

# PCC COOKS

WINTER 2018





# SIGN UP FOR CLASSES

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REGISTRATION BEGINS NOVEMBER 28 AT 9 A.M.

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## ONLINE

Visit [PCCcooks.com](http://PCCcooks.com)  
Visa, MasterCard, Discover  
or American Express.

## PHONE

Call 206-545-7112  
M-F; 9 a.m. to 5 p.m.  
Credit card or PCC gift card.

## PLEASE NOTE

- Refunds or class credit will be given in full if we cancel a class or if you cancel your registration at least seven days before the class.
- Out of respect for people with chemical sensitivities, we ask that fragrances and scented products not be worn in class.
- For your comfort, you may want to dress in layers; classroom temperatures fluctuate when ovens and stoves are in use.
- For hands-on classes, you are welcome to bring an apron. Please wear closed-toe shoes.
- Fixed or low income? Contact us about scholarships at 206-545-7112 or email [PCCcooks@pccmarkets.com](mailto:PCCcooks@pccmarkets.com).

## CLASS LEGEND

**HANDS-ON** Student participation during class.

**DEMO** Sit and enjoy watching a pro at work.

**SIP + SAVOR** With wine or beer sampling. Age 21+ only.

**GF** Gluten-free by recipe (not a gluten-free facility).

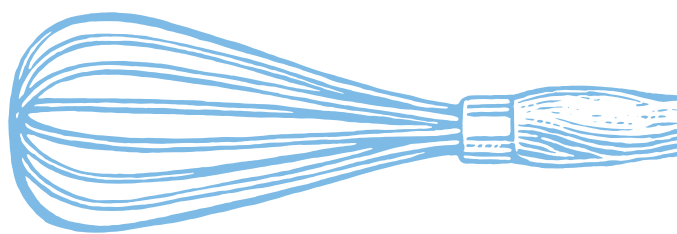


### LOOKING FOR COOKING CLASSES FOR A GROUP OF 10 TO 24 PEOPLE?

PCC Cooks offers custom classes for team-building or to celebrate special occasions such as birthdays or anniversaries. We'll work with you to create a memorable event at one of our teaching classrooms at Issaquah, Greenlake Village, Redmond, Columbia City, Edmonds or Bothell.

Give us a call at 206-545-7112 or email [pcccooks@pccmarkets.com](mailto:pcccooks@pccmarkets.com) to find out more.

# GLOBAL GOURMET



Make the world a little smaller with enticing menus from all corners of the globe.

## JAPANESE NABE PARTY

HANDS-ON

*Kanako Koizumi // Members \$55, Non-members \$60*

Winter is the time to savor good food and company in a cozy kitchen. Let's gather around to make and enjoy *Nabe* (nah-bay), a family-style Japanese one-pot dish that is simple, flexible and quick to cook. We'll prepare *Chanko Nabe* ("Sumo Wrestlers' Stew," rich with vegetables, chicken, pork and fish in a miso broth); and *Tsumire Nabe* (Ground Chicken Meatballs in a Soy-based Broth). Accompanied by hot tea, nabe is a perfect cold-weather meal for family dinner or casual home parties. With meat, poultry, seafood and eggs; no dairy.

## AN EVENING TO IMPRESS

DEMO SIP + SAVOR

*Abby Canfield // Members \$60, Non-members \$65*

Set the stage for a new year of congenial intimate dinners with this enticing seasonal menu from Agrodolce Chef Abby Canfield, and learn a few professional kitchen secrets along the way. She'll demonstrate Beet and Apple Tartar with Burrata, Frisee Salad and Parmesan Crisps; Seared Pork Tenderloin with Roasted Squash Purée, and Pomegranate Molasses Pan Sauce with Toasted Hazelnuts; and Rosemary Poached Pears with Whipped Mascarpone and Lavender Syrup, all paired with favorite wines. With meat and dairy; no eggs. AGE 21 AND OVER; PHOTO I.D. REQUIRED.

## PIZZA DI NAPOLI

HANDS-ON

*Iole Aguero // Members \$55, Non-members \$60*

Naples is the birthplace of both *Iole* and the best pizza on Earth, so it's natural that the two come together in this class. *Iole* will walk you through the steps to making her perfected homemade crust as we prepare Rosemary Focaccia; Pizza *Margherita* with Fresh Mozzarella; Pizza with

Pears and Gorgonzola; and Pizza with Prosciutto, Burrata and Arugula. You'll also receive some dough to begin making pizza at home. With meat, dairy and eggs.

## NEW FAVORITES OF NEW MEXICO

HANDS-ON

*Michael Diem // Members \$55, Non-members \$60*

Take a trip to the southwestern United States with Chef Mike's warming menu. Utilizing the three staples of New Mexican cooking — chiles, black beans and corn — we'll learn some transferrable kitchen techniques as we make Black Bean Cakes with Ancho Chiles; Braised Chicken with Green Chiles, served with Flatbread; and a sweet version of *Sopapillas*, delightful fried pastries known as "little pillows," for dessert. With poultry, dairy and eggs.

## WINTER MARKET DINNER

DEMO GF SIP + SAVOR

*Erin Coopey // Members \$55, Non-members \$60*

Chef Erin has created a menu that highlights the season's best produce with easy-to-accomplish dishes and techniques you'll use time and again at home. She'll prepare Leek, Fennel and Apple Soup with Apple Relish; Spiced Butternut Squash Salad with Kalamata Olives and Feta; Fish en Papillote with Herbed Yogurt Sauce; then finish off with an Apple Pear Crumble. Pair it with complementary wine samples, and you have all the ingredients for a simple, yet elegant, seasonal meal. With seafood and dairy; no eggs or gluten. AGE 21 AND OVER; PHOTO I.D. REQUIRED.

## TAMALES AND SALSAS

HANDS-ON

*Devra Gartenstein // Members \$50, Non-members \$55*

Learn to make these farmers market and food truck favorites at home! Devra's tamale method is versatile enough for

all seasons, and she'll share a tantalizing trio of homemade salsas to liven up any meal. We'll roll Tamales with two different fillings — Black Bean; and Roasted Vegetables with Queso Fresco — and top them with Pico de Gallo; Roasted Tomato Salsa; and Roasted Serrano Hot Sauce. Vegetarian with optional dairy; no eggs.

## THAI CLASSICS

DEMO

**Pranee Halvorsen // Members \$50, Non-members \$55**

Learn how to make your favorite Thai dishes at home! Pranee will demonstrate how easy it is to cook food from her homeland. She'll divulge her recipe for *Phad Thai* (stir-fried rice noodles with her special Phad Thai sauce, tofu, peanuts, eggs and prawns.) Other favorites include *Tom Kha Gai* (chicken coconut soup with galangal, lemongrass and lime leaf); *Phanang Neua* (Panang Curry with Beef and a chiffonade of lime leaves, served with Jasmine rice); and a sweet note of *Kleuy Bud Chee* (Banana in Sweet Coconut Milk). With meat, poultry, seafood and optional eggs; no dairy.

## FRENCH CLASSICS: PROVENÇAL

DEMO

SIP + SAVOR

**Michael Diem // Members \$55, Non-members \$60**

Master the time-honored methods of French cuisine with Chef Michael's expert guidance and of course, wine samples. Breaking down techniques that are often misunderstood as too complicated or time-consuming, he'll inspire you with confidence, as he prepares Provençal-style Bruschetta with Tapenade; Roasted Tomato Goat Cheese and *Pistou*; the classic seafood stew *Bouillabaisse*; and Cherry *Clafoutis* for dessert. With seafood, dairy and eggs. AGE 21 AND OVER; PHOTO I.D. REQUIRED.

## THE TUSCAN TABLE

DEMO

SIP + SAVOR

**Paola Albanesi // Members \$55, Non-members \$60**

Tuscany is known for its rich history and landscapes, and its straightforward, satisfying cuisine. Paola will introduce you to the food traditions of the region with a lovely Tuscan menu, paired with samplings of regional wines. Feast on *Pinzimonio di Verdure*, a simple salad of bell peppers, celery and olive oil; *Gnudi Ravioli* ("nude" ravioli stuffed with ricotta, spinach and Pecorino Toscano cheese), served with

*Sugo Finto* Tomato Sauce; *Fagiolini all'Uccelletta* (cannellini beans simmered with tomatoes, sage and rosemary); and a delightful dessert of *Ricciarelli di Siena* (almond cookies from Siena). Vegetarian with dairy and eggs. AGE 21 AND OVER; PHOTO I.D. REQUIRED.

