

## COOKING CLASS SCHEDULE

### SEPTEMBER 2008 THROUGH MARCH 2009

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.*

Monday, October 27th

#### SWEET CHOCOLATE DREAMS

Starting this series with a bang. We all scream for chocolate treats. Ever get tired of it? Heaven forbid! Only, these treats are made with the best chocolate, that's half the secret. The other half is yours truly always dreaming up luscious chocolate dreams, always using healthy ingredients. Served with tea and coffee.

*Chocolate peanut butter cookies; chocolate berry soup with assorted sorbets; chocolate raspberry truffles; no-bake chocolate pie; chocolate flambé crepes; chocolate jasmine marble cake.*

Monday, November 3rd

#### VEGAN TREATS

Too many people lamented their being away part of the summer and missing this demo. So, here comes again! I am having fun experimenting, and more to the point, I am getting results beyond my dreams: I tried my vegan goodies on lots of kiddies, and got rewarded with lots of hugs. Yes, there are countless desserts you could treat yourself to in the absence of eggs!

*Carrot coconut muffins; homemade granola; almond lace cookies; berry trifle; apple maple crepes; almond chocolate cake with apricot sauce.*

Monday, November 10th

#### KOSHERFEST

As you may know, I am launching, with my friend Karen Wallman, a spelt-based all-natural line of baked goods. With G-d's help, we will be unveiling our goodies at the Kosherfest show, taking place this year November 11th and 12th at Meadowlands. My cookbooks will also be available for buying and signing. Looking forward to seeing you there!

Monday November 17th

#### THANKSGIVING

Easy and supremely luxurious, and topped off by a fabulous dessert. You will have ample time for the parade before you start!

*Maple-roasted turkey; coconut ginger chutney; mixed greens with cranberry dressing; wild rice with chestnuts; curried sweet potato carrot soup; lemon curd cranberry tart.*

Monday November 24th

#### QUICK MEALS: MEAT

In a hurry, or too tired to fuss? This is no excuse for grabbing junk or reheating insipid microwaved meals (nothing is: sorry folks, no breaks). A wonderful and wholesome meal is just fifteen minutes away, with all the trimmings, and with ample leftovers.

*Chicken breasts with wild mushrooms; London broil teriyaki; rice noodles with sauté spinach and watercress; quick chicken corn soup; mixed greens with Chinese dressing; quick coconut pistachio*

*chalva.*

Monday, December 1st

### SOUP PARTY

It is a real comfort to know there can always be a huge pot of soup ready, sometimes moments after you decide to make it. These are incredibly simple and quick to prepare, and so delicious. I am including as many textures and flavors as I possibly can.

*Steel-cut oat soup; creamed vegetable red lentil soup; miso mock crab soup; cracked barley tomato soup; white bean spinach cheese soup.*

Monday, December 8th

### FRENCH FEAST: FIT FOR LOVERS

No need to cheat to get into the magic: anyone you love will do very nicely! Easy and wonderful. Here are some great favorites, and much leaner than the originals.

*Choucroute garnie with all garnishes; leek and mushroom quiche; watercress salad with oil and lemon dressing; apple flan.*

Monday, December 15th

### CHANNUKAH TREATS: IN DEFENSE OF THE POTATO

I am dedicating this demo to my son Yakov, a meat-and-potato guy if there ever was one, who recently asked me, with great vehemence, what is wrong with eating potato, why on earth is it on the hit list, why is it getting dissed, what if it just gets extinct, how will he subsist without it? Channukah is a good time to make a case for the humble and much maligned potato: mostly fried, but also roasted and broiled. As always, we will address the dreaded subject of fear of frying, and how to fry occasional treats with no mess and with a minimal caloric setback.

*Potato latkas; giant potato zucchini galette; potatoes au gratin; potato frittata; skillet home fries.*

**HAPPY CHANNUKAH!**

**HAPPY NEW YEAR!**

Monday, January 5th

### ONE-POT MEALS

The ultimate comfort foods, and so simple, with just one pot to clean, with ample portions for a couple dinners. Get the pot going before leaving home for this fabulous beef bourguignon, and come home to a feast! You will find these dishes most welcome post-holidays menu ideas.

