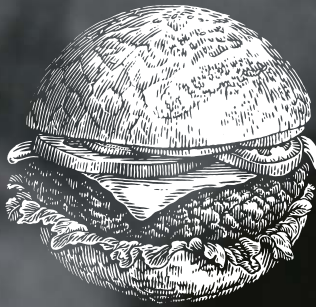


PCC COOKS



SUMMER 2018 CLASSES





SIGN UP FOR CLASSES

REGISTRATION BEGINS MAY 30 AT 9 A.M.

ONLINE

Visit PCCcooks.com
Credit card.

PHONE

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

CANCELLATION POLICY

Refunds or class credit will be given in full if you cancel your registration at least seven days before the class, or if we cancel a class.

PLEASE NOTE

- 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.
- Out of respect for people with chemical sensitivities, we ask that fragrances and scented products not be worn in class.



LOOKING FOR DATES AND LOCATIONS?

Find them on pages 12 to 14.



WE OFFER CUSTOM CLASSES!

Schedule a private class for a group of 10 to 24 for team-building or to celebrate a special occasion. We'll work with you to create a memorable event at one of our teaching classrooms.

Visit pccmarkets.com/custom-classes to learn more.

CLASS LEGEND

HANDS-ON Student participation during class.

DEMO Sit and enjoy watching a pro at work.

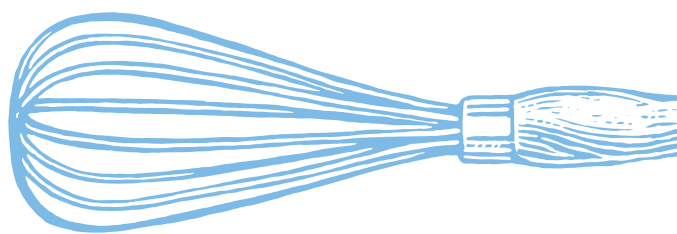
SIP + SAVOR With wine or beer sampling. Age 21+ only.

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

COVER PHOTO: Summer Squash from Seattle Summer, page 4

GLOBAL GOURMET

Bring the world closer with
enticing menus from all corners.



30-MINUTE THAI BOWLS

DEMO

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

Learn how to use Thai spices, herbs and homemade sauces as Pranee demos four one-dish meals that are sure to become part of your Thai cooking repertoire: Phad Krapow Goong (Chile and Garlic Prawns with Basil in Soy Sauce); Piew Wan Pla (Pan-fried Salmon with Vegetables in Sweet and Sour Sauce); Phad See Ew Sen Lek (Stir-fried Rice Noodles with Pork and Bok Choy); and Rama Rong Song (Tofu with Peanut Sauce and Sautéed Spinach). *With meat, poultry, seafood and optional eggs; no dairy.*

EMPANADAS: SPAIN TO LATIN AMERICA

HANDS-ON

Yary Olsund // Members \$55, Non-members \$60

Yary will be your culinary tour guide on an empanada exploration! She'll share several varieties of this tasty stuffed pastry, all hailing from different Spanish-speaking countries: Empanada Gallega from Galicia, Spain, a yeasted variety with spiced tuna; Argentinian Beef Empanadas with Olives; and Cuban Sandwich-inspired empanadas. *With meat, seafood, dairy and eggs.*

FRENCH CLASSICS

DEMO

SIP + SAVOR

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

Master the time-honored methods of French cuisine with Chef Mike's expert guidance. He'll break down techniques that are often misunderstood as too complicated, as he prepares Warm Cauliflower Salad with Dijon Caper Vinaigrette; Coquilles St. Jacques (Scallops Poached in White Wine) with Champagne Cream Sauce, Rice Pilaf and Braised Leeks; and Chocolate Éclairs. Plus, sample wine with each dish! *With seafood, dairy and eggs. AGE 21+ WITH I.D.*

FRESH PASTA 101

HANDS-ON

Abby Canfield // Members \$50, Non-members \$55

Chef Abby will introduce you to a simple Italian pasta dough perfect for both flat noodles and filled pasta. Learn the ins and outs of pasta making, then pair your fresh product with summer produce in three lovely dishes: Tagliatelle with Olives, Peppers and Sweet Corn; Ricotta Ravioli with Heirloom Tomato, Herb and Chile Sauce; and Orecchiette with Squash, Sweet Onion, Roasted Garlic and Mint. *Vegetarian with dairy and eggs.*

GELATO AND SORBET

HANDS-ON

Paola Albanesi // Members \$50, Non-members \$55

Frozen desserts are even better when they're homemade. Paola will share stories from her gelateria in Italy as you whip up Gelato alla Crema (Vanilla Custard Gelato), the base for many flavors, served with Macedonia di Frutti di Bosco (Fruit Salad with Local Berries); Granita Siciliana al Caffè con Panna (Coffee Sorbetto with Cream); and Sorbetto al Limone, a refreshing sorbet made with Limoncello — and Handmade Waffle Cones! *Vegetarian with dairy and eggs.*



*"Paola is charming, full of lovely stories and
a joy to watch... fun and delicious recipes."*

— THE TUSCAN TABLE with Paola Albanesi

HANDMADE TACOS

HANDS-ON

GF

James Gasser // *Members \$55, Non-members \$60*

Tacos aren't just for Tuesdays — and summer is the perfect season to satisfy that taco craving. We'll make Grilled Tacos de Pescado (Fish Tacos); Tacos de Birria de Res (Shredded Beef Tacos); and Black Bean Tacos, all served in fresh Handmade Corn Tortillas. Top them with bright Cilantro Peach Salsa; Spicy Roasted Tomatillo Salsa; and other essential taco bar condiments. *With meat and seafood; no dairy, eggs or gluten.*

HARVEST DINNER PARTY

HANDS-ON

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

Highlight the best that summer has to offer with easy-to-follow recipes that are sure to impress your party guests. Learn to blanch, pan-fry, roast and sear as you cook and bake your way through Summer Vegetable Fritters with Sesame Soy Dressing; Roasted Pork Tenderloin with Peach Chutney; Bitter Greens with Quick-pickled Green Beans; and Sweet Profiteroles with Cherry-Mascarpone Filling. *With meat, dairy and eggs.*

KARACHI KITCHEN: FLAVORS OF PAKISTAN

HANDS-ON

Kausar Ahmed // *Members \$55, Non-members \$60*

Chef Kausar celebrates the rich and diverse culinary traditions of Pakistan in her new cookbook, *The Karachi Kitchen*. She'll share some of her favorite recipes, introducing you to vibrant dishes and sharing stories from her years cooking and teaching in Karachi. You'll work together to prepare three courses: Aloo Chaat (Spiced Potato Salad with Tamarind and Mint); Murgh Hara Masala (Green Chicken with Chiles, Cilantro and Ginger); and Gajar Ka Halwa (a traditional dessert with carrots, cardamom, pistachios and saffron). *With poultry and dairy; no eggs.*

