

COOKING CLASS SCHEDULE

MAY 2008 THROUGH SEPTEMBER 2008

Monday May 5th

MOTHER-DAUGHTER PARTY

What better mother's day gift than treat mom to an outing that includes your company? I know it is **this** mother's greatest idea of a gift! In honor of the upcoming Israeli Independence day, we are giving a special "native" twist to our menu. This good mother is making her daughter's favorite dessert. *Pomelo seabreeze; chocolate date smoothies; smoked white fish eggs benedict; cheese blintzes; minted watermelon feta cheese salad; frozen chalva terrine with maple sauce.*

Monday May 12th

LOWER CARB SEASONAL FLAVORS

It's amazing how many dishes you can lighten up just by availing yourself of all the seasonal bounty spring has to offer. The most natural way to keep your diet lower in carbs is to explore with all the naturally sweet produce, with minimal sugars added, and minimal starch and fat. *Fresh pea and fava bean falafel with minted "yogurt"; grilled salmon with mango pineapple salsa; sauté asparagus almond Asian style; roasted baby beets, grapefruit and baby arugala salad; iced champagne ginger-poached apricots with apricot sorbet.*

Monday May 19th

GLORIOUS COLD FOODS

Selecting your menu with bold assertive flavors is a surefire way to get a delicious meal. Never mind that it's cold: Even better! You are good to go. A heavenly hazelnut dessert, for the hazelnut fans who asked. *Poached chicken breasts Waldorf salad; iced cherry plum soup; Arborio with sauté artichokes and wild mushrooms; fresh corn dill salad; café liegeois with hazelnut mousse and hazelnut lace cookies.*

Wednesday May 28th

GLUTEN-FREE FEAST

I have been tinkering extensively with all gluten-free dishes. I am surrounded with too many allergic people not to take a special interest. I am happy to report, I have been getting fantastic results. The immediate reward the gluten-free counterpart of some conventional great favorites delivers is a much lighter and no less delicious dish. *Grilled vegetable pizza; aduki and mung bean soup with pumpkin and kale; sweet potatoes Moroccan style; soy muffins; chick pea flour chocolate cake.*

Monday June 2nd

SHAVUOT FEAST

I was recently asked to take a break from all my dairy-free wizardry and go all out with all the wonderful stuff we love to hate, just for one night: what better time to splurge than Shavuot? *Zucchini yellow pepper cheddar chowder; roasted polenta with eggplant and wild mushroom ragout; tilapia rolls stuffed with spinach and feta; endive, fennel and pear salad with blue cheese dressing; cheesecake.*

Monday June 16th

SYRIAN PARTY FOODS

Who knew this country was so fond of all things Sephardi? I certainly did, and this time for a change I am making my little feast Syrian, at the general request of all my students Syrian food lovers. So much

to learn and enjoy!

Kubeh; stuffed grape leaves; spinach dill rice; pumpkin fritters with cucumber dip; babaghanoush with pita wedges; marinated olives; individual pistachio baklava.

Monday June 23rd

SUMMER FEAST

Light, light, light, and full of flavor and color: that's the order of the day. This is what I am always working on: no wonder I have a real treasure trove of these treats. Weather permitting, I am hoping for a portable feast: we are 5 minutes away from the park.

Minestrone; herb grilled chicken breasts; wild rice with currants and pine nuts; cabbage, cucumber and apple slaw; Rhubarb strawberry tart; iced mint tea.

Monday June 30th

EDIBLE GIFTS

The question always comes up: "What shall we bring them?" or "What can I put in my Mishloach Manot baskets?" Edible gifts, for those long summer weekends you get invited to, will insure your friends' loyalty and gratitude. They beat the bottle of wine anytime, and they will travel well too. Don't forget to set aside some for your own home!

Raspberry vinegar; honey mustard; teriyaki sauce; chocolate sauce; chai spice mix; roasted caramelized pecans; zucchini walnut bread; apricot butter.

Monday July 7th

DAIRY-FREE LATIN STYLE

Latin food immediately suggests partying and having a good time, and for good reason: just look at this exciting lineup of flavors. And so incredibly simple to prepare!

Sangria; burritos with guacamole and all garnishes; corn bread; roasted tomato pepper salsa; plantain and squash stew in coconut milk; chocolate espresso flan.