## TURKISH TEA TIME TRADITIONS

HANDS-ON

**Pinar Özhal // Members \$55, Non-members \$60**

Gather around a steaming cup of Turkish tea or coffee and enjoy flavorful savory bites as Pinar introduces you to the tradition of afternoon tea in Anatolia. She'll share her memories of tea time as a child in Turkey, and discuss how this treasured custom has evolved over time. Immerse yourself in Anatolian aromas as you prepare *Tahinli Rulo* (Sweet Tahini Rolls with Hazelnuts); *Peynirli Poğaçça* (Feta and Parsley Hand Pies); and *Arnavut Böreği* (Albanian *Boreks*, thin layers of dough with Eggplant, Ground Beef, Tomato and Spices). With meat, dairy and eggs.

## HUM BAO WORKSHOP

HANDS-ON

**Thanh Tang // Members \$55, Non-members \$60**

Try your hand at these delightful Chinese dumplings, as we make two different hum bao doughs and three different fillings. Thanh will take you through the process from start to finish, discussing yeast fermentation, gluten development, dough handling and proper rolling and wrapping techniques. We'll make and enjoy Steamed Hum Bao with Mushrooms, Cabbage and Carrots; Steamed Hum Bao with Chicken and Cilantro; and Baked Hum Bao with BBQ Pork Filling. With meat, dairy and eggs.

## GNOCCHI WORKSHOP

HANDS-ON

**Iole Aguero // Members \$50, Non-members \$55**

Gnocchi ("nee-oh-kee") are little Italian dumplings made with potatoes. Gnocchi are adaptable and a fitting component of meals both humble and elaborate. Join in this rewarding group effort as we make and shape the dough, cook the gnocchi and enjoy it three ways: *Gnocchi alla Caprese* baked with Fresh Mozzarella; Gnocchi with Mushroom Sauce with Wine and Shallots; and Gnocchi with Fontina Cheese. Vegetarian with dairy and eggs.

## FRENCH MACARONS

HANDS-ON

GF

*Gill Dey // Members \$50, Non-members \$55*

These little French almond meringue bites might just be the best sandwich cookies in the world — and macarons are naturally gluten-free! Come learn the tips and techniques you need to master these and the perfect velvety buttercream needed to sandwich them together. We'll make Classic Macarons, then pair them with Vanilla Buttercream, Fresh Lemon Curd and other variations with our winter citrus bounty. Vegetarian with dairy and eggs; no gluten.

## MOROCCAN MEDLEY

DEMO

*Nancy Leson // Members \$50, Non-members \$55*

Borrowing flavors from Morocco and the Middle East, Nancy shares some of her favorite recipes and techniques in this wintertime feast: Spicy Red Lentil Soup; Cast-iron Skillet Flatbread; More Rockin' Radish and Orange Salad; Moroccan Chicken and Olive Tagine; and Medjool Dates with Almonds and Sea Salt. Plus, you're guaranteed some wonderful stories from Nancy's tenure as a food writer and Seattle restaurant critic! With poultry and dairy; no eggs.

## PIEROGIS, PIEROGIS, PIEROGIS

HANDS-ON

*Erin Coopey // Members \$50, Non-members \$55*

Whether you call them *pierogi* or *varenyky*, these Eastern European dumplings are scrumptious. Chef Erin will share her grandmother's Potato and Cheese Pierogi recipe, handed down through the generations, along with a Polish-style Blueberry Pierogi and a Ukrainian Sour Cabbage Varenyk. You'll learn the complete pierogi-making process — filling, forming and rolling dough, pressing pierogis, and finally cooking and serving them. Vegetarian with dairy and eggs.



“Nancy [Leson]’s presentation was entertaining yet she stayed organized and on task. Her recipes were easy to follow and very doable. The food was absolutely delicious! I will make all the recipes.”

## ITALY BY THE SEA

DEMO

*Iole Agüero // Members \$50, Non-members \$55*

Come join Iole for a menu including some of her favorite Italian seafood dishes. These simple and quick dishes are sure to end up in your home's regular rotation. She'll demo Peppery Mussels with Wine and Shallots; Grilled Prawns with Olive Oil and Herbs; Spaghetti with Prawns and Sugar Plum Tomatoes; and end with a sweet little something: Lemon Soufflé Pudding. With seafood, dairy and eggs.

## CHINESE WOK SKILLS

HANDS-ON

*Christina Chung // Members \$55, Non-members \$60*

Let's turn up the heat and get our woks sizzling! We'll learn how to marinate meats properly, cut vegetables for stir-frying and prepare Chinese sauces. Then we'll practice our wok cooking skills as we make Stir-fried Chicken with Cashews, served with Golden Egg Fried Rice with Crisp Ginger Bits; Stir-fried Beef and Mushrooms with Peppery Soy Oyster Sauce served with Wok-fried Crispy Rice Noodles; and Cabbage Stir-fry. With meat, poultry and eggs; no dairy.

## FLAVORS OF PERSIA

DEMO

*Omid Roustaei // Members \$50, Non-members \$55*

Persian cuisine features refined and balanced seasonings while using only the freshest ingredients. Delve into Persia's food history as Omid presents a delectable menu of *Nazkhatun* (Eggplant Spread with Pomegranate and Mint); *Sabzi Polo Ba Mahi* (Herb and Saffron Rice Pilaf with Fish, topped with Caramelized Onions and Raisins); *Khoresh-e Seeb* (Lamb and Apple Stew in Fragrant Rosewater Tomato Sauce); and *Cayk-e yazdi* (Yogurt and Orange-blossom-flavored Cupcakes). Plus a bonus recipe of *Kufteh-ye Pesteh-o Anar* (Pistachio and Pomegranate Meatballs). With meat, seafood, dairy and eggs.



# TO YOUR HEALTH

Expert instructors share delicious and practical dishes to help you achieve better health.

## BOOST YOUR IMMUNITY

DEMO GF

**Kory DeAngelo, M.S., R.D.N.** //  
**Members \$45, Non-members \$50**

Ward off the winter bugs with tasty foods! Integrative registered dietitian Kory DeAngelo will discuss how to eat to strengthen your immune system, stay healthy and boost your vitality throughout the cold and flu season. You'll sample Winter Greens with Fire Cider Dressing; Chipotle Bean-stuffed Sweet Potatoes; Citrus Fennel Salad with Basil Dressing; and Curry Coconut Mushroom Soup. Kory will also share a bonus recipe to craft your own Fire Cider at home. Vegetarian; no eggs, dairy or gluten.

## FOOD AS MEDICINE: BRAIN HEALTH

DEMO

**Tanmeet Sethi, M.D. and Becky Selengut** //  
**Members \$50, Non-members \$55**

Tanmeet is an Integrative Family Physician with a passion for using food as medicine. Her knowledge pairs perfectly with Chef Becky's amazing cooking skills in this informative class. You'll learn in depth about ingredients that promote brain health as Becky prepares recipes that put the teaching into practice: Homemade Kale Chips with Chiles and Nutritional Yeast; Japanese-style Greens with Roasted Walnut and Sesame Dressing; Seared Black Pepper-crust-ed Grass-fed Beef Ribeye with Blistered Broccoli and Romesco Sauce; and a lovely Financier Cake. With meat, dairy and eggs.

## MEALS FOR A WEEK IN 1 DAY

DEMO GF

**Genevieve Courtney, N.D.** //  
**Members \$50, Non-members \$55**

Do you want to eat healthier, but feel like you don't have the time? Learn how to make a week's worth of nutritious meals in one day! Dr. Courtney will discuss how to find the right recipes to put into your weekly rotation and share some of

her favorites: Apricot Herb Chicken with Cauliflower Rice; Coconut Curry Salmon with Bok Choy; Turkey Chili with Black Beans and Butternut Squash; and 3-Bean Greek Salad over Mixed Greens. With poultry, seafood and optional dairy; no gluten.