LATE SUMMER IN ITALY

DEMO

SIP + SAVOR

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

Paola's late summer Italian menu is easy to prepare and packed with flavors from the garden. Start with Mini Croissants with Prosciutto, Figs and Balsamic Reduction, followed by Melanzane alla Parmigiana (Roasted Eggplant with Mozzarella and Tomato Sauce); Cous-Cous alle Erbe e Verdure Arrosto (Couscous with Oven-roasted Vegetables and Herbs); and Guazzetto di Ceci e Gamberi (fresh Chickpeas simmered with Tomatoes and Shrimp). A decadent Affogato al Caffè (Gelato Espresso Sundae topped with Whipped Cream) will close our meal, and you'll sip wine pairings along the way. *With meat, seafood, dairy and eggs.* AGE 21+ WITH I.D.

NORTHWEST CAMPING

DEMO

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

Camping is meant to be fun and stress-free, but when it comes to making the food, things can get tricky. Prepare these make-ahead mixes and dinners, pop the perishables in a cooler and take camping food to a whole new level. So easy and delicious, you'll actually feel like you're on vacation. Jen will prepare Buttermilk Pancake Mix with Blackberry Syrup; Heavenly Sloppy Joes; Chicken Pot Pie Stew; and Stress-free Gourmet S'mores. *With meat, poultry, dairy and eggs.*

PAELLA D'ESPAÑA

DEMO

GF

Yary Oslund // *Members \$50, Non-members \$55*

Yary will share the secrets to making one of the signature dishes of Spain, where she once lived. She'll recount her culinary experiences there as she demonstrates two kinds of Paella, a beloved rice-based dish made even more delicious with additions of meat, seafood and vegetables. Scoop up samples of Paella Mixta with Meat and Seafood; and Paella de Mariscos (Seafood Paella), paired with Grilled Summer Squash with Sundried Tomato Pesto, Fennel and Arugula. Finish with Caramel Flan. *With meat, seafood, dairy and eggs; no gluten.*

REGIONAL AMERICAN FAVORITES: SOUTHERN

DEMO

Michael Diem // Members \$50, Non-members \$55

Take a jaunt to the other side of the states with Chef Mike's menu of American favorites. No southern meal is complete without a crispy side — so get ready to crunch into Hushpuppies with Rémoulade Sauce, followed by Cajun Shrimp Étouffée (shrimp and vegetables simmered in a rich roux) with Baked Three Sisters Squash. We'll round out our tour with Floridian Key Lime Pie. *With seafood, dairy and eggs.*

SEATTLE SUMMER

DEMO

SIP + SAVOR

Abby Canfield // Members \$55, Non-members \$60

Glorious Seattle sunshine calls for equally beautiful summertime flavors. As you sip wine samples, experience the brightness of the local harvest with Abby's menu of Chilled Tomato and Nectarine Soup with Pickled Cucumber and Lemon Oil; Grilled Summer Squash with Fromage Blanc, Pickled Chiles and Fresh Mint; Pan-seared Salmon with Roasted Eggplant Puree, Sweet Corn Polenta, Fresh Herb Pesto and Micro Greens; and Vanilla Bean Panna Cotta with Plum Granita and Toasted Pistachios. *With seafood, dairy and eggs. AGE 21+ WITH I.D.*

THE ART OF DIM SUM

HANDS-ON

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

Restaurants in Hong Kong are currently bringing back classic dim sum offerings that disappeared from menus long ago, due to a growing demand for nostalgic foods. We'll work together to make three old-time dim sum favorites: Hong Kong-style Baked Mini Chicken Pies (homemade pastry with a creamy filling of chicken and ham); savory Daikon Rice Pudding with Cured Pork Sausage, Mushrooms and Cilantro; and a dessert of Golden Sticky Rice Balls rolled in Shredded Coconut, Toasted Sesame Seeds and Peanuts. *With meat, poultry, dairy and eggs.*

TURKISH FLAVORS OF THE SEASON

HANDS-ON

Pinar Özhal // Members \$50, Non-members \$55

The flavors of Turkish cuisine shine in dishes that highlight local sun-soaked summer produce. Pinar will share memories of the long hot summers of her childhood in Southeastern Anatolia as she guides you through a vegetarian menu well-suited for indoor or outdoor summer feasts: Kabak Çirtma (Zucchini with Peppers and Eggs); Bellöh (Herbed Red Lentil and Bulgur Patties wrapped in Lettuce Leaves); Yoğurtlu Cevizli Kereviz Salatası (Celeriac Salad with Yogurt and Walnuts); and Sakizli Muhallebi (Vanilla Milk Pudding with Cherries). *Vegetarian with dairy and eggs.*

VEGETARIAN SUSHI ROLLS

HANDS-ON

Seppo Farrey // Members \$50, Non-members \$55

Learn the most effective technique for successful rolled maki sushi and practice with expert help. Customize your rolls in class with a wide variety of colorful and refreshing ingredients — from avocado to spinach to tofu — then get creative at home! Seppo will show you how to make perfect sushi rice, prepare beautiful rolls and serve your creations with elegance. *Vegetarian; no dairy or eggs.*

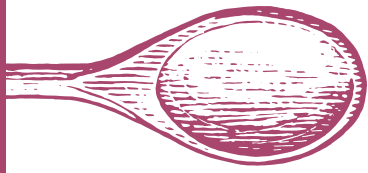
VIETNAMESE TABLE

HANDS-ON

GF

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

There's no better time to cook Vietnamese food than in the summer, when fresh produce is in abundance. We'll explore the flavors and textures of the Far East and the Pacific Northwest while mastering Vietnamese recipes and traditional techniques. Join in to make Fresh Summer Rolls with Peanut Sauce; Grilled Eggplant with Spicy Cilantro Dressing; Fried Whole Snapper with Tomato Chutney and Fresh Mint; and Stir-fried Pork with Cucumber, Peppers and Pineapple. *With meat and seafood; no dairy, eggs or gluten.*



TO YOUR HEALTH!

