

COOKING CLASS SCHEDULE

OCTOBER 2007 THROUGH APRIL 2008

Monday October 15th

ISRAELI FEAST

Don't just wax nostalgic, come and eat as in Jerusalem. Who knew falafel or hummus could taste so fabulous when they don't come out of a bag or a tub? Wait till you taste these funky cookies.

Minted lamb kebobs; schug; eggplant salad; falafel; Israeli salad; hummus-tehina; Sephardi sesame anise "Kaak".

Monday October 22nd

DAIRY-FREE FEAST

My next cookbook, "Levana Cooks Dairy-Free!" will be coming out any day around this date. Just a few excerpts and you will get an idea of how wonderful it is.

Wild mushroom soup; spinach lasagna; chicken breasts in mustard cream sauce; marinated tofu tomato salad; crème caramel.

Monday October 29th

THAI FEAST

How can it not be great, with those fabulous flavors? And almost too pretty to eat yet quite simple to make.

Mock crab Pad Thai; vegetable lettuce wraps; Thai beef soup; tofu satay; coconut rice pancakes.

Monday November 5th

WINTER SALADS

Salads for main course are a great idea year round, and they allow for much flexibility while they get substantial enough to be a one-dish meal.

Lentil smoked turkey chicken salad; Salade Nicoise with fresh tuna; rice noodles with mock crab salad; tofu bean corn salad with guacamole.

Tuesday November 13th

THANKSGIVING FEAST

This demo always makes my case for me: delicious, seasonal and elegant never needs to be overwhelming or expensive or worse, heavy and rich.

Yellow pepper and corn chowder; baked turkey with apple chestnut dressing; orange mint relish; baked butternut squash with pecans and currants; cabbage fennel salad; warm cranberry crisp with coconut sorbet.

COMFORT FOODS

Wonderful winter dishes for those cold evenings, inexpensive and low maintenance. Each makes ample servings and is a main course in its own right.

Monday November 19th

PART 1: Soups

Lamb, beans and spinach soup; tomato bulghur soup; barley mushroom soup; chick pea soup; warm fruit dessert soup.

Monday November 26th

PART 2: Stews

Beef bourguignon; Moroccan fish potato Swiss chard stew; lentil, pumpkin and tempeh stew.

Monday December 3rd

A MOROCCAN CHANUKKAH PARTY

It's not that I don't absolutely love latkas, it's just that I believe you would be delighted to learn how to make super-festive treats and see how some other parts of the world celebrate Chanukah. The fear of frying can be almost conquered when we learn to fry responsibly and effectively, *Chicken liver cigars; pastillas; swiss chard dumplings; vegetable-stuffed artichoke bottoms; Sfenj (yeast donuts).*

Monday December 17th

COOKING WITH SUPERFOODS

Superfoods in every way: nutritional value, flavor and ease of preparation. All you need before you get started is a little trip to your neighborhood health food store.

Seitan, quinoa, oat and barley chili; red rice and guacamole; nori hand rolls; root vegetable and seaweed salad; kombucha and sweet potato dumplings with maple sauce.

Monday January 7th

SALMON FIVE WAYS

Salmon is so versatile it gets yet another chapter all its own. We will have fun poaching, pickling, curing, roasting and rolling.

Poached salmon with dill sauce; sweet and sour pickled salmon; gravlax; salmon with fennel and leek sauce; nori-salmon rolls with cocktail sauce.

HEALTHY FAST FOODS

Who knew there was such a thing? I did! Healthy and delicious too. Your children will love you for it, as will the child in each of us. If fast food is what you like, eat it in style and enjoy it: it's good for you.

Monday January 14th

PART 1. Dairy

Spelt pizza; fresh fish sticks; spaghetti with cheese sauce; mixed greens with ranch dressing; ice cream sundaes.

Monday January 21st

PART 2. Meat

Hamburgers; oven fries; coleslaw; potato salad; Fresh chicken nuggets; cookie-peanut butter sandwiches

Monday January 28th.

MOROCCAN FEAST

My extended family of students clamors for it. As always, fabulous results for little work, thanks to the glorious native flavors.

Roast salmon and vegetables; Fava bean soup; chicken pie; orange olive salad; fennel cucumber salad; baked almond crescents.

Monday February 4th

CHICKEN FIVE WAYS

There are countless ways to make chicken, all simple and fabulous. The best roast chicken ever!

Chicken with string beans; grilled chicken breasts; roast chicken; chicken Tandoori; chicken mushroom rolls.

Monday February 11th

A CHINESE FEAST

Oriental flavors hardly need an introduction, you know how extensively - and how successfully - I use them. Forget about the Chinese restaurant delivery, this is the real thing!

Whole steamed fish with vegetables; hot and sour soup; vegetable fried rice; mushroom steamed dumplings with dipping sauce; vegetable pancake.

Tuesday February 19th

HEALTHY DESSERTS

All those rich, gooey off-limit treats we usually think of only as a fantasy are allowed on a regular basis when you learn to give them a wholesome twist. All natural ingredients.

Chocolate truffles; apple apricot bread pudding; coconut almond custard; roasted fruit with rum sauce; chalva bars.

Monday February 25th

LIGHT ITALIAN

Italian flavors are vibrant and wonderful, and go a long way. There's much more to Italian cuisine than pasta and pizza!

Swiss chard bean soup; chicken cacciatore; fennel and leek frittata; baked eggplant rolls; tiramisu.

Monday March 3rd

COOKING WITH HERBS

There is an ever-growing selection of herbs available at produce markets, which we are not always familiar with. They all have vibrant clean flavors, and they are so versatile they even make great desserts. I am including here quite a few members of the herb family.

Herbed tomato Panzanella salad; bean soup with rosemary, sage and thyme; chives and dill roasted salmon; verveine lemongrass lemonade; lavender green tea coffee cake.

Monday March 10th

FRENCH FEAST

Another great culinary love of mine, and for good reason! My version of the following dishes is streamlined and straightforward.

Vichyssoise; mushroom quiche; tilapia in nicoise sauce; endive and raddichio sauté; apricot almond tart.

Monday March 17th

THE PERFECT SHABBOS MEAL

What's wrong with traditional shabbos food, as long as it is healthy, simple and delicious?

Clear vegetable soup; vegetarian chopped liver; stuffed cabbage; kasha with onions and mushrooms; salmon in court-bouillon; oatmeal-jam bars.

Monday March 24th

WHEAT-FREE COOKING

The number of people suffering from wheat intolerance simply cannot be ignored. The great news is, there are so many wonderful ways to enjoy wheat-free treats, using wholesome ingredients and quick cooking methods.

Soba noodles with stir-fried vegetables; spelt focaccia; zucchini walnut muffins; quinoa tabouleh; pecan chocolate brownies.

Monday March 31st

SEDER

Dress rehearsal dinner! A real banquet. You will all be making this dinner for your guests, but I won't tell a soul about your source of inspiration!

Lamb with dry fruit sauce; tricolor fish terrine; artichoke roasted garlic soup; bok choy salad with cranberries and almonds; chocolate pecan cake with coconut meringues.