## MINDFUL EATING FOR OPTIMAL WELLNESS

DEMO GF

**Michelle Babb, M.S., R.D., C.D.** //  
**Members \$45, Non-members \$50**

Mindful eating has become a lost art in our time-compressed world, with overbooked schedules leaving little time for self-nourishment. Learn how to improve digestion, address sugar cravings and find your way to effortless portion control as Michelle walks you through the stages of intuitive, mindful eating. You'll practice engaging all of your senses as you savor delicious dishes like Edamame Guacamole with Crudités; Winter Squash with Quinoa Pecan Stuffing; Moroccan Black Bean and Broccoli Stew; and Coconut Chia Pudding. Vegetarian with optional dairy; no eggs or gluten.

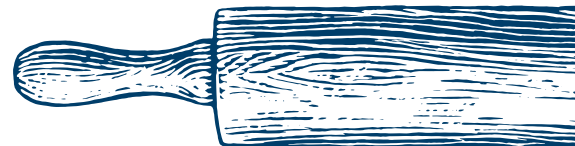
## A WHOLE DAY OF HEALTHY

DEMO GF

**Rachel Duboff** // **Members \$50, Non-members \$55**

If you're embarking on a new dietary journey, sticking to a New Year's resolution, or just needing some inspiration for eating healthy, this class is for you. Chef Rachel has a surefire plan for a day's worth of satisfying dishes with no gluten, dairy or added sugars, including Morning Glory Muffins; Winter Kale Salad with Roasted Sweet Potatoes and Creamy Sage Dressing; a quick afternoon pick-me-up of "Faux PB Cups"; dinner of Haitian Chicken with Quinoa and Sautéed Greens; and a dessert of Pumpkin "Cheesecake." Rachel will also share tips for incorporating leftovers into meals for subsequent days. With poultry and eggs; no dairy or gluten.

# TECHNIQUES



Add a new skill to your toolbox and bring creativity to your kitchen with inspiring classes.

## KITCHEN BASICS

HANDS-ON

*Jennifer Reyes // Members \$50, Non-members \$55*

Lay a good foundation of basic cooking techniques for a lifetime of creating great meals. For young adults starting out on their own or anyone just needing a little refresher, Chef Jennifer is here to walk you through some perennial dishes with support and encouragement. We'll review knife skills and cooking methods as we prepare Perfectly Roasted Chicken and Vegetables; Creamy Roasted Vegetable Soup; and Quick Tomato Sauce with Properly Cooked Pasta. Come with questions! With poultry, dairy and eggs.

## ELEGANT VEGAN WINTER

HANDS-ON GF

*Lesa Sullivan // Members \$50, Non-members \$55*

If the winter blues have you down, Chef Lesa recommends a quick stroll through the produce section. Learn some excellent recipes to elevate the season's best fruits and vegetables, plus get tips on how to select, handle and store your produce. We'll start with Roasted Vegetable Borscht with Dill Oil; followed by a nibble of Wild Rice and Winter Greens Salad with Pear Brittle and Cashew Cheese; and Baked Cauliflower Gratin with Frizzled Sage Crumbles for our main dish. Finish with a simple stunner of a dessert, Apple Crisp with Ginger-Maple Nice Cream. Vegetarian; no dairy, eggs or gluten.

## ALL ABOUT PIE

HANDS-ON

*Laurie Pfalzer // Members \$55, Non-members \$60*

All new! Learn to make a decadent cream pie. Pastry Chef Laurie will empower you to make a tender, flaky and flavorful butter pie crust with a little knowledge, a few handling instructions and quality ingredients. Then you'll learn the technique to making a great cream filling — either Chocolate Cream or Coconut Cream. You will learn how to blind bake a crust, and we'll discuss ingredients such as flour

types and brands and troubleshoot common pie problems. Each student will make a 6-inch Chocolate Cream Pie or Coconut Cream Pie to take home. For every season, pie is the answer! Vegetarian with dairy and eggs.

## KNIFE SKILLS

HANDS-ON

*Seppo Farrey // Members \$55, Non-members \$60*

Practice knife-handling and learn how to cut safely and efficiently in this skill-building workshop with Chef Seppo. For the most useful practice, bring your own familiar chef knife (or use ours if you don't have one). He'll review knife selection, introduce honing and sharpening and teach you several different knife techniques. You'll sharpen your skills while preparing ingredients for Lemon Chicken Tortilla Soup with Avocado. Vegetarian with optional poultry; no dairy or eggs. Adults only.

## STOCK OPTIONS

HANDS-ON

*Cam Zarcone // Members \$55, Non-members \$60*

Here's a tip that any chef will tell you: Learn the simple secrets to making meat and vegetable stocks, and you will reap the dividends for months to come! Once you squirrel your stock containers away in the freezer, you'll be ready, at a moment's notice, to build the most flavorful meals in a snap. Find out how easy it is to make chicken, beef and mushroom stocks. Then you'll pick up a few handy ideas about what to do with all your liquid gold as we prepare Chicken, Leek and Wild Rice Soup; French Onion Soup; and Mushroom Barley Soup. With meat, poultry and dairy; no eggs.

## THE MAGIC OF SOURDOUGH

HANDS-ON

*Cynthia Lair // Members \$45, Non-members \$50*

Dive into the sourdough process and leave with your very own jar of sourdough starter. Learn what makes sourdough

sour and how allowing wheat flour to hang out with bacteria and wild yeast may make gluten more digestible. We'll make Sourdough Flapjacks and sample Danish Sourdough Seed Bread with Crème Fraiche and Sea Salt Butter, plus discuss how to long-ferment Rustic Sourdough Boule. Vegetarian with dairy; no eggs.

## STEW AND BREWS

DEMO

SIP + SAVOR

**Erin Coopey // Members \$55, Non-members \$60**

There are few things more comforting on a cold winter night than a warm bowl of simmering stew. During this time of year, hearty stews can be a panacea that cures whatever ails you, including a case of the winter blues. Chef Erin will serve up bowls of Spicy Seafood Gumbo; Pumpkin Stew with Gruyère and Sage; and Black Bean and Sausage Stew with Cumin Cream. You'll learn the basics of building the perfect, warming stew and pairing it with a seasonal brew for added comfort. With meat, poultry, seafood and dairy; no eggs. AGE 21 AND OVER; PHOTO I.D. REQUIRED.

## DAIRY-FREE CHEESES

HANDS-ON

GF

**Birgitte Antonsen // Members \$50, Non-members \$55**

More and more people are leaning toward a dairy-free lifestyle, but cheese is a hard one to give up! Join Birgitte as we explore ways to make appealing dairy-free cheeses using coconut, nuts and seeds. We'll cover the basics with vegan cheese that not only looks the part, but tastes delicious, too: Smoked Paprika Cheese, Roasted Garlic Savory Herb Cheese and Jalapeno Pepper Cheese (which we will add to Black Bean and Yam Quesadillas). Vegetarian; no dairy, eggs or gluten.

## THE ART OF THE BRAISE

DEMO

**Darin Gagner // Members \$50, Non-members \$55**

Braising is the art of letting your oven do the work for you. It's a transformative technique that turns tough, economical meat cuts into culinary gold. You'll get lots of information on how to achieve moist, full flavor from underutilized cuts as we prepare Dry-brined and Braised Chicken with Olives, Raisins and Herbs; Butter-braised Greens with Farro and Whole-wheat Breadcrumbs; and Braised Pork Shoulder Tacos with Chiles and Salsa Verde. With meat, seafood and dairy; no eggs.

## HOMEMADE BAGELS AND PRETZELS

HANDS-ON

**Laurie Pfalzer // Members \$50, Non-members \$55**

It's easier than you think to craft New York-style bagels and chewy soft pretzels. First, we'll make the dough for these classic breads, then shape, boil and bake them. We'll create different flavors of bagels including Plain, Poppy Seed, Whole Wheat and Cinnamon Raisin; and Salted and Plain Soft Pretzels. You'll stir up some complementary Cream Cheese Spreads to accompany your bagels, taste your creations in class and even take some home for later. Vegetarian with optional dairy and eggs.