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

COOKING WITH SEA VEGETABLES

DEMO

Ami Karnosh, M.S., C.N. //

Members \$45, Non-members \$50

Sea vegetables are some of the most nutritious foods on the planet. Learn how to incorporate different varieties to get the full impact of these nutrient-dense gems. Whether you want to hide or highlight their flavor, you'll love these flavorful recipes: Savory Spelt Sailors Bread with Wakame; Tangy Arame Salad; Dulse Sun-dried Tomato Spread; Mock-Tuna Salad; and sweet Mango Coconut Jiggles. *Vegetarian with dairy; no eggs.*

FOODS TO COOL INFLAMMATION

DEMO

GF

Kory DeAngelo, M.S., R.D.N. //

Members \$45, Non-members \$50

Chronic inflammation can leave you feeling tired, achy and congested. Kory, an integrative registered dietitian, will demonstrate how using food as medicine can help to cool inflammation and brighten your vitality. You'll sample Heirloom Tomato, Basil and Cannellini Bean Salad; Middle Eastern Zucchini with Lentils and Yogurt Sauce; Kale and Black Rice Salad with Almond Ginger Dressing; and Summer Berry Coconut Pudding. *Vegetarian with optional dairy; no eggs or gluten.*

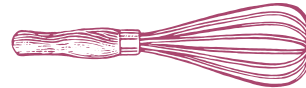
MINDFUL EATING

DEMO

Kory DeAngelo, M.S., R.D.N. //

Members \$45, Non-members \$50

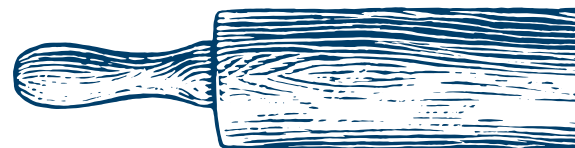
Savoring our food is nourishing for both the body and soul, and mindful eating techniques can improve both satisfaction and our relationship to food. Join Kory on a journey to nourish our different hungers and listen to the wisdom of our bodies. We'll practice mindfulness as we sample Heirloom Tomato Bruschetta; Crunchy Curried Chickpeas; Creamy Cauliflower Soup with Farmstead Salad and Bread; Salted Chocolate Peanut Butter Bites; and Date Coconut Cookies. *Vegetarian; with optional gluten; no dairy or eggs.*



"Loved the way Kory explained everything. Her demeanor and knowledge were just wonderful. Walked away feeling informed."

— BOOST YOUR IMMUNITY with Kory DeAngelo

TECHNIQUES



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

BBQ RUBS, SAUCES AND MARINADES

DEMO

Marianna Stepniewski // Members \$50, Non-members \$55

Go beyond the basic BBQ sauce with Marianna's tried-and-tested rubs, sauces and marinades. Elevate your summer grilling and bring new flavor to your favorite cuts of meat and fish. We'll also talk cast-iron techniques, with recipes that work well indoors and out: Soy and Ginger-marinated Pork Ribs with Sweet and Sour BBQ Sauce; Fennel and Coriander-rubbed Salmon with Tzatziki; and Spicy Sriracha and Cilantro Chicken Thighs with Lemongrass Aioli. *With meat, seafood, dairy and eggs.*

BERRY HAND PIES AND GALETTES

HANDS-ON

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

Celebrate PNW berries with quick and easy hand pies and galettes. First, Laurie will take you through the process of making flaky pie crust (with the option of using whole-wheat pastry flour). Then you'll create your own hand pies and galettes (open-faced pies) with a variety of berries to choose from, including blackberries, blueberries, strawberries and raspberries. When you want to be outside and not spend as much time in the kitchen, these rustic pies are the way to go! *Vegetarian with dairy; no eggs.*



"Laurie is such an amazing baker-instructor. I always leave inspired by her recipes and eager to make them at home."

— STRICTLY SAVORY PASTRY
with Laurie Pfalzer

BRICK-OVEN PIZZA

HANDS-ON

Marianna Stepniewski // Members \$50, Non-members \$55

If you've ever wanted to make brick-oven style pizza in your home oven, then this is the class to take. Marianna will show you how to use baking stones and cast iron to get phenomenal results as you learn the techniques behind basic yeast pizza and bread dough and how to roll out and top your creations. You'll help make Classic Margherita Pizza with Basil, Mozzarella and Olive Oil; Pizza Bianca with Ricotta, Mozzarella and Garlic; Mushroom and Olive Pizza with Pecorino and Truffle Salt; and Romaine Salad with Cabbage, Radishes and Parmesan Dressing. *Vegetarian with dairy and eggs.*

DAIRY-FREE MOZZARELLA AND MORE

HANDS-ON

GF

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

Join Birgitte as we explore ways to make appealing dairy-free cheeses using coconut, nuts and seeds. We'll discuss the soaking and culturing process as we make vegan cheese that not only looks the part, but tastes delicious, too. You'll learn the basics for Dairy-Free Parmesan Cheese; Dairy-free Mozzarella Cheese; and Dairy-free Coconut Lime Cheese. Then we'll put our product to the test as we make gluten-free Pizza; and Zucchini Noodle Salad with Parmesan Cheese. *Vegetarian; no dairy, eggs or gluten.*

FERMENTED FOODS: KIMCHI, GINGER SODA AND MORE

HANDS-ON

GF

Birgitte Antonsen // Members \$55, Non-members \$60

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 fermentation process as you prepare fizzy Ginger Soda; Beet Kvass; Kimchi (Korean Sauerkraut); and cultured condiments for summer grilling. *Vegetarian; no dairy, eggs or gluten.*

KNIFE SKILLS

HANDS-ON

Seppo Farrey // Members \$50, Non-members \$55

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 chef knife techniques. You'll sharpen your skills while preparing ingredients for Vegetarian or Chicken Tortilla Soup with Avocado. *With optional poultry; no dairy or eggs. ADULTS ONLY.*

MAIN COURSE SALADS

HANDS-ON

GF

Rachel Duboff // Members \$55, Non-members \$60

Set aside the typical side salad and make room to present beautiful salads designed to be the centerpiece of your table. Try a great twist on a classic with Smoked Salmon Cobb Salad with Creamy Basil Dressing; followed by Antipasto Chopped Salad; Lentil Beet Salad with Feta Cheese; and Grilled Vegetable Quinoa Salad with Sesame Ginger Dressing. By the time we're done, you'll want to give salads a place of honor at your table every night this summer! *With seafood, eggs, optional meat and dairy; no gluten.*

ODE TO APPLES

HANDS-ON

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

Delight in Washington's illustrious apple crop and learn to make apple desserts for every occasion. Pastry Chef Laurie Pfalzer will guide you through both common and heirloom apple varieties, discussing their flavors — tart, tart-sweet and sweet — and their best uses. She'll demonstrate Caramel Apple Gelato and Poached Apples in warm Consommé, then we'll work hands-on to prepare Traditional English Mince Pies and French Apple Cake. *Vegetarian with dairy and eggs.*

PLANT-BASED KITCHEN

DEMO

GF

MJ Conboy // Members \$45, Non-members \$50

Inspired by her time living in Atlanta, Georgia, MJ has developed a menu of nutrient-packed, plant-based dishes using the iconic flavors and ingredients of Southern comfort food. Enjoy her PNW twist on Southern summer favorites as she shares her best tips for plant-forward thinking and eating: Collard Wraps with Black-Eyed Pea Hummus, Arugula, Sweet Potatoes and Cherry Tomatoes; Waldorf Unchicken Salad (for those who have wondered what to do with tempeh); No-Bake Lemon Squares; and a bonus recipe of Grilled Corn with Umeboshi Plum Paste. *Vegetarian; no dairy, eggs or gluten.*



"Great information and great teacher. Intimidating recipes were made easy and doable for home."

