS

No hardship whatsoever complying with the nine-day meat restrictions! Not with the great summer bounty of produce available everywhere. *Wild mushroom, artichoke fava bean stew; heirloom basil tomato salad; white gazpacho; herb-roasted salmon; plum custard tart.*

## MONDAY AUGUST 3RD 1-2-3 CHICKEN SEPHARDI STYLE

Except for the glorious tastes, I really mean 1-2-3 quite literally: the ingredient list, the prep time, the costs. The following dishes I am sharing here are ridiculously simple, and are some of the great favorites I grew up on. Served with rice and salad.

*Chicken and celery; chicken and potatoes; chicken in garlic sauce; chicken and mushrooms; chicken and fennel.*

## MONDAY AUGUST 17TH PARTYING THE CARIBBEAN WAY

Who knew healthy could be so much fun, and so simple? Until we get to go on some exotic cruise, let's have dinner!

*Pineapple-rum cocktails, beef burritos with guacamole; seviche; roasted plantanos; basmati rice; roasted tomato corn salsa; tropical fruit cake.*

## MONDAY AUGUST 24TH THE JOY OF STEAMING

Nothing Spartan about steaming when using sizzling fresh ingredients, great dipping sauces, and a steamer: you're good to go!

*Steamed trout with baby bok choy; steamed turkey rolls with dipping sauce; steamed tofu with mushroom sauce; rice with steamed grated vegetables; steamed strawberry rhubarb pudding.*

## MONDAY AUGUST 31ST READY IN NO TIME

No time to cook? No problem! Rather than cheat yourself and your guests and settle for uninspiring ready-bought fare, consider whipping up some delicious dishes that take no time to make from scratch and that will knock their socks off: Now that's a treat!

*Blackened London broil; sauté mushrooms and baby arugala; mock shrimp miso soup; asparagus "hollandaise" sauce; chocolate espresso mousse.*

## TUESDAY SEPTEMBER 8TH ROSH HASHANAH

You are in for a great treat! A feast that won't wear you down: Simplicity and elegance all rolled into one. Did you know my brisket's recipe is in the New York Times' Kosher Cookbook? This dessert is one of my daughter's great favorites.

*"Seafood" sausages with basil leek sauce; brisket in sweet-and-sour sauce; red cabbage apples; wild rice and chestnuts; sweet potato carrot soup with lemongrass; lemon coconut tart.*

## MONDAY SEPTEMBER 14TH MOROCCAN FEAST

Of course, you know I must: my Moroccan food addicts are waiting! One bite of the Pastilla will tell you why it has been called one of the world's greatest dishes.

*Potato, olive and tomato fish tajine; chicken pastilla; cabbage, orange and radish fennel salad; fava bean soup; chick pea almond ghriba.*

## CLASS REGISTRATION FORM

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at Lincoln Square Synagogue

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\$45 / class \$120 / 3 classes

\$200 / 5 classes (includes inscribed cookbook)

Special group rates available – Kallahs welcome.

Register 10 friends and enjoy a free class.

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4. Bring this form to class with payment – but please be sure to contact Lévana by phone or email to reserve your space

To reserve your spot, register at least a week in advance; we always like to serve generous samplings to all!

Class \_\_\_\_\_ Date \_\_\_\_\_

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Class \_\_\_\_\_ Date \_\_\_\_\_

Class \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please give us your email for class and recipe updates; your information will never be shared

### How did you hear about us?

Joined us before  Internet

Friend referral  Synagogue or Chabad

Other \_\_\_\_\_