## DUTCH OVEN WINTER MEALS

HANDS-ON

**Saffron Hodgson // Members \$55, Non-members \$60**

Aussie and BBQ champ Saffron knows all about cooking outdoors — and she's got the know-how to seamlessly transition the techniques to the indoors. Snuggle up with comforting wintry dishes prepared in the versatile Dutch oven. As we prepare Winter Beef and Vegetable Stew; Savory Butternut Squash Biscuits; and a warming Apple Crisp, we'll review basic techniques from baking to stewing, and discuss how to utilize the dependable Dutch Oven for cozy dinners cooked hearthside or outside. With meat, dairy and eggs.

## FERMENTED AND CULTURED FOODS

HANDS-ON

GF

**Birgitte Antonsen // Members \$50, Non-members \$55**

Cultured and fermented foods have been prepared around the world for centuries. These enzyme-rich probiotic superfoods support a healthy GI tract, boost immunity and curb cravings. Birgitte will guide you through the process of culturing as you prepare dairy-free Yogurt from seeds, nuts and coconut. We'll then explore fermenting with Fermented Nut and Seed Spread with Fresh Herbs and Fermented Middle Eastern Bean Dip. Vegetarian; no dairy, eggs or gluten.

## BREADMAKING 101

HANDS-ON

**Ronit Gourarie // Members \$50, Non-members \$55**

The smell of freshly baked bread wafting through the house is a bedrock of good memories. Ronit will answer all of your



bread questions as each student makes a mini-size loaf of Whole-Wheat Cinnamon Raisin Bread, while learning the proper technique to mix, knead, shape and bake. Then she'll use a basic Whole Wheat Bread dough recipe to demonstrate variations and shaping techniques for rolls, braided bread and cinnamon rolls. As an end-of-class treat, we'll enjoy our fresh bread with an array of butters and spreads from the PCC shelves. Vegetarian with optional dairy; no eggs.

## 30-MINUTE WEEKNIGHT MEALS

HANDS-ON GF

**Erin Coopey // Members \$55, Non-members \$60**

You've had a busy day, but you still need to put dinner on the table. Chef Erin to the rescue with quick weeknight meals! There's no better way to make sure you eat a home-cooked meal after a long day at work than to have a plan. You'll get four nights' worth of dependable ideas from Chef Erin as you help prepare Cumin-spiced Black Bean Tacos with Shredded Cabbage; Vietnamese-style Noodle Soup; Pan-seared Black Cod with Herbed Mashed Peas; and General Tso's Chicken. With poultry, seafood, dairy and eggs; no gluten.

## NO-STRESS PRESSURE COOKING

HANDS-ON

**Lesia Sullivan // Members \$55, Non-members \$60**

Get the hang of some basic techniques for both stove-top and electric pressure cookers in this hands-on class. Learn about cooking raw veggies to fork-tender perfection, cooking beans and grains lightning-quick and safely taking meats from frozen to finished in minutes. Together we will make and sample: Lemon Risotto; Beans and Greens Soup using pressure cooker-prepared Roasted Chicken Stock; and Chicken Salad with Wild Rice and Cranberries. With meat and dairy; no eggs.

## SAVORY HAND PIES AND TARTS

HANDS-ON

**Laurie Pfalzer // Members \$55, Non-members \$60**

Chef Laurie introduces you to the savory side of hand pies and tarts as you discover the traditions of Cornish and Irish pasties, which incorporate meat and vegetables. Each student will make their own flaky pie dough using the techniques learned in class, then, using general filling recipes as guides, will choose a selection of winter vegetables, herbs and meat to create their own personal hearty hand pies and

tarts to bake in class and take home. With dairy; no eggs; meat optional.

## HOW TO SALT

DEMO

**Darin Gagner // Members \$50, Non-members \$55**

Recipes often list "salt, to taste" — but what does that really mean? Chef Darin will take you down the rabbit hole, discussing what types of salts to use, how much and when. We'll discuss how to use weights to get the perfect saltiness, lead you in a tasting experiment to discover your personal baseline for salt, and dive into estimating "salt to taste." Along the way, you'll sample Stone-ground Polenta with Pecorino and Mascarpone; Dry-brined Whole Roasted Chicken with Cranberry, Currant and Ginger Relish; Arugula Salad with Ricotta Salata, Pistachios and Sherry Gastrique; and Ling Cod wrapped in Speck with Tarragon Butter. With meat, seafood, dairy and eggs.

## SUCCESSFUL SAUCES

HANDS-ON

**Jennifer Reyes // Members \$55, Non-members \$60**

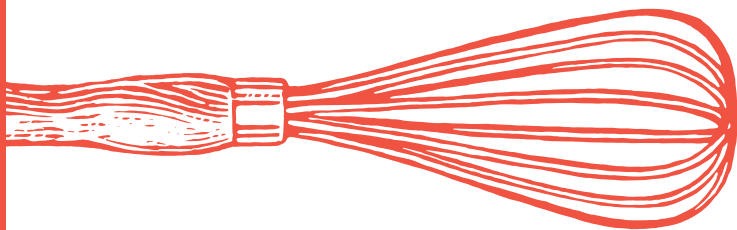
Time-tested classic sauces serve as stepping stones to preparing complex and exciting dishes. Learn how to construct and use basic sauces, emulsify sauces and fix "broken" sauces; plus discuss ways to play with flavor. To test our new skills, we will prepare Classic Tomato Sauce; Steak Au Poivre with Peppercorn Pan Sauce; Bechamel Sauce served over roasted winter vegetables; and a stunning Raspberry Coulis to make any dessert 100% better. With meat, dairy and eggs.

## CHEESE MAKING WORKSHOP

HANDS-ON GF

**Jackie Freeman // Members \$50, Non-members \$55**

Chef, dairymaid and cheese maker Jackie Freeman will be your guide for a fast-paced cheese making workshop. In a small group setting, we'll work together to create Butter-milk Cheese, Queso Blanco, Ricotta and Fresh Mozzarella. Jackie will discuss the basic principles of cheese making, including equipment use and care, ingredients and supplies. We will taste the results in class and discuss more recipes to try at home. Vegetarian with dairy; no eggs or gluten.



# PCC KIDS

From age two to teens, it's always the right time to welcome kids into the kitchen!

## I CAN COOK, TOO! BREAKFAST FUN

HANDS-ON

*Katie Dire // Members \$45, Non-members \$50*

For ages 2 to 3, with one adult guest. What's for breakfast today? Lots of healthy and delicious food the whole family can enjoy! We'll make breakfast foods that kids love and can help prepare themselves, including Oatmeal Breakfast Muffins, Breakfast Quesadillas, Frittata Fingers and Easy Granola Parfaits. It's sure to be a scrumptious morning at PCC. Vegetarian with dairy and eggs. PRICE INCLUDES ONE CHILD AND ONE ADULT.

## DIPPING DELIGHTS!

HANDS-ON

GF

*Maria Galvao + Kim Trimmer // Members \$45, Non-members \$50*

For ages 2 to 3, with one adult guest. We'll do some dunking and dipping as we add layers of fun to sweet and savory treats. After practicing some basic kitchen skills to do prep work, we'll dip veggies, fruits and crackers into Tzatziki, Guacamole, Cream Cheese Pumpkin Dip, Simple Herb Yogurt Dip and Chocolate Dip. Vegetarian with dairy; no eggs or gluten. PRICE INCLUDES ONE CHILD AND ONE ADULT.

## BAKING WITH WINTER FRUITS

HANDS-ON

*Gill Dey // Members \$45, Non-members \$50*

For ages 4 to 6, with one adult guest. Baking something warm and delicious on a cold winter morning is a perfect way to celebrate the season's best fruits. We'll practice our chopping, measuring and mixing skills as we bake an Open Apple Tart and Ginger and Pear Muffins. Vegetarian with dairy and eggs. PRICE INCLUDES ONE CHILD AND ONE ADULT.