**— FERMENTED AND CULTURED FOODS
with Birgitte Antonsen**

QUICK WEEKNIGHT MEALS

DEMO

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

With our fast-paced lives, we often need a little help getting dinner on the table. Chef Jen to the rescue! She'll demo three dinners that come together in a snap, but taste like you've been in the kitchen for hours. You'll be inspired to swap that take-out menu for your favorite pan to give these dishes a try at home: Classic Spaghetti Carbonara; Soy and Honey-glazed Salmon with Herbed Orzo; and Arroz con Pollo (Spanish Chicken and Rice). *With meat, poultry, seafood, dairy and eggs.*

SEPTEMBER SOUPS

DEMO

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

Fall is just around the corner and there's a little chill in the air. Let's use the last of the summer produce and the first of the fall harvest to make some amazing soups to get everyone ready for sweater weather. These soups will carry you through the seasonal transition effortlessly: Creamy Corn and Crab Chowder; Butternut Squash and Apple Soup with Bacon Dust; and Roasted Carrot Soup with Carrot-Top Pesto and Crème Fraîche. *With meat, seafood, dairy and eggs.*

WRAPPED AND STUFFED! SUMMER VEGETABLES

HANDS-ON

GF

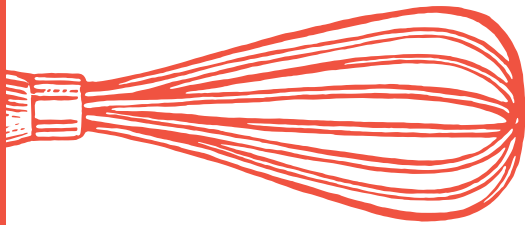
Devra Gartenstein // Members \$50, Non-members \$55

The colors, shapes, and textures of the amazing array of vegetables in season during the height of summer make attractive and flavorful shells and casings for satisfying main dishes and appetizers. In this hands-on class we'll roll and stuff savory fillings into the best of summer's offerings, making Stuffed Baby Peppers; Lentil Zucchini Boats; Korean Lettuce Wraps; and Pesto-stuffed Tomatoes. *Vegetarian with optional dairy; no eggs or gluten.*



"[Devra] had lots of great tips and made the cooking approachable, It all tasted great!"

— SPRING BOUNTY with Devra Gartenstein



PCC KIDS COOK

Welcome kids into the kitchen with hands-on classes for age two to teens.

TEA PARTY

Kim Trimmer and Lee Baker //

Members \$45, Non-members \$50

Ages 2 to 3, with one adult guest. Put on your fancy hats, bring an apron and join us for a tea party. We'll start with some lovely little Finger Sandwiches, practicing our chopping and slicing skills as we prep veggies with tools suited for little hands. We'll take advantage of beautiful seasonal strawberries to make Strawberry Shortcake with Whipped Cream. Then we'll sip herbal tea and enjoy our party spread! *Vegetarian with dairy and eggs.*

CELEBRATE SUMMER PRODUCE

Lizzie Diehl // **Members \$45, Non-members \$50**

Ages 4 to 6, with one adult guest. With an abundance of fresh, organic produce grown on local farms, summer is a wonderful time to play in the kitchen. We'll talk about some of our favorite fruits and vegetables as we work in small groups to chop and stir summer produce for a Fresh Corn Salad; Bountiful Blueberry Muffins; and Honey Rainbow Fruit Salad. *Vegetarian with dairy and eggs.*

SNACK ATTACK!

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

Ages 4 to 6, with one adult guest. Feeding a growing body can be like feeding a hungry shark. Feed your inner shark with snacks that will satisfy your appetite and spark your imagination: Yummy Yam YoYos; Cheesy Sandwich Crackers; Mischievous Deviled Eggs; and power-packed Oat-Berry Balls. Bring your hunger for fun and adventure and leave with ideas for snacks kids can make themselves. *Vegetarian with eggs. Gluten-free and dairy-free options available with prior notice.*

FUN ON THE FARM

Sarah Cassidy // **Members \$90, Non-members \$100**

Ages 4 to 6, with one adult guest. Try on a farmer's boots and a chef's hat in this 2-day farm-to-PCC class. On Day 1, set your kids loose at Hearth Farm in Carnation! Farmer Sarah will lead a farm trek where almost everything is edible, harvesting roots, fruits and everything in between. On Day 2, we'll take our bounty to the classroom to cook up a farm-to-family feast. *Vegetarian with dairy and eggs.*

BERRIES JUBILEE

Lisa Palmatier // **Members \$45, Non-members \$50**

Ages 7 to 9; kids only. Celebrate the sunshine with everything berry! We'll make Spinach and Strawberry Salad with Balsamic Vinaigrette and a Blueberry Crisp. Then, we'll wash it all down with a cool glass of Strawberry Lemonade. We'll also prepare Raspberry Jam that tastes great on toast and sandwiches. *Vegetarian with optional dairy; no eggs.*

FAIRY-TALE KITCHEN

Cam Zarcone // **Members \$60, Non-members \$65**

Ages 7 to 9, with one adult guest. There's plenty of good food in the land of tales! We'll make Pigs in a Blanket as we hear the European folk tale "The Three Wishes"; meet the always-hungry trickster Anansi the Spider as we make Melon Salad; then we're off to Japan to meet Momotaro, the Peach Boy, as we whip up Mini Peach Cobblers. *With dairy, eggs and optional meat.*

AFTER SCHOOL COOKING CLUB: BREAKFAST

Gill Dey // **Members \$130, Non-members \$140**

Ages 9 to 12; kids only. In three weeks, kids will become experts at the most important meal of the day — breakfast! We'll put together balanced dishes that you can cook yourself to start your day off right: French Toast, Muffins, Pancakes, Omelets and Scrambled Eggs. *With optional meat, dairy and eggs.*

