

COOKING CLASS SCHEDULE

OCTOBER 2005 THROUGH MARCH 2006

MONDAY OCTOBER 31ST

CHOCOLATE

I only wish myself and all Klal Israel the kind of trouble these recipes got me into ever since I developed them. Especially the killer nut butter chocolate bars. Black Chocolate is an innocent and, last time we checked, healthy pleasure, pareve and natural! So go for it.

Served with coffee: Chocolate pecan cookies; chocolate bread pudding with chocolate sauce; nut butter chocolate bars; assorted chocolate truffles; hot chocolate; molten chocolate cakes.

MONDAY NOVEMBER 7TH

THE JOY OF ROASTING

What could be better than cooking with serious ingredients and ending up with fun results? Many of us do not process wheat as well as we used to. The great news is, you don't have to give up any of your favorite treats. They are all in, tried and true. Each of these grains is a nutritional powerhouse and a snap to cook.

Spelt pizza puttanesca; quinoa tabouleh salad; oats amaranth vegetable soup; wild rice millet crepes; barley teff granola cookies.

MONDAY NOVEMBER 14TH

THANKSGIVING

You know me: nothing is ever an excuse to lose my head and throw balance and nutrition to the winds when preparing a meal, even one as lavish as this Thanksgiving feast. So yes, it is a lot of wonderful food, but all sensible. You won't have to go on a diet the following weekend.

Kombucha, leeks and carrot soup; chestnut puree with caramelized onions; lemongrass citrus roasted turkey; cranberry orange relish; Boston lettuce with shallot cider dressing and chopped herbs; chocolate coconut tart.

MONDAY NOVEMBER 21ST

OCCAN CHICKEN FIVE WAYS

Here are just some of my favorite, wearing five hats. You can never learn too many chicken dishes, and Moroccan flavors are always a winner.

Expand your repertoire to include new quick and healthy poultry additions.

Dinner served with rice. Lemon olive chicken; chicken vegetable noodle soup with chicken dumplings; Moroccan grilled chicken; chicken pie; pastilla.

MONDAY NOVEMBER 28TH

WINTER SOUPS

Each one is a meal in itself. Learn to prepare all kinds of textures with international flavors whether clear, or chunky, or hearty, from mundane to festive! Come hungry! We are having a soup party!

Dinner served with salad. Minestrone; Moroccan fish soup; pot-au-feu with all garnishes; wild mushroom barley soup.

MONDAY DECEMBER 5TH--LOW CARB THE HEALTHY WAY

COOKING WITH ROOT VEGETABLES

Root vegetables are naturally lean and low in carbs, healthy and delicious to boot, so you can follow the craze if you like, but the smart way and without any deprivation whatsoever

Curried white vegetable soup; spicy roasted root chips; root vegetable puree; Japanese chicken root

seaweed stew; hot and sweet parsnips; celery root cabbage apple salad.

MONDAY DECEMBER 12TH

COOKING WITH LEAVES

All leaves are mighty good for you, the darker the better. And so easy to prepare. Do not be intimidated by the less familiar ones, I am including quite a few members of the leaf family in this class.

Beer-braised chicken with kale; Italian bean spinach escarole soup; mustard greens with beets and carrots; Swiss chard and arugula brown rice pilaf; soba noodles with caraway and Chinese cabbage.

MONDAY DECEMBER 19TH

CHANUKKAH. COOKING WITH KIDS

This is too much fun to leave the kids at home. This demo always doubles as complimentary therapy for all of you out there who have a fear of frying. A few good pointers go a long way toward mitigating the annoyance of frying.

Potato latkas; French donuts; Indian vegetable pancakes; Russian buckwheat corn blinis; Italian ricotta latkas; homemade apple sauce.

TUESDAY JANUARY 3RD

SUSHI & WONDERFUL ASIAN FINGER FOODS

Learn to work with all the Asian wrappers, fish and condiments. You will make sushi and tempura like a pro, and you will have fun doing it. All those little secrets revealed!