## WE LOVE CHOCOLATE!

HANDS-ON

GF

*Ami Karnosh // Members \$45, Non-members \$50*

For ages 4 to 6, with one adult guest. Chocolate is not only delicious, but can even be nutritious! We'll have plenty of opportunities for young chefs to stir and mix as we learn some chocolatey treat recipes that incorporate healthy ingredients for well-rounded snacks. You'll be making your very own Hot Chocolate Mix; Secret-Ingredient Chocolate Chip Muffins (Muffin Cookies); and Chocolate Candies with Dried Fruit. Vegetarian with optional dairy; no eggs or gluten. PRICE INCLUDES ONE CHILD AND ONE ADULT.

## INDOOR COOKOUT FOR COWGIRLS AND BOYS

HANDS-ON

*Marie Donadio // Members \$45, Non-members \$50*

For ages 4 to 6, with one adult guest. We'll cook like we are "home on the range" as we make a communal pot of Chuckwagon Veggie Chili, a warming family favorite; and chop up vegetables for a refreshing Winter Slaw. Then we'll work in small teams to prepare Old-fashioned Johnny Cakes to accompany our chili feast. Meet new people in the neighborhood or come with a friend to cook and share a meal together. Vegetarian with dairy and eggs. PRICE INCLUDES ONE CHILD AND ONE ADULT.

## RAMEN PARTY!

HANDS-ON

*Cam Zarcone // Members \$55, Non-members \$60*

For ages 7 to 9, with one adult guest. Attention, avid noodle slurpers: We're having a ramen party! We'll roll up our sleeves and prepare a beautiful array of chopped vegetables and other toppings, then boil a mountain of noodles. Next, everyone will grab a soup bowl and build their own delicious custom bowl of nourishing soup. We'll finish up the festivities with *ko-inobori*, fish-shaped sugar cookies. With dairy and eggs; meat optional. PRICE INCLUDES ONE CHILD AND ONE ADULT.

## WINTER WARM-UP

HANDS-ON

*Samantha Brumfield // Members \$45, Non-members \$50*

For ages 7 to 9; kids only. Brr... it's cold outside! Let's warm up as we work together to prepare made-from-scratch Vegetarian Taco Soup; delicious and nutritious Winter Greens Salad; and fresh Cornbread. This class will focus on using our best kitchen tool (our hands!) to prepare the meal, as well as using knives safely and properly. Vegetarian with eggs and optional dairy.

## MIDWINTER BREAK 3-DAY CAMP

*PCC Cooks Staff // Members \$135, Non-members \$150*

For ages 8 to 12; kids only. In this fun-filled, three-day midwinter break camp, kids will have a different culinary focus each day - breakfast, lunch and dinner - all the while learning kitchen skills, knife safety and cooking techniques. (Plus, they'll be fed when you pick them up!) Camp menus will include: Scrambled Egg Burritos, Red Potato Hash and Pineapple Banana Smoothies for breakfast; Pizza, Italian Salad and Apple Tartlets for lunch; and Baked Chicken or Tofu Nuggets, Mac and Cheese, Winter Salad and Chocolate Pudding Pie for dinner. With dairy and eggs; meat and poultry optional.

## AFTER SCHOOL COOKING CLUB: DINNER

HANDS-ON

*Gill Dey // Members \$160, Non-members \$175*

For ages 8 to 12; kids only. In four weeks, kids will learn their way around a kitchen as they prepare a new favorite evening meal each week. We'll practice knife skills, try fresh vegetables in season and learn essential cooking techniques. Our menus include: Day 1: Chili and Cornbread; Day 2: Vegetarian Sushi Rolls, Vegetable Tempura and Miso Soup; Day 3: Homemade Tagliatelle Pasta with Meatballs and Marinara Sauce; and Day 4: Chicken Tikka with Naan Bread and Mango Lassi. With meat, dairy and eggs.

## TAMALES FOR DINNER + DESSERT

HANDS-ON

GF

*Tamara Guyton // Members \$45, Non-members \$50*

For ages 10 to 12; kids only. Tamales are an ancient food (the Aztecs and Mayans ate them!) made with masa, a dough made from finely ground corn, and a wide variety of fillings. We will make a selection of fillings (chicken, roasted

winter squash, cheese and black beans) and use a quick non-traditional technique to roll and steam our tamales. Then we'll top them with Tomatillo-Tomato Salsa. Tamales can also be sweet — ours will be plump with Roasted Apples and Cinnamon, topped with Caramel Sauce. With optional poultry and dairy; no eggs or gluten.

## KIDS' BAGEL WORKSHOP

HANDS-ON

*Lisa Crawford // Members \$55, Non-members \$60*

For ages 10 to 12, with one adult guest. Bagels fresh from the oven can't be beat! In this baking workshop, you and your adult guest will learn to mix, shape and bake Quick Bagels, then use a more professional method with 2-Stage Bagels. We'll experiment with bagel toppings before baking, and sample ways to enjoy bagels throughout the day with spreads, jam or sliced veggies. Vegetarian with dairy and eggs; seafood optional. PRICE INCLUDES ONE CHILD AND ONE ADULT.

## FRENCH COOKING 101 FOR TEENS

HANDS-ON

*Lee Baker // Members \$50, Non-members \$55*

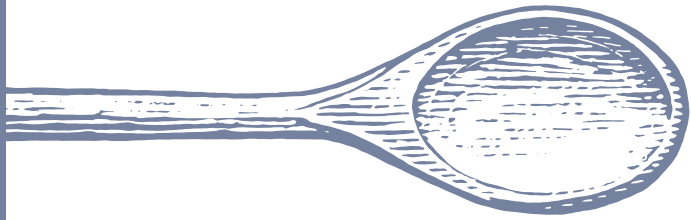
For ages 13 and up; teens only. Learn the how-tos for many cooking fundamentals while preparing a multi-course French bistro meal. We'll review how to safely use a French or chef knife, dice vegetables, mince garlic and prep potatoes as we make Chicken Fricassee and Roasted Garlic Mashed Potatoes. Then, we'll learn skills for salads and vinaigrettes as we make Seasonal Greens with Citrus, Avocado and Grapes, with Champagne and Orange Vinaigrette. We'll end on a sweet note with a French Apple Tart with French Vanilla Ice Cream. With poultry, dairy and eggs.

## TEEN PASTA WORKSHOP

HANDS-ON

*Iole Agüero // Members \$60, Non-members \$65*

For ages 13 and up, with one adult guest. Everyone loves fresh pasta, and it's easier than it seems! We'll whip it up from scratch, paired with tasty Italian sauces. With a batch of pasta dough, expert guidance and a little practice, you'll become skilled at making Bowtie Pasta with Fresh Tomatoes and Basil; Sacchetti stuffed with Four Cheeses, topped with Brown Butter Sage Sauce; and Fettucine with Butter and Cheese. Vegetarian with dairy and eggs. PRICE INCLUDES ONE TEEN AND ONE ADULT.



# WALK TALK AND TASTE

## WALK, TALK AND TASTE

*Nick Rose, M.S. // Free class*

Join PCC's nutrition educator Nick Rose for an informative nutrition discussion and a sampling of some of PCC's unique offerings! Learn the latest research on what to eat for your health and the health of the planet in this fun, free class. Come try some new foods, discuss the meanings behind food labels, tour the store and get the chance to have your burning questions answered by an expert. Everyone is welcome!

## FOODS THAT HELP PREVENT THE BIG C

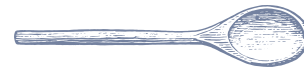
*Nick Rose, M.S. // Free class*

Learn basic nutrition principles to help you stay healthy throughout your life, and sample some delicious foods that may help prevent cancer and other diseases. Nick will show you how to incorporate more cancer-preventing foods into your daily diet and answer your food and nutrition questions.

## HEART TO HEART TALK AND WALK

*Nick Rose, M.S. // Members \$10, Non-members \$15*

Food choices impact our heart health in a variety of ways — our blood pressure, blood lipids, homocysteine and inflammation levels are all impacted by what we eat (or don't eat). Come learn the latest science on good cholesterol, bad cholesterol, trans fats and added sugars, as well as which foods have the most positive effects on our cardiovascular system. We'll try some heart-healthy food samples, too!



“[Nick’s] ability to relate the info to us in a clear way was wonderful. Great teacher and patient with questions.”