KITCHEN CHEMISTRY: SUMMER CAKE LAB

Cam Zarcone // Members \$60, Non-members \$65

Ages 10 to 12, with one adult guest. Is it really possible to bake ice cream? Of course it is, if you use a little kitchen science! In this class, we'll get to know the chiffon cake, that surprising but scrumptious cousin of the angel food cake, and learn more about the magic of egg whites. We'll put it all to delicious use as we bake miniature Vanilla Chiffon Cakes with Berry Compote, then tackle the grand finale: our own tiny Baked Alaskas built with chiffon cake, ice cream and homemade meringue. *Vegetarian with dairy and eggs.*

2-DAY MYSTERY BASKET CHALLENGE

Tamara Guyton // Members \$95; Non-members \$105

Ages 10 to 12; kids only. Come put your creative cooking skills on the line! On Day 1, we'll cover essentials like knife skills and stovetop and oven techniques as we prepare Black Bean and Roasted Vegetable Quesadillas; Arroz Rojo (Mexican Red Rice); Pico de Gallo (Fresh Salsa); and Tri-colored Mexican Sugar Cookies. On Day 2, teams will be given mystery ingredients. Use your collective creativity to develop recipes and create dishes for the judging. Emphasis will be on a friendly competition that stresses teamwork and guarantees fun! *With dairy, eggs and optional poultry.*

BAKESHOP: BAGELS AND FLATBREADS

Nancy Leson // Members \$65, Non-members \$70

Age 13 and up, with one adult guest. Homemade breads are so much better than store-bought. Nancy proves this to you with her quick and easy bagels — mixed, formed, boiled and baked in an hour. She'll also show you how to prepare a versatile flatbread dough and turn rolled-out rounds into puffy pita, "baked" in a cast-iron skillet. Choose your bagel toppings and enjoy your fresh One-Hour Bagels and Cast-Iron Skillet Pita with cream cheese, butter or hummus. *Vegetarian with dairy and eggs.*

FRENCH PASTRY: ÉCLAIRS AND CREAM PUFFS

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

Age 13 and up; teens only. Delve into some of the most decadent and versatile French pastry with éclairs and cream puffs. Chef Laurie teaches you how to make pâte à choux, the base dough for these delicate pastries. Then you'll pipe your own pâte à choux into éclairs and cream puffs. While they bake, we'll make chocolate and vanilla pastry cream fillings, whipped cream filling, and chocolate ganache for dipping. Have fun filling and finishing your pastries to take home, and try some in class. *Vegetarian with dairy and eggs.*

PCC KIDS' SUMMER CAMP

Camp registration opened February 1, but space is still available at many locations.

Please visit PCCcooks.com for camp locations, dates and times. // Members \$190, Non-members \$215

AROUND THE WORLD IN FIVE DAYS

Future chefs cook up the cuisines of many lands while learning techniques and kitchen skills. With new recipes and different globetrotting stops from year to year, each day features a complete meal with entrees, side dishes and desserts. This year, we'll travel to Peru, Italy, Turkey, Thailand and France. *Vegetarian with dairy, eggs and optional meat.*

SECTION 1: Ages 8 to 11

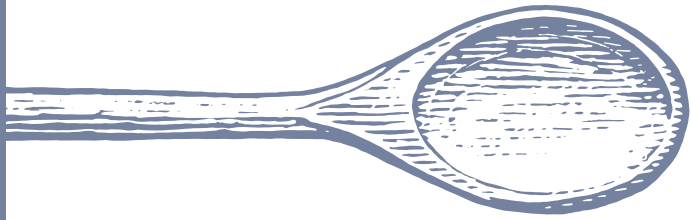
SECTION 2: Ages 12 to 15

GLUTEN-FREE AROUND THE WORLD IN FIVE DAYS

GF

Menus are similar to traditional camp, with adjustments for gluten-free campers. *Vegetarian with dairy, eggs and optional meat; no gluten. Note: recipes are gluten-free, but PCC classrooms are not gluten-free facilities.*

SECTION 1: Ages 8 to 15



WALK, TALK AND TASTE

These nutrition-oriented classes offer in-depth discussion, samples and ample opportunity for questions.

WALK, TALK AND TASTE

GF

Nick Rose, M.S. // Free class; please pre-register

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!

ADDED SUGARS: COMING SOON TO A FOOD LABEL NEAR YOU...

GF

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

Nutrition labels are getting a makeover, and the biggest change will be the inclusion of added sugars. This class will cover the health implications of a high sugar diet, the rationale for including added sugars on food labels, and strategies for reducing sugar consumption. We'll discuss the specific dietary guidelines for added sugar, fruit juice and whole fruit; and review the multitude of "natural" and "artificial" sweeteners in the marketplace as well as the health impacts of each. *Lightly sweetened samples will be provided.*

KRAUT ROCKS!

GF

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

The Germans weren't the first to make sauerkraut, but they are credited with the basic recipe that is still used by today's artisan kraut producers. Raw sauerkraut is one of the best food sources of probiotic bacteria to support digestion, immunity, body weight, heart health and even brain health. Learn some easy ways to incorporate probiotic-rich sauerkraut (and brine) into your diet, to nourish your microbiome and support your overall health. Sample a selection of raw krauts, and learn to make a versatile and nutritious Yin Yang Peanut Sauce.



"I learned a lot and feel more aware of foods to incorporate into my diet. Loved the samples!"

— WALK, TALK AND TASTE with Nick Rose

GLOBAL GOURMET

30-MINUTE THAI BOWLS

Tues., July 10	6:30 to 9 p.m.	CC
Tues., July 17	6:30 to 9 p.m.	ED
Thur., July 26	6:30 to 9 p.m.	BT
Thur., August 2	6:30 to 9 p.m.	IS
Sun., August 12	1 to 3:30 p.m.	GV
Tues., September 18	6:30 to 9 p.m.	RD
Thur., September 27	6:30 to 9 p.m.	BR

EMPANADAS

Sat., August 25	3 to 5:30 p.m.	BT
Thur., August 30	6:30 to 9 p.m.	GV
Sat., September 8	3 to 5:30 p.m.	CC
Thur., September 13	6:30 to 9 p.m.	BR
Mon., September 17	6:30 to 9 p.m.	IS
Sat., September 22	3 to 5:30 p.m.	ED
Wed., September 26	6:30 to 9 p.m.	RD

FRENCH CLASSICS

Wed., July 11	6:30 to 9 p.m.	GV
Wed., July 18	6:30 to 9 p.m.	IS
Thur., July 26	6:30 to 9 p.m.	RD
Sat., July 28	3 to 5:30 p.m.	ED
Mon., August 6	6:30 to 9 p.m.	CC
Tues., August 7	6:30 to 9 p.m.	BT
Fri., August 10	6:30 to 9 p.m.	BR

