

COOKING CLASS SCHEDULE APRIL 2007 THROUGH SEPTEMBER 2007

Monday April 16th

ISRAELI FEAST

We expats - and honorary expats - have a delicious way of celebrating Israeli Independence Day. Last time we served falafel with all the trimmings at a demo, we got as many raves as if we had served a sumptuous feast. And a feast it is, simple and elegant, when it is homemade and doesn't come out of a plastic tub.

Minted lamb kebabs; schug; eggplant salad; falafel; Israeli salad; hummus and tehina; Sephardi sesame anise Kaak.

Monday April 23rd

DAIRY FREE

My next book, "Levana cooks dairy-free!" is coming out at the end of 2007, please G-d. It will be a beautiful and comprehensive book. I am confident it will reflect all the good work I put into it, for both the dishes and the gorgeous pictures, taken by Menachem Adelman and my son-in-law, Meir Pliskin, two very talented people. The following menu is but a small preview of the fabulous dishes the book includes.

"Yogurt" fruit soup; salmon quiche; marinated tomato tofu salad; apple "yogurt" muffins; apricot mousse.

Monday April 30th

MEDITERRANEAN SPRING FLAVORS

You will love to cash in on all the spring produce bounty while it lasts! Bursting with flavor, low in fat, and simple, that's exactly what the doctor ordered!

Swiss chard potato fish stew; minted escarole fresh pea soup; artichoke fresh fava bean ragout; fennel salad; heirloom tomato salad with grey salt and basil; fresh stone-fruit compote with coconut sorbet.

Monday May 7th

MOTHER'S DAY: THE ART OF THE BRUNCH

My idea of a gift to Mom is to offer her something super simple, super delicious, and much leaner, thanks to a fabulous Hollandaise recipe I have just created. Yes, kids can whip it up! Register Mom and get a discount!

Cheddar cheese scones; Caesar's salad; maple-roasted salmon; roasted asparagus with Hollandaise sauce; champagne drinks; lemon cake.

Monday May 14th

SHAVOOUT

I get so many requests for this onion soup, I just can't pass it up. This demo is one of the very few dairy demos I give, so we will indulge our dairy cravings.

Linguini with roasted garlic salmon dill sauce; roasted fennel, endives and leeks; onion soup; arugula, pear and hazelnut salad with blue cheese dressing; ricotta almond pie.

Monday May 21st

FOR THE LOVE OF BERRIES

Berries in soups, in salads, in breads, in cakes, you name it. You can't have too many of these gems, and they are amazingly good for you, at a very low caloric price, so pack them in while they flood the produce stalls!

Iced berry rhubarb soup; berry smoothies; mixed greens with raspberry vinegar; almond berry bread; blueberry cake.

Tuesday May 29th

PICNIC IN THE PARK

Whatever happened to deep-fried chicken, potato salad, cold cuts, and the like? Wait till you see how simple, delicious and portable this feast is. Weather permitting, we will take it to the park; and if there is a concert or opera that night, now wouldn't that be great? In that case we could start the demo earlier and take our goodies with us: please let me know how you feel about this!

Iced honeydew kiwi soup; mushroom leek frittata; rice pasta with roasted baby vegetables; pesto-grilled chicken breasts on mixed greens; pecan brownies.

IN SHORT ORDER

The healthy and quick way, for mindful eating. I have grouped this subject into a 3 -demo course and I am requesting that guests please register to all three, as this is the only way to make this set clear and totally useful.

I have had great feedback with this definitive course, with debutantes and old timers alike. Whether you are a harried professional, a new bride or bride-to-be, or simply eager to streamline your diet the wholesome way, I urge you all to take this course. You will thank me for simplifying your life in the kitchen and beyond, doing bare-bones prep work, without making one solitary concession to good form or good fun. We will discuss all variations of each dish subject, as well as pantry items, shopping, freezing, labeling, packing lunch to the office, taking meals on a trip. We will be cooking up a storm, so come hungry!

Monday June 4th

Part 1

Crepes and fillings; assorted smoothies; assorted omelets; grilled sandwiches; hot whole grain cereal and all its sweet and savory variations; yogurt-berry-granola no-cook dessert.

Monday June 11th

Part 2

Crockpot dinner; frozen-vegetable soup; creamed vegetable soup; condiments, sampled with roast salmon: harissa, cocktail sauce, wasabi sauce, olive basil sauce; pasta sauces, sampled with rice noodles: peanut butter, sun-dry tomato, mushroom. Fruit with chocolate sauce.