# GLOBAL GOURMET

## JAPANESE NABE PARTY

Fri., January 26	6:30 to 9 p.m.	GV
Thur., February 1	6:30 to 9 p.m.	BT
Fri., February 9	6:30 to 9 p.m.	ED
Thur., February 15	6:30 to 9 p.m.	CC
Fri., February 23	6:30 to 9 p.m.	RD
Thur., March 1	6:30 to 9 p.m.	IS

## AN EVENING TO IMPRESS

Sun., January 14	6:30 to 9 p.m.	GV
Mon., January 22	6:30 to 9 p.m.	RD
Mon., February 19	6:30 to 9 p.m.	ED
Mon., February 26	6:30 to 9 p.m.	CC
Sun., March 4	6:30 to 9 p.m.	IS
Sun., March 25	6:30 to 9 p.m.	BT

## PIZZA DI NAPOLI

Thur., January 11	6:30 to 9 p.m.	CC
Fri., January 12	6:30 to 9 p.m.	RD
Tues., January 16	6:30 to 9 p.m.	IS
Mon., January 22	6:30 to 9 p.m.	GV
Tues., January 23	6:30 to 9 p.m.	BT
Wed., January 31	6:30 to 9 p.m.	ED

## NEW FAVORITES OF NEW MEXICO

Fri., January 12	6:30 to 9 p.m.	CC
Sat., January 13	3 to 5:30 p.m.	BT
Wed., January 17	6:30 to 9 p.m.	IS
Fri., January 26	6:30 to 9 p.m.	RD
Fri., February 2	6:30 to 9 p.m.	ED
Thur., February 8	6:30 to 9 p.m.	GV

## WINTER MARKET DINNER

Tues., January 9	6:30 to 9 p.m.	ED
Thur., January 11	6:30 to 9 p.m.	RD
Thur., January 18	6:30 to 9 p.m.	IS
Fri., January 19	6:30 to 9 p.m.	GV
Tues., January 23	6:30 to 9 p.m.	CC
Thur., January 25	6:30 to 9 p.m.	BT

## TAMALES AND SALSAS

Thur., January 11	6:30 to 9 p.m.	BT
Tues., January 23	6:30 to 9 p.m.	ED
Fri., February 2	6:30 to 9 p.m.	GV
Fri., February 16	6:30 to 9 p.m.	IS
Fri., March 2	6:30 to 9 p.m.	CC
Thur., March 15	6:30 to 9 p.m.	RD

## THAI CLASSICS

Thur., January 25	6:30 to 9 p.m.	CC
Tues., January 30	6:30 to 9 p.m.	GV
Thur., February 8	6:30 to 9 p.m.	IS
Tues., February 13	6:30 to 9 p.m.	ED

Tues., February 20	6:30 to 9 p.m.	RD
Thur., March 1	6:30 to 9 p.m.	BT

## FRENCH CLASSICS: PROVENÇAL

Tues., February 13	6:30 to 9 p.m.	IS
Thur., February 22	6:30 to 9 p.m.	RD
Wed., February 28	6:30 to 9 p.m.	BT
Fri., March 2	6:30 to 9 p.m.	GV
Wed., March 7	6:30 to 9 p.m.	ED
Thur., March 15	6:30 to 9 p.m.	CC

## THE TUSCAN TABLE

Thur., January 18	6:30 to 9 p.m.	BT
Wed., January 24	6:30 to 9 p.m.	IS
Wed., February 7	6:30 to 9 p.m.	ED
Sat., February 10	6:30 to 9 p.m.	CC
Wed., March 7	6:30 to 9 p.m.	RD
Fri., March 9	6:30 to 9 p.m.	GV

## TURKISH TEA TIME TRADITIONS

Sat., January 20	3 to 5:30 p.m.	IS
Thur., January 25	6:30 to 9 p.m.	ED
Mon., January 29	6:30 to 9 p.m.	GV
Fri., February 2	6:30 to 9 p.m.	BT
Tues., February 6	6:30 to 9 p.m.	CC
Thur., February 8	6:30 to 9 p.m.	RD

## HUM BAO WORKSHOP

Fri., January 12	6:30 to 9 p.m.	GV
Fri., January 19	6:30 to 9 p.m.	RD
Sun., January 21	2 to 4:30 p.m.	ED
Fri., January 26	6:30 to 9 p.m.	CC
Thur., February 1	6:30 to 9 p.m.	IS
Fri., February 9	6:30 to 9 p.m.	BT

## GNOCCHI WORKSHOP

Sat., February 3	3 to 5:30 p.m.	BT
Tues., February 6	6:30 to 9 p.m.	IS
Tues., February 13	6:30 to 9 p.m.	GV
Thur., February 15	6:30 to 9 p.m.	RD
Mon., February 26	6:30 to 9 p.m.	ED
Tues., February 27	6:30 to 9 p.m.	CC

## FRENCH MACARONS

Mon., January 8	6:30 to 9 p.m.	GV
Tues., January 23	6:30 to 9 p.m.	IS
Mon., February 5	6:30 to 9 p.m.	CC
Tues., February 6	6:30 to 9 p.m.	ED
Wed., February 7	6:30 to 9 p.m.	RD
Mon., February 12	6:30 to 9 p.m.	BT

## MOROCCAN MEDLEY

Tues., January 16	6:30 to 9 p.m.	ED
Thur., January 25	6:30 to 9 p.m.	IS
Tues., February 6	6:30 to 9 p.m.	GV

Fri., February 16	6:30 to 9 p.m.	RD
Tues., March 6	6:30 to 9 p.m.	CC
Thur., March 15	6:30 to 9 p.m.	BT

## PIEROGIS, PIEROGIS, PIEROGIS

Mon., March 12	6:30 to 9 p.m.	IS
Tues., March 13	6:30 to 9 p.m.	RD
Thur., March 15	6:30 to 9 p.m.	GV
Wed., March 21	6:30 to 9 p.m.	CC
Thur., March 22	6:30 to 9 p.m.	ED
Tues., March 27	6:30 to 9 p.m.	BT

## ITALY BY THE SEA

Sat., March 3	3 to 5:30 p.m.	BT
Thur., March 8	6:30 to 9 p.m.	ED
Tues., March 13	6:30 to 9 p.m.	GV
Fri., March 16	6:30 to 9 p.m.	IS
Tues., March 20	6:30 to 9 p.m.	RD
Thurs., March 22	6:30 to 9 p.m.	CC

## CHINESE WOK SKILLS

Sat., March 10	3 to 5:30 p.m.	ED
Sun., March 11	1 to 3:30 p.m.	IS
Tues., March 13	6:30 to 9 p.m.	CC
Sun., March 18	1 to 3:30 p.m.	BT
Sun., March 25	1 to 3:30 p.m.	RD
Tues., March 27	6:30 to 9 p.m.	GV

## FLAVORS OF PERSIA

Sat., January 6	3 to 5:30 p.m.	ED
Sat., January 20	3 to 5:30 p.m.	CC
Sun., February 11	1 to 3:30 p.m.	BT
Sat., February 17	3 to 5:30 p.m.	RD
Sun., March 11	3 to 5:30 p.m.	GV
Sat., March 17	3 to 5:30 p.m.	IS

# TO YOUR HEALTH

## BOOST YOUR IMMUNITY

Sat., January 13	3 to 5:30 p.m.	IS
Sun., January 14	2 to 4:30 p.m.	ED
Sat., February 3	3 to 5:30 p.m.	GV
Sun., February 4	1 to 3:30 p.m.	RD
Sat., March 3	3 to 5:30 p.m.	CC
Sun., March 4	1 to 3:30 p.m.	BT

<b>BT</b>	Bothell
<b>CC</b>	Columbia City
<b>ED</b>	Edmonds
<b>GV</b>	Greenlake Village
<b>IS</b>	Issaquah
<b>RD</b>	Redmond

## FOOD AS MEDICINE: BRAIN HEALTH

Thur., January 11	6:30 to 9 p.m.	IS
Wed., February 7	6:30 to 9 p.m.	GV
Thur., March 8	6:30 to 9 p.m.	CC
Wed., March 21	6:30 to 9 p.m.	ED