FRESH PASTA 101

Wed., July 11	6:30 to 9 p.m.	BT
Fri., July 13	6:30 to 9 p.m.	ED
Wed., July 18	6:30 to 9 p.m.	RD
Fri., July 20	6:30 to 9 p.m.	CC
Wed., July 25	6:30 to 9 p.m.	IS
Fri., July 27	6:30 to 9 p.m.	BR
Tues., July 31	6:30 to 9 p.m.	GV

GELATO AND SORBET

Sun., July 1	1 to 3:30 p.m.	IS
Mon., July 2	6:30 to 9 p.m.	GV
Sat., July 7	3 to 5:30 p.m.	BT
Sun., July 8	2 to 4:30 p.m.	ED
Fri., July 13	6:30 to 9 p.m.	CC
Sun., July 15	1 to 3:30 p.m.	RD

HANDMADE TACOS

Mon., July 23	6:30 to 9 p.m.	CC
Wed., August 1	6:30 to 9 p.m.	BT
Wed., August 8	6:30 to 9 p.m.	IS
Thur., August 16	6:30 to 9 p.m.	ED
Wed., August 22	6:30 to 9 p.m.	GV
Thur., August 30	6:30 to 9 p.m.	RD
Thur., September 6	6:30 to 9 p.m.	BR

HARVEST DINNER PARTY

Sun., July 8	1 to 3:30 p.m.	GV
Thur., July 19	6:30 to 9 p.m.	CC
Wed., July 25	6:30 to 9 p.m.	ED
Sun., July 29	1 to 3:30 p.m.	IS
Thur., August 2	6:30 to 9 p.m.	BT
Wed., August 8	6:30 to 9 p.m.	BR
Sun., August 12	1 to 3:30 p.m.	RD

KARACHI KITCHEN

Fri., September 14	6:30 to 9 p.m.	GV
Sun., September 16	1 to 3:30 p.m.	RD
Wed., September 19	6:30 to 9 p.m.	BR
Fri., September 21	6:30 to 9 p.m.	CC
Sun., September 23	1 to 3:30 p.m.	IS
Mon., September 24	6:30 to 9 p.m.	ED

LATE SUMMER IN ITALY

Fri., September 7	6:30 to 9 p.m.	GV
Thur., September 13	6:30 to 9 p.m.	ED
Sat., September 15	3 to 5:30 p.m.	CC
Wed., September 19	6:30 to 9 p.m.	RD
Sat., September 22	3 to 5:30 p.m.	BR
Sat., September 29	3 to 5:30 p.m.	BT
Sun., September 30	1 to 3:30 p.m.	IS

NORTHWEST CAMPING

Mon., July 2	6:30 to 9 p.m.	CC
Tues., July 3	6:30 to 9 p.m.	IS
Mon., July 9	6:30 to 9 p.m.	RD
Tues., July 10	6:30 to 9 p.m.	ED
Mon., July 16	6:30 to 9 p.m.	GV
Tues., July 17	6:30 to 9 p.m.	BT

PAELLA D'ESPAÑA

Fri., July 6	6:30 to 9 p.m.	GV
Sat., July 14	3 to 5:30 p.m.	IS
Thur., July 19	6:30 to 9 p.m.	BT
Thur., August 2	6:30 to 9 p.m.	CC
Sat., August 11	3 to 5:30 p.m.	ED
Wed., August 15	6:30 to 9 p.m.	BR
Tues., August 21	6:30 to 9 p.m.	RD

REGIONAL AMERICAN

Thur., August 23	6:30 to 9 p.m.	RD
Sat., August 25	3 to 5:30 p.m.	GV
Fri., August 31	6:30 to 9 p.m.	BR
Thur., September 6	6:30 to 9 p.m.	IS
Fri., September 7	6:30 to 9 p.m.	CC
Wed., September 19	6:30 to 9 p.m.	BT
Fri., September 28	6:30 to 9 p.m.	ED

SEATTLE SUMMER

Sat., August 4	6:30 to 9 p.m.	BR
Fri., August 10	6:30 to 9 p.m.	GV
Tues., August 14	6:30 to 9 p.m.	BT
Wed., August 15	6:30 to 9 p.m.	IS
Sat., August 25	6:30 to 9 p.m.	RD
Tues., August 28	6:30 to 9 p.m.	CC
Wed., August 29	6:30 to 9 p.m.	ED

THE ART OF DIM SUM

Wed., September 5	6:30 to 9 p.m.	GV
Sun., September 9	2 to 4:30 p.m.	ED
Sun., September 16	1 to 3:30 p.m.	IS
Thur., September 20	6:30 to 9 p.m.	CC
Sun., September 23	1 to 3:30 p.m.	BT
Wed., September 26	6:30 to 9 p.m.	BR
Sun., September 30	1 to 3:30 p.m.	RD

TURKISH FLAVORS

Fri., July 6	6:30 to 9 p.m.	CC
Thur., July 12	6:30 to 9 p.m.	IS
Sun., July 15	1 to 3:30 p.m.	BT
Thur., July 19	6:30 to 9 p.m.	GV
Tues., July 24	6:30 to 9 p.m.	BR
Wed., August 1	6:30 to 9 p.m.	RD
Wed., August 8	6:30 to 9 p.m.	ED

VEGETARIAN SUSHI ROLLS

Tues., July 10	6:30 to 9 p.m.	GV
Tues., July 17	6:30 to 9 p.m.	IS
Tues., July 24	6:30 to 9 p.m.	CC
Tues., July 31	6:30 to 9 p.m.	BT
Tues., August 7	6:30 to 9 p.m.	ED
Mon., August 13	6:30 to 9 p.m.	RD

VIETNAMESE TABLE

Thur., August 16	6:30 to 9 p.m.	CC
Sun., August 19	1 to 3:30 p.m.	BR
Sun., August 26	2 to 4:30 p.m.	ED
Wed., September 5	6:30 to 9 p.m.	RD
Thur., September 13	6:30 to 9 p.m.	BT
Thur., September 20	6:30 to 9 p.m.	IS
Sun., September 23	1 to 3:30 p.m.	GV

BR	Burien
BT	Bothell
CC	Columbia City
ED	Edmonds
GV	Greenlake Village
IS	Issaquah
RD	Redmond

TO YOUR HEALTH

COOKING WITH SEA VEGETABLES

Mon., September 10	6:30 to 9 p.m.	GV
Sun., September 16	2 to 4:30 p.m.	ED
Sat., September 22	3 to 5:30 p.m.	IS
Tues., September 25	6:30 to 9 p.m.	CC