Nori rolls; rice paper vegetable rolls; vegetable tempura; "crab" salad in endive boats; salmon sashimi salad; steamed fish sausages.

MONDAY JANUARY 9TH

AN INDIAN FEAST

Did you know you could make tandoori, raita, lassi and chai without any dairy ingredients whatsoever, and every bit as delicious as the original? This lineup is simply not to be missed.

Chicken tandoori; mulligatawny; chick pea paratha; raita; cilantro chutney; fruited rice pudding; served with chai and lassi.

MONDAY JANUARY 16TH

THE JOY OF SOY

I am at it again. Always, always hatching new soy-based creations: casseroles, pies, soups, mousse. Yum!

White miso sake broth with soy dumplings; tofu zucchini eggplant casserole; thai rice noodles with tofu, soybean sprouts and peanuts; edemame, daikon and watercress salad with Chinese dressing; apricot mousse.

MONDAY JANUARY 23RD

THE ART OF THE BRUNCH

Last year this wonderful class was snowed out, so do not fret, here it is again, as unfussy and unpretentious as ever, starring the humble egg.

Tropical smoothies; baked eggs Florentines; salmon tartare; herb-roasted asparagus and new potatoes; cheddar dill scones; Caesar's salad; pecan streusel coffee cake with candied ginger.

MONDAY JANUARY 30TH

AN ANTIPASTO PARTY

It always seems to us on this side of the pond that the Italians know how to party better than us. Could the antipasto table be one of their secrets? Nothing to it! The best part is you can make most of it a

day or two before so there's no pressure.

Marinated artichokes and mushrooms; focaccia with olives and sun-dried tomatoes; mixed roasted peppers; bruschetta with white bean tomato salad; roasted leeks, red onions and garlic; salmon mousse; blue cheese parmesan dip; Florentine cookies.

MONDAY FEBRUARY 6TH

TU BSHVAT FEAST/COOKING WITH FRUIT

What better time to celebrate the versatility and succulence of fruit? Of course fruit is not only snack or dessert!

Chicken tajine with almonds and prunes; tilapia in pomegranate sauce; mixed greens and papaya with raspberry dressing; apple flan; minted starfruit, kiwi and pistachio salad.

TUESDAY FEBRUARY 14TH

A CHINESE FEAST

How will you ever go back to ordering these dishes in Chinese restaurants after you have tasted the glorious homemade original? You won't. This is truly a triumph of artisanal over institutional.

Hot and sour soup; vegetable fried rice; stir-fried chicken and wild mushrooms; Chinese pickled salad; beef spring rolls.

TUESDAY FEBRUARY 21ST

FISH COOKERY

I receive too many e-mails deploring the fact that most of us are not very resourceful when it comes to cooking with fish other than salmon. So, no salmon this time! And ready before you are.

Halibut tajine; red snapper en papillotte; mock shrimp scampi; seviche; blackened tuna.

MONDAY FEBRUARY 27TH

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 days when it was operating. I promise you a great throwback!

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 MARCH 6TH

LEFTOVER PARTY

Here is the answer to your perennial question, what to do with leftovers. You will treat all those unused shabbos portions with renewed respect. Cholent, challah, roast, chicken, chopped liver; fish, all reinvent themselves, effortlessly and elegantly. Plus: one off-the-cuff recycled breakfast, a throwback to my lean student years.

Mexican bean potato soup; Chinese beef salad; chicken pate; salmon cakes with cocktail sauce; apricot bread pudding. Chocolate oatmeal pots de crème.

MONDAY MARCH 20TH

SEDER FEAST

I still hear, once in a great while, some cooks say that their hands are tied when it comes to making a seder meal. Anyone who has been at my seder demos before comes away with the exact opposite feeling: Passover is a gastronomic week. Get ready for a fabulous feast!

Almond stuffed salmon; roasted tomato soup with yellow pepper cream; herb roasted beef shoulder with wild mushroom sauce; quinoa Spanish style; mixed greens with basil honey dressing; chocolate-dipped coconut meringues; berry wine molds.