## MEALS FOR A WEEK IN 1 DAY

Mon., January 29	6:30 to 9 p.m.	ED
Mon., February 5	6:30 to 9 p.m.	BT
Mon., February 12	6:30 to 9 p.m.	IS
Mon., February 26	6:30 to 9 p.m.	RD
Thur., March 1	6:30 to 9 p.m.	GV
Mon., March 5	6:30 to 9 p.m.	CC

## MINDFUL EATING FOR OPTIMAL WELLNESS

Sat., January 13	3 to 5:30 p.m.	ED
Tues., January 16	6:30 to 9 p.m.	CC
Sun., January 28	1 to 3:30 p.m.	IS
Sun., February 25	1 to 3:30 p.m.	RD
Mon., March 12	6:30 to 9 p.m.	GV

## A WHOLE DAY OF HEALTHY

Sun., January 7	2 to 4:30 p.m.	ED
Sun., January 28	1 to 3:30 p.m.	GV
Sat., February 3	3 to 5:30 p.m.	IS
Sun., February 11	3 to 5:30 p.m.	RD
Sat., February 17	3 to 5:30 p.m.	CC
Sun., March 11	1 to 3:30 p.m.	BT

## TECHNIQUES

### KITCHEN BASICS

Tues., February 6	6:30 to 9 p.m.	RD
Mon., February 26	6:30 to 9 p.m.	GV
Tues., February 27	6:30 to 9 p.m.	ED
Tues., March 6	6:30 to 9 p.m.	IS
Mon., March 12	6:30 to 9 p.m.	CC
Tues., March 13	6:30 to 9 p.m.	BT

### ELEGANT VEGAN WINTER

Sat., January 13	3 to 5:30 p.m.	GV
Sat., January 20	3 to 5:30 p.m.	BT
Sun., January 21	1 to 3:30 p.m.	IS
Sun., January 28	1 to 3:30 p.m.	RD
Sat., February 3	3 to 5:30 p.m.	ED
Fri., February 9	6:30 to 9 p.m.	CC

### ALL ABOUT PIE

Tues., February 27	6 to 9 p.m.	IS
Thur., March 1	6 to 9 p.m.	RD
Tues., March 6	6 to 9 p.m.	GV

Fri., March 9	6 to 9 p.m.	BT
Sun., March 11	2 to 5 p.m.	ED
Wed., March 14	6 to 9 p.m.	CC

## KNIFE SKILLS

Mon., January 8	6:30 to 9 p.m.	ED
Mon., February 12	6:30 to 9 p.m.	GV
Tues., February 13	6:30 to 9 p.m.	BT
Thur., February 15	6:30 to 9 p.m.	IS
Wed., March 28	6:30 to 9 p.m.	CC
Thur., March 29	6:30 to 9 p.m.	RD

## STOCK OPTIONS

Sun., January 7	1 to 3:30 p.m.	RD
Mon., January 22	6:30 to 9 p.m.	CC
Mon., January 29	6:30 to 9 p.m.	IS
Mon., February 5	6:30 to 9 p.m.	GV
Mon., February 12	6:30 to 9 p.m.	ED
Sun., February 25	1 to 3:30 p.m.	BT

## THE MAGIC OF SOURDOUGH

Sun., January 14	3 to 4:30 p.m.	IS
Sun., January 21	3 to 4:30 p.m.	GV
Sat., January 27	10 to 11:30 a.m.	RD
Sun., February 4	3 to 4:30 p.m.	ED

## STEWES AND BREWS

Tues., February 6	6:30 to 9 p.m.	BT
Wed., February 7	6:30 to 9 p.m.	IS
Fri., February 9	6:30 to 9 p.m.	GV
Mon., February 12	6:30 to 9 p.m.	RD
Tues., February 13	6:30 to 9 p.m.	CC
Thur., February 15	6:30 to 9 p.m.	ED

## FERMENTED AND CULTURED FOOD

Wed., January 10	6:30 to 9 p.m.	IS
Sun., January 14	1 to 3:30 p.m.	BT
Thur., January 18	6:30 to 9 p.m.	ED
Sun., January 21	1 to 3:30 p.m.	RD
Wed., January 24	6:30 to 9 p.m.	CC
Wed., January 31	6:30 to 9 p.m.	GV

## THE ART OF THE BRAISE

Wed., February 7	6:30 to 9 p.m.	BT
Thur., February 8	6:30 to 9 p.m.	CC
Fri., February 9	6:30 to 9 p.m.	IS
Tues., February 20	6:30 to 9 p.m.	GV
Wed., February 21	6:30 to 9 p.m.	RD
Thur., February 22	6:30 to 9 p.m.	ED

## HOMEMADE BAGELS AND PRETZELS

Tues., January 30	6:30 to 9 p.m.	ED
Wed., January 31	6:30 to 9 p.m.	CC

Mon., February 5	6:30 to 9 p.m.	IS
Thur., February 8	6:30 to 9 p.m.	BT
Tues., February 13	6:30 to 9 p.m.	RD
Thur., February 15	6:30 to 9 p.m.	GV

## DUTCH OVEN WINTER MEALS

Tues., January 9	6:30 to 9 p.m.	GV
Thur., January 11	6:30 to 9 p.m.	ED
Tues., January 16	6:30 to 9 p.m.	RD
Thur., January 18	6:30 to 9 p.m.	CC
Mon., January 22	6:30 to 9 p.m.	IS
Wed., January 24	6:30 to 9 p.m.	BT

## DAIRY-FREE CHEESES

Sun., February 4	1 to 3:30 p.m.	GV
Wed., February 7	6:30 to 9 p.m.	CC
Sun., February 11	2 to 4:30 p.m.	ED
Sun., February 18	1 to 3:30 p.m.	RD
Wed., February 21	6:30 to 9 p.m.	BT
Sun., February 25	1 to 3:30 p.m.	IS

## BREADMAKING 101

Sat., January 13	3 to 6 p.m.	CC
Sat., January 20	3 to 6 p.m.	ED
Wed., January 31	6 to 9 p.m.	BT
Sun., February 18	1 to 4 p.m.	IS
Sun., March 4	1 to 4 p.m.	GV
Wed., March 21	6 to 9 p.m.	RD

## 30-MINUTE WEEKNIGHT MEALS

Sat., February 17	3 to 5:30 p.m.	ED
Mon., February 19	6:30 to 9 p.m.	GV
Tues., February 27	6:30 to 9 p.m.	RD
Tues., March 6	6:30 to 9 p.m.	BT
Wed., March 7	6:30 to 9 p.m.	CC
Thur., March 8	6:30 to 9 p.m.	IS

## NO-STRESS PRESSURE COOKING

Sat., February 17	3 to 5:30 p.m.	IS
Sun., February 18	2 to 4:30 p.m.	ED
Sat., February 24	3 to 5:30 p.m.	CC
Sat., March 10	3 to 5:30 p.m.	BT
Sun., March 11	1 to 3:30 p.m.	RD
Sun., March 25	1 to 3:30 p.m.	GV

## SAVORY HAND PIES AND TARTS

Wed., January 10	6:30 to 9 p.m.	ED
Fri., January 12	6:30 to 9 p.m.	IS
Wed., January 17	6:30 to 9 p.m.	CC
Thur., January 18	6:30 to 9 p.m.	RD
Tues., January 23	6:30 to 9 p.m.	GV
Fri., January 26	6:30 to 9 p.m.	BT

## HOW TO SALT

Tues., March 6	6:30 to 9 p.m.	RD
Wed., March 7	6:30 to 9 p.m.	GV
Tues., March 13	6:30 to 9 p.m.	IS
Wed., March 14	6:30 to 9 p.m.	ED

## SUCCESSFUL SAUCES

Mon., January 8	6:30 to 9 p.m.	IS
Tues., January 16	6:30 to 9 p.m.	GV
Mon., January 22	6:30 to 9 p.m.	ED
Tues., January 23	6:30 to 9 p.m.	RD
Mon., January 29	6:30 to 9 p.m.	CC
Tues., January 30	6:30 to 9 p.m.	BT

## CHEESE MAKING WORKSHOP

Tues., January 9	6:30 to 9 p.m.	IS
Wed., January 17	6:30 to 9 p.m.	ED
Sun., January 28	1 to 3:30 p.m.	BT
Tues., January 30	6:30 to 9 p.m.	CC
Mon., February 5	6:30 to 9 p.m.	RD
Sun., February 11	3 to 5:30 p.m.	GV