FOODS TO COOL INFLAMMATION

Mon., July 2	6:30 to 9 p.m.	IS
Fri., July 6	6:30 to 9 p.m.	ED
Mon., July 9	6:30 to 9 p.m.	CC
Fri., July 13	6:30 to 9 p.m.	RD
Mon., July 16	6:30 to 9 p.m.	BT
Fri., July 20	6:30 to 9 p.m.	GV

MINDFUL EATING

Mon., July 23	6:30 to 9 p.m.	GV
Fri., July 27	6:30 to 9 p.m.	CC
Mon., July 30	6:30 to 9 p.m.	IS
Fri., August 3	6:30 to 9 p.m.	ED

TECHNIQUES

BBQ RUBS, SAUCES, MARINADES

Tues., July 10	6:30 to 9 p.m.	IS
Tues., July 17	6:30 to 9 p.m.	CC
Fri., July 20	6:30 to 9 p.m.	ED
Fri., July 27	6:30 to 9 p.m.	RD
Sun., July 29	1 to 3:30 p.m.	GV
Sun., August 5	3 to 5:30 p.m.	BR

BERRY HAND PIES AND GALETTES

Sun., July 1	1 to 3:30 p.m.	RD
Mon., July 2	6:30 to 9 p.m.	ED
Sun., July 8	1 to 3:30 p.m.	BT
Wed., July 11	6:30 to 9 p.m.	IS
Thur., July 12	6:30 to 9 p.m.	GV
Mon., July 16	6:30 to 9 p.m.	CC
Wed., July 25	6:30 to 9 p.m.	BR

BRICK OVEN PIZZA

Tues., August 7	6:30 to 9 p.m.	IS
Tues., August 14	6:30 to 9 p.m.	CC
Sun., August 12	2 to 4:30 p.m.	ED
Tues., August 21	6:30 to 9 p.m.	GV
Mon., August 27	6:30 to 9 p.m.	BT

DAIRY-FREE MOZZARELLA

Sun., July 22	1 to 3:30 p.m.	IS
Tues., July 24	6:30 to 9 p.m.	BT
Thur., July 26	6:30 to 9 p.m.	GV
Sun., July 29	2 to 4:30 p.m.	ED
Tues., July 31	6:30 to 9 p.m.	CC
Thur., August 2	6:30 to 9 p.m.	RD

FERMENTED FOODS

Thur., August 9	6:30 to 9 p.m.	GV
Sun., August 12	1 to 3:30 p.m.	BT
Tues., August 14	6:30 to 9 p.m.	RD
Thur., August 16	6:30 to 9 p.m.	IS
Sun., August 19	2 to 4:30 p.m.	ED
Sat., August 25	10 a.m. to 12:30 p.m.	CC
Sat., August 25	4 to 6:30 p.m.	BR

KNIFE SKILLS

Tues., August 14	6:30 to 9 p.m.	IS
Tues., August 21	6:30 to 9 p.m.	BT
Tues., August 28	6:30 to 9 p.m.	BR
Tues., September 4	6:30 to 9 p.m.	GV
Tues., September 11	6:30 to 9 p.m.	CC
Tues., September 18	6:30 to 9 p.m.	ED
Tues., September 25	6:30 to 9 p.m.	RD

MAIN COURSE SALADS

Sat., July 7	3 to 5:30 p.m.	IS
Sun., July 15	2 to 4:30 p.m.	ED
Sun., July 22	1 to 3:30 p.m.	RD
Sat., August 11	3 to 5:30 p.m.	CC
Sat., August 18	3 to 5:30 p.m.	GV
Sun., August 26	3 to 5:30 p.m.	BT

ODE TO APPLES

Sun., September 9	3 to 5:30 p.m.	BR
Wed., September 12	6:30 to 9 p.m.	RD
Thur., September 13	6:30 to 9 p.m.	GV
Mon., September 17	6:30 to 9 p.m.	CC
Fri., September 21	6:30 to 9 p.m.	BT
Wed., September 26	6:30 to 9 p.m.	ED
Thur., September 27	6:30 to 9 p.m.	IS

PLANT-BASED KITCHEN

Wed., August 1	6:30 to 9 p.m.	GV
Sat., August 11	3 to 5:30 p.m.	RD
Sun., August 19	1 to 3:30 p.m.	BT
Sun., August 26	1 to 3:30 p.m.	IS
Thur., September 6	6:30 to 9 p.m.	CC
Wed., September 12	6:30 to 9 p.m.	BR
Sun., September 23	6:30 to 9 p.m.	ED

QUICK WEEKNIGHT MEALS

Mon., July 23	6:30 to 9 p.m.	BR
Tues., July 24	6:30 to 9 p.m.	RD
Mon., July 30	6:30 to 9 p.m.	CC
Mon., August 6	6:30 to 9 p.m.	ED
Mon., August 13	6:30 to 9 p.m.	IS
Tues., August 14	6:30 to 9 p.m.	GV
Mon., August 20	6:30 to 9 p.m.	BT

SEPTEMBER SOUPS

Tues., September 4	6:30 to 9 p.m.	IS
Mon., September 10	6:30 to 9 p.m.	CC
Tues., September 11	6:30 to 9 p.m.	ED
Mon., September 17	6:30 to 9 p.m.	RD
Tues., September 18	6:30 to 9 p.m.	BR
Mon., September 24	6:30 to 9 p.m.	GV
Tues., September 25	6:30 to 9 p.m.	BT

WRAPPED AND STUFFED!

Tues., July 17	6:30 to 9 p.m.	GV
Thur., July 19	6:30 to 9 p.m.	IS
Thur., August 2	6:30 to 9 p.m.	ED
Thur., August 9	6:30 to 9 p.m.	RD
Thur., August 16	6:30 to 9 p.m.	BR
Tues., August 21	6:30 to 9 p.m.	CC
Fri., August 24	6:30 to 9 p.m.	BT

PCC KIDS

TEA PARTY

AGES 2 TO 3

Sat., July 14	10 to 11:15 a.m.	IS
Sat., July 21	10 to 11:15 a.m.	CC
Sat., August 4	10 to 11:15 a.m.	BR
Sat., August 18	10 to 11:15 a.m.	GV
Sat., August 18	10 to 11:15 a.m.	RD
Sat., August 25	10 to 11:15 a.m.	ED
Tues., September 11	10 to 11:15 a.m.	GV
Sat., September 22	10 to 11:15 a.m.	BT