PAINLESS DIETING

A friend of mine, whom I hadn't seen in several years, recently resurfaced in my life. I needed several double takes, because she was 200 pounds lighter, and looking absolutely gorgeous, and what's more, *feeling* wonderful. Once I got over the first shock, I needed to absorb the next shock: She *didn't* go on a diet: She just did, as she calls it, "nothing white". She will be with us at the next two demos, sharing her (non-) secrets and whipping out pictures of her old self: she will be a real inspiration to you, as she is to me. No need to have to drop so much weight, even those pesky 10 to 25 pounds must be dealt with. Losing weight without any deprivation, just using the right ingredients, and preparing them in exciting ways and in the right combinations, that's about all one needs to do: you will even enjoy it!

Monday July 21st

Part 1: Weekdays

Celery root leek soup; quinoa pilaf with zucchini and asparagus. Grilled salmon with cocktail sauce; watercress, beet, jicama and sprouts salad; oat pudding with golden raisins and almonds.

Monday July 28th

Part 2: Shabbos

Cabbage tomato soup; sweet potato carrot kugel; chicken breasts with lemon garlic sauce; endive and fennel bake; mixed greens with tofu mustard dressing; baked apple with cranberries and almonds.

Monday August 4th

A CHINESE FEAST

Is it against the law to enjoy a wonderful meatless meal during the nine days? I sure hope not, because you are in for a treat. With glorious Asian flavors, there is no risk of missing the beef!

Mock crab summer rolls with dipping sauce; scallion corn pancakes; watercress mushroom soup; sashimi salad. Chinese pickles.

Monday August 11th

A BIBLICAL FEAST

I got the inspiration for this wonderful meal during a recent and fascinating visit to Naot Kiddumim, near Jerusalem, where everything that was used to grow and harvest the "Sheva Minim" (olives, pomegranates, figs, grapes, dates, barley and wheat) is still intact, just as in the ancient biblical days when it was operating. I promise you a great throwback! I have given this demo dozens of times, and I am always getting requests for more.

Fish stuffed with tomatoes and olives; chicken with pomegranate sauce; whole wheat fig bread; barley pilaf with almonds and raisins; almond, olive oil and honey spread; spicy honey date cake.

Monday August 18th

VEGAN TREATS

This is the next big phase of this mad food scientist's tinkering, and I am having fun, and more to the point, I am getting delicious results. Yes, there are countless desserts you could treat yourself to in the absence of eggs. My egg-allergic granddaughter loves me even more now, if this is at all possible!

Carrot coconut muffins; granola bars; almond lace cookies; berry trifle; apple maple crepes. Almond chocolate cake with orange filling.

Monday August 25th

TOO BUSY TO COOK

Or even too lazy or too tired to cook, it's OK to admit it. The good news is, there is **always** a good meal for you no matter what the situation is, ready in 15 minutes, start to finish. Better yet, you will have enough for the next day.

Rice noodles with sun-dried tomato basil sauce; smoked white fish Waldorf salad; spicy sliced tuna; nut butter sandwich; mixed greens with oil and lemon dressing; ricotta berry granola dessert.

Monday September 8th

DINNER' S IN THE BAG!

I have been experimenting with a pretty corny thing, but the results were far from corny, in fact they were spectacular: baking in parchment or in oven-nylon bags. This method packs so much flavor, at a minimal cost of labor and time.

Tilapia spinach en papillotte; roast chicken with Portobello; baked wild rice and chestnuts; mixed vegetables; spicy sweet potato pudding.

Monday September 15th

MOROCCAN FEAST

After all these years it became a real Minhag (custom) to always include a Moroccan feast: too many fans wouldn't have it any other way! As always, so incredibly easy and delicious, and inexpensive.

Chick pea soup; chicken with celery root; Swiss chard omelette; hot and sweet parsnips; almond cigars; orange date salad.

Monday September 22nd

ROSH HASHANAH FEAST

This is the feast I work my way up to. Getting ready for luxurious, delicious and simple, with no pressure whatsoever? Yum! Sure, no problem!

Wild mushroom soup; mock crab cakes with basil tomato coulis; herb shoulder roast with root vegetables; lentil cashew loaf; molten chocolate cakes with raspberry sauce and coconut sorbet.