## PCC KIDS

### I CAN COOK, TOO! BREAKFAST FUN

Sat., January 6	10 to 11:15 a.m.	GV
Sat., January 13	10 to 11:15 a.m.	CC
Sat., January 27	10 to 11:15 a.m.	ED
Sat., February 3	10 to 11:15 a.m.	IS
Sat., February 24	10 to 11:15 a.m.	BT
Sat., March 3	10 to 11:15 a.m.	RD

### DIPPING DELIGHTS

Sat., January 20	10 to 11:15 a.m.	RD
Sat., January 27	10 to 11:15 a.m.	BT
Sat., February 3	10 to 11:15 a.m.	CC
Sat., March 3	10 to 11:15 a.m.	IS
Sat., March 10	10 to 11:15 a.m.	GV
Sat., March 17	10 to 11:15 a.m.	ED

### BAKING WITH WINTER FRUITS

Sun., January 14	10 to 11:30 a.m.	RD
Sat., January 27	10 to 11:30 a.m.	CC
Sat., March 3	10 to 11:30 a.m.	BT
Sun., March 4	10 to 11:30 a.m.	ED
Sat., March 10	10 to 11:30 a.m.	IS
Sat., March 17	10 to 11:30 a.m.	GV

### WE LOVE CHOCOLATE!

Sat., January 13	10 to 11:30 a.m.	BT
Sun., January 14	10 to 11:30 a.m.	GV
Sat., January 27	10 to 11:30 a.m.	IS

Sun., January 28	10 to 11:30 a.m.	ED
Sun., February 11	10 to 11:30 a.m.	RD
Sat., February 17	10 to 11:30 a.m.	CC

## INDOOR COOKOUT FOR COWGIRLS AND BOYS

Sat., February 3	10 to 11:30 a.m.	BT
Sun., February 4	10 to 11:30 a.m.	IS
Sun., February 11	10 to 11:30 a.m.	GV
Sat., February 24	10 to 11:30 a.m.	RD
Sun., February 25	10 to 11:30 a.m.	ED
Sat., March 10	10 to 11:30 a.m.	CC

## RAMEN PARTY!

Sun., January 21	3 to 5 p.m.	BT
Sun., January 28	3 to 5 p.m.	ED
Fri., February 2	6 to 8 p.m.	CC
Sun., February 4	3 to 5 p.m.	IS
Fri., February 16	6 to 8 p.m.	GV
Sun., March 4	3 to 5 p.m.	RD

## WINTER WARM-UP

Sat., January 6	3 to 5 p.m.	IS
Sat., January 20	3 to 5 p.m.	GV
Sat., January 27	3 to 5 p.m.	RD
Sat., February 17	3 to 5 p.m.	BT
Sat., March 3	3 to 5 p.m.	ED
Sat., March 17	3 to 5 p.m.	CC

## MIDWINTER BREAK CAMP

February 20 to 22	9:30 a.m. to 12 p.m.	BT
February 20 to 22	9:30 a.m. to 12 p.m.	CC
February 20 to 22	9:30 a.m. to 12 p.m.	GV
February 20 to 22	9:30 a.m. to 12 p.m.	IS

## AFTER SCHOOL COOKING CLUB: DINNER

Wed., January 10, 17, 24 and 31	4 to 6 p.m.	RD
Thur., January 11, 18, 25 and February 1	4:30 to 6:30 p.m.	GV
Wed., February 28, March 7, 14 and 21	4 to 6 p.m.	IS

## TAMALES FOR DINNER AND DESSERT

Sun., January 7	3 to 5:30 p.m.	IS
Sat., January 27	3 to 5:30 p.m.	ED
Sat., March 3	3 to 5:30 p.m.	RD
Fri., March 9	6 to 8:30 p.m.	CC
Sat., March 17	3 to 5:30 p.m.	BT
Sun., March 18	3 to 5:30 p.m.	GV

## KIDS' BAGEL WORKSHOP

Fri., January 5	6 to 8:30 p.m.	RD
Sun., January 7	1 to 3:30 p.m.	GV
Sat., January 27	3 to 5:30 p.m.	CC
Sun., February 4	1 to 3:30 p.m.	BT
Sun., February 11	1 to 3:30 p.m.	IS
Sun., March 4	3 to 5:30 p.m.	ED

## FRENCH COOKING 101 FOR TEENS

Sat., January 27	3 to 5:30 p.m.	BT
Sat., February 3	3 to 5:30 p.m.	RD
Sat., February 24	3 to 5:30 p.m.	IS
Sun., February 25	3 to 5:30 p.m.	ED
Sat., March 3	3 to 5:30 p.m.	GV
Sat., March 10	3 to 5:30 p.m.	CC

## TEEN PASTA WORKSHOP

Sat., January 13	3 to 5:30 p.m.	RD
Fri., January 19	6 to 8:30 p.m.	CC
Sat., January 27	3 to 5:30 p.m.	IS
Sat., February 17	3 to 5:30 p.m.	GV
Sat., February 24	3 to 5:30 p.m.	BT
Sat., March 17	3 to 5:30 p.m.	ED

## WALK TALK AND TASTE

### WALK, TALK AND TASTE

Wed., January 17	7 to 8:30 p.m.	BT
Wed., January 24	7 to 8:30 p.m.	ED
Thur., February 1	7 to 8:30 p.m.	CC
Tues., February 27	7 to 8:30 p.m.	GV
Mon., March 5	7 to 8:30 p.m.	IS
Wed., March 14	7 to 8:30 p.m.	RD

### FOODS THAT HELP PREVENT THE BIG C

Thur., March 29	7 to 8:30 p.m.	ED
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### HEART TO HEART TALK AND WALK

Thur., February 8	7 to 8:30 p.m.	ED
Wed., February 21	7 to 8:30 p.m.	GV
Thur., February 22	7 to 8:30 p.m.	IS

★ **BOTHELL (BT)**  
22621 Bothell Everett  
Hwy, Bothell, WA 98021  
425-492-0122

★ **COLUMBIA CITY (CC)**  
3610 S. Edmunds St.  
Seattle, WA 98118  
206-466-6182

★ **EDMONDS (ED)**  
9803 Edmonds Way  
Edmonds, WA 98020  
425-275-9036

**FREMONT (FR)**  
600 N. 34th St.  
Seattle, WA 98103  
206-632-6811

**GREENLAKE AURORA (GA)**  
7504 Aurora Ave. N.  
Seattle, WA 98103  
206-525-3586

★ **GREENLAKE VILLAGE (GV)**  
450 N.E. 71st St.  
Seattle, WA 98115  
206-729-5075

★ **ISSAQUAH (IS)**  
1810 12th Ave. N.W.  
Issaquah, WA 98027  
425-369-1222

**KIRKLAND (KL)**  
10718 N.E. 68th St.  
Kirkland, WA 98033  
425-828-4622

★ **REDMOND (RD)**  
11435 Avondale Rd. N.E.  
Redmond, WA 98052  
425-285-1400

**VIEW RIDGE (VR)**  
6514 40th Ave. N.E.  
Seattle, WA 98115  
206-526-7661

★ *Classroom at  
this location.*

## PCC Cooks' wonderful instructors are the real key ingredient to great cooking classes!

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"I love your classes. I've taken a bunch and of all the places I've taken, yours are the ones I actually make!"

**MINDFUL EATING** with MICHELLE BABB:

"The information was exactly what I was looking for and needed. The food was delicious and satisfying. I thoroughly enjoyed this and I believe it has made a difference in how I eat."

**THAI** with PRANEE HALVORSEN:

"The food was amazing. The recipes were simple, which makes it great for home cooks. Perfect."

**KITCHEN BASICS** with JENNIFER REYES:

"Chef Jennifer is terrific — enough instruction balanced with enough time to ask questions. She inspires confidence in beginner cooks."

**BAGELS** with LAURIE PFALZER:

"Wonderful instructor — very informative and approachable. Great facility. Delicious results — who would have thought we could do this ourselves?!"