SNACK ATTACK

AGES 4 TO 6

Sat., July 7	10 to 11:30 a.m.	GV
Sun., July 8	10 to 11:30 a.m.	RD
Sat., July 14	10 to 11:30 a.m.	CC
Sun., July 15	10 to 11:30 a.m.	IS
Sat., July 28	10 to 11:30 a.m.	BR
Sun., July 29	10 to 11:30 a.m.	BT
Sat., August 4	10 to 11:30 a.m.	ED

CELEBRATE SUMMER PRODUCE

AGES 4 TO 6

Sat., July 21	10 to 11:30 a.m.	RD
Sun., July 22	10 to 11:30 a.m.	ED
Sat., August 4	10 to 11:30 a.m.	CC
Sun., August 5	10 to 11:30 a.m.	BR
Sat., August 18	10 to 11:30 a.m.	BT
Sun., August 19	10 to 11:30 a.m.	GV
Sat., August 25	10 to 11:30 a.m.	IS

FUN ON THE FARM

AGES 4 TO 6

Tues., July 24		
Wed., July 25	10 to 11:30 a.m.	BT
Wed., August 1		
Thur., August 2	10 to 11:30 a.m.	RD
Wed., August 15		
Thur., August 16	10 to 11:30 a.m.	IS
Tues., August 21		
Wed., August 22	10 to 11:30 a.m.	BR
Wed., August 29		
Thur., August 30	10 to 11:30 a.m.	CC

BERRIES JUBILEE

AGES 7 TO 9

Sat., July 14	3 to 5 p.m.	RD
Fri., July 20	4 to 6 p.m.	IS
Sat., July 21	3 to 5 p.m.	BT
Sat., July 28	3 to 5 p.m.	GV
Fri., August 3	4 to 6 p.m.	CC
Sat., August 4	3 to 5 p.m.	ED
Sat., August 11	3 to 5 p.m.	BR

FAIRY TALE KITCHEN

AGES 7 TO 9

Sat., September 8	3 to 5 p.m.	ED
Sat., September 15	3 to 5 p.m.	BT
Sun., September 16	1 to 3 p.m.	BR
Fri., September 21	4 to 6 p.m.	IS
Sat., September 22	3 to 5 p.m.	RD
Fri., September 28	4 to 6 p.m.	GV
Sat., September 29	3 to 5 p.m.	CC

AFTER-SCHOOL COOKING CLUB: BREAKFAST

AGES 9 TO 12

Tuesdays, September 11, 18, 25	4 to 6 p.m.	IS
Wednesdays, September 12, 19, 26	4 to 6 p.m.	GV
Thursdays, September 13, 20, 27	4 to 6 p.m.	RD

KITCHEN CHEMISTRY

AGES 10 TO 12

Sat., July 7	3 to 5:30 p.m.	CC
Sat., July 14	3 to 5:30 p.m.	ED
Sat., July 28	3 to 5:30 p.m.	BT
Sun., August 5	1 to 3:30 p.m.	GV
Sun., August 12	1 to 3:30 p.m.	BR
Sun., August 19	1 to 3:30 p.m.	IS
Sun., August 26	1 to 3:30 p.m.	RD

2- DAY MYSTERY BASKET

AGES 10 TO 12

Fri., July 6	6 to 8:30 p.m.	
Sat., July 7	3 to 5:30 p.m.	RD
Fri., July 13	6 to 8:30 p.m.	
Sat., July 14	3 to 5:30 p.m.	GV
Fri., July 27	6 to 8:30 p.m.	
Sat., July 28	3 to 5:30 p.m.	IS
Thur., August 9	3 to 5:30 p.m.	
Fri., August 10	3 to 5:30 p.m.	CC

BAKESHOP: BAGELS AND FLATBREADS

AGE 13 + UP

Fri., July 13	5 to 7:30 p.m.	BT
Sat., July 21	3 to 5:30 p.m.	GV
Sat., July 28	3 to 5:30 p.m.	CC
Fri., August 3	5 to 7:30 p.m.	RD
Sat., August 11	3 to 5:30 p.m.	IS
Sat., August 18	3 to 5:30 p.m.	BR
Fri., August 31	5 to 7:30 p.m.	ED

FRENCH PASTRY FOR TEENS

AGE 13 + UP

Fri., August 3	6:30 to 9 p.m.	BT
Sat., August 4	3 to 5:30 p.m.	IS
Fri., August 10	6:30 to 9 p.m.	ED
Sat., August 11	3 to 5:30 p.m.	GV
Sat., August 18	3 to 5:30 p.m.	CC
Wed., August 22	6:30 to 9 p.m.	RD
Sun., August 26	3 to 5:30 p.m.	BR

WALK, TALK AND TASTE

WALK, TALK AND TASTE

Wed., July 11	7 to 8:30 p.m.	BR
Wed., July 18	7 to 8:30 p.m.	ED
Wed., July 25	7 to 8:30 p.m.	GV
Wed., August 1	7 to 8:30 p.m.	IS
Tues., August 7	7 to 8:30 p.m.	BR
Wed., August 22	7 to 8:30 p.m.	BT
Tues., August 28	7 to 8:30 p.m.	RD
Sat., September 8	10 to 11:30 a.m.	BR
Tues., September 18	7 to 8:30 p.m.	CC

ADDED SUGARS

Tues., August 14	7 to 8:30 p.m.	BR
Wed., August 15	7 to 8:30 p.m.	ED
Wed., August 29	7 to 8:30 p.m.	IS

KRAUT ROCKS!

Wed., September 19	7 to 8:30 p.m.	IS
Tues., September 25	7 to 8:30 p.m.	GV

BR	Burien
BT	Bothell
CC	Columbia City
ED	Edmonds
GV	Greenlake Village
IS	Issaquah
RD	Redmond

PCC COOKS CLASSROOM LOCATIONS

BURIEN (BR)

15840 1st Avenue South
Burien, WA 98148
206-708-6908

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

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

REDMOND (RD)

11435 Avondale Rd. N.E.
Redmond, WA 98052
425-285-1400

VISIT PCCMARKETS.COM FOR
COMPLETE LIST OF PCC LOCATIONS,
STORE MAPS AND HOURS.

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

AN EVENING TO IMPRESS

with ABBY CANFIELD:

"Loved Abby's enthusiasm and knowledge. It's very apparent she loves what she does and wants to share her love of food and cooking with others."

FRENCH CLASSES

with MICHAEL DIEM:

"Michael Diem keeps the class attentive with his wonderful instructions and great stories. He makes cooking fun again!"

THAI HOME COOKING

with PRANEE HALVORSEN:

"The food was better than the many Seattle restaurants that I frequent. Pranee is awesome."