*Beef Bourguignon; chicken paella; mock shrimp Pad Thai.*

Monday, January 12th

### SIDE DISHES INTERNATIONAL

A good side dish allows you to make a super simple chicken, meat or fish course. Side dishes have been relegated to, well, side dishes for much too long. Let them take center stage, simply and nutritionally.

And pareve to boot!

*Sweet potato tajine; tomatoes, okra and cauliflower curry; soba noodles stir fry; rice and beans; maple-roasted apples and carrots.*

Monday, January 19th

### SUPERFOODS FEAST: COOKING WITH ROOTS

You all know I am working on my next book, Superfoods. You might call this subject my life work. I have developed countless fabulous dishes using superfoods, and I am always hatching new ones. Nutritional powerhouses, and delicious to boot: how could you go wrong? The improbable dessert is a great treat.

*Turnip, parsnips and kombucha soup; kale, beet and seaweed salad; thai chicken with soba noodles; nappa cabbage summer rolls; Sweet potato and black bean dessert in coconut milk.*

Monday, January 26th

### WINTER SALADS

Yes, winter salad days are every bit as exciting as summer ones, and what's even more exciting, they are a complete meal, so get ready for simple treats, all-in-one style.

*Nicoise with fresh tuna; white fish Waldorf salad; poached chicken breasts pasta salad; rice salad with smoked turkey.*

Monday, February 2nd

### FRUIT FEAST: TU B'SHVAT

In Sephardi tradition, Tu B'Shvat is cause for a big bash. Cooking with fruit is delicious, simple, wholesome and so much fun: Celebrate Tu B'Shvat, and beyond, in great style.

*Roasted salmon with pineapple mango salsa; chicken and pear stew; apple and cabbage slaw; jasmine rice with apricots and almonds; warm dried fruit soup with coconut sorbet.*

Tuesday, February 10th

### VEGETARIAN INDIAN FEAST

You simply can't go wrong with this fabulous flavor lineup. That it is super healthy to boot is an understatement!

*Red lentil tamarind soup; tofu and mung bean curry; cucumber raita; chick pea lentil paratha; fenugreek cilantro chutney; fruity almond rice tapioca pudding.*

Monday, February 16th

### HEALTHY ITALIAN FEAST

No, not by any means an oxymoron. Mediterranean flavors get a lot of nutritional mileage! For example, I get countless requests for a cheesecake that is altogether leaner than either the traditional or the dairy-free one: the following dessert to the rescue!

*Vegetable soup; vegetable polenta strata; Florentine tilapia rolls; panzanella with heirloom tomatoes; ricotta almond pie.*

Monday, February 23rd

### SALMON TREATS

When it comes to cooking with fish, we all gravitate toward the dependable, versatile salmon. The possibilities are endless, the results amazing, the preparation a snap! Served with salad.

*Pasta with salmon dill sauce; quick salmon, corn and tomato chowder; roasted salmon with red pepper coulis; salmon stew with Swiss chard and fennel; salmon roulade in nori leaves.*

Monday, March 2nd

### PURIM: EDIBLE GIFTS

The mandate for Mishloach Manot is 3 edible items. If those three items were absolutely fantastic and homemade, nobody would ever forget your Mishloach Manot. The following gifts are easy to make a large batch of for all your friends. We are eating these goodies with a real meal (salmon, salad, bread, etc....), and what's even better, we get to take our goodies home in pretty containers.

*Chowchow; all-fruit citrus marmalade; radish pickle; olive basil spread; apple oat bread; Chinese dressing. Chocolate coconut balls.*

### A FREILICH PURIM!

Monday, March 16th

## MOROCCAN FEAST

You all know my (good) perennial problem about Moroccan food: no schedule is ever complete without it: my first and everlasting culinary love. So simple, so inexpensive, and so delicious! I constantly get raves for this nothing-with-nothing roast chicken.

*Lentil soup; dry fruit couscous; harissa; roast chicken; romaine fennel salad; pistachio cigars.*

Monday, March 23rd

## SEDER FEAST

Another triumph of simplicity and luxury. Chicken soup, good enough to serve at a seder night? You bet! This dessert star was born during last Passover's Chol Hamoed, and I waited patiently until it can be part the family.

*Roast salmon with pomegranate sauce; Beef roast with fingerling potatoes, wild mushrooms and artichoke bottoms; vegetable chicken soup; mixed greens with walnut dressing; individual chocolate beet coconut cakes with chocolate glaze.*