Monday June 18th

Part 3

Saute tilapia; poached chicken breasts; garlic chicken; London broil; grilled vegetables; mixed greens with assorted dressings: sesame-ginger, tofu-herb, oil and lemon; berry kanten.

Monday June 25th

HEALTHY LATIN FEAST

We are using whole grain rice and burritos for this authentic latin feast. I am also hoping to get you more acquainted with those fantastic latin roots you find all over the city but have no idea what they are, let alone what to do with them. We are serving this meal with all the trimmings, including a fabulous sangria.

Black bean burritos with guacamole; arroz con pollo; latin root vegetable puree; coconut lemon tart.

Monday July 16th

INDIAN VEGETARIAN FEAST

If eating no meat was instituted as a measure of austerity during the nine days preceding Tish'a B'Av, you will hardly be able to tell by this meal, and we are kicking it off the right way. I never run out of vegetarian menus, and the Indian kind run the whole gamut of flavors and textures, thanks to the astounding selection of grains and spices Indian cuisine offers. Humble ingredients, elegant dinner! The menu does seem very long, but it gets done so fast that I am quite confident it will all come together on time.

Curried white vegetable soup; spinach, mung beans and tofu curry with cucumber raita; chick pea lentil flatbread; apricot chutney; spicy fruited rice pudding; coconut lassi; chai.

Wednesday July 25th

THE MAGIC OF ROASTING, MOROCCAN STYLE

Watching the interplay of roasting and Moroccan flavors, now that's a wonderful match between two giants. I love all my babies, but these are two of my great favorites! We even have a roasted dessert! *Roasted rainbow trout; roasted tomato and red pepper salad; spicy roasted eggplant; roast chicken; roasted butternut squash in sweet spices.*

Monday July 30th

COOKIES FOR LUNCH

That's right! Even for dinner, if you like. We are making smart cookies, all natural, packed with wonderful and nutritious ingredients, in all shapes and forms, the kind you could-and should- have more of. Thank Goodness for small blessings!

Granola cookies; date coconut bars; linzer tarts; triple ginger cookies; lemon biscotti.

Monday August 6th

LEAN FINGER FOODS

I intend to burst the myth of finger foods being fattening and labor intensive; I think the following treats will do the job for me, and you!

Stuffed mushrooms; vegetarian grape leaves; grilled vegetable napoleons; nori beef and chicken roulade; mock crab summer rolls.

Monday August 13th

FISH FIVE WAYS

We are showing here not only different fish variations, with a great variety of flavors, but we are also using valuable methods of cooking. Nothing beats a good fish dinner, once you understand how to treat each respective kind properly.

Corn fish chowder; mock shrimp Moroccan style; fishballs in lemon caper sauce; spinach-stuffed tilapia rolls; fish fillets and shitaki en papillote.

Monday August 20th

CHOCOLATE

One of our most requested themes, and is it any wonder? Fabulous and good for you: how can you beat that?

Chocolate hazelnut mousse torte; chocolate almond date smoothies; triple chocolate cookies; poached pears in chocolate sauce; chocolate coconut tart. Iced mocha. Chocolate berry parfaits.

Monday August 27th

LEAN MEATS

You won't think of meat dinners as an indulgence you should only occasionally succumb to once you learn how many meat cuts are lean, tender and versatile. We have a great new star, increasingly

available: bison!

Bison hamburgers; turkey spaghetti and meatballs; beef Stroganoff; chicken vegetable soup; sliced chicken breast salad with apples and endives.

Tuesday September 4th

ROSH HASHANAH

If you are looking for simple and elegant without breaking the bank, this feast is for you. As wholesome as it is delicious, and topped off with a stunning dessert.

Salmon Teriyaki; butternut squash chick pea soup; lamb shanks with lemon thyme sauce; tiny new potatoes, mushrooms and artichoke hearts; mixed greens with brown rice vinegar dressing; plum tart.

Monday September 10th

COOKING WITH GRAINS

My extended demo family knows all the use I make of the enormous gamut of whole grains. There is no limit to all the wonderful dishes I can come up using these superfoods!

Spelt mushroom soup; barley, kombucha and kale pilaf; millet nut loaf; quinoa tabouleh; sprouted bread apple pudding.