

PCC COOKS



WINTER 2019 CLASSES





SIGN UP FOR CLASSES

REGISTRATION BEGINS NOVEMBER 19 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 a class is cancelled.

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.

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: Steamed Hum Bao from "Take a Bao," page 2.



CLASSROOM LOCATIONS

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



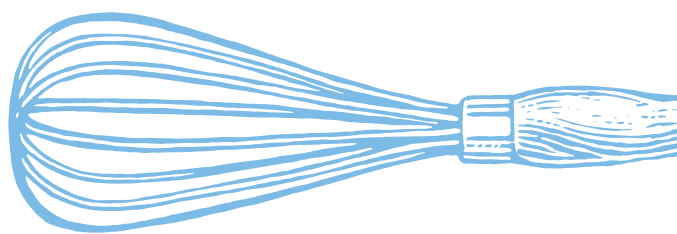
WE OFFER CUSTOM CLASSES!

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.

GLOBAL GOURMET

Bring the world closer with
enticing menus from all corners.



TAKE A BAO HANDS-ON

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

Try your hand at these delightful 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 fill our Hum Baos with flavors from around the world, exploring different cooking methods as we go: Indian-inspired Curried Chicken (baked); Malaysian Beef (steamed); and Apple with Honey Caramel Sauce (fried). *With meat, poultry, dairy and eggs.*

Mon., January 7	6:30 to 9 p.m.	GV
Wed., January 9	11 a.m. to 1:30 p.m.	GV
Wed., January 16	6:30 to 9 p.m.	BT
Thur., January 17	6:30 to 9 p.m.	ED
Wed., January 23	6:30 to 9 p.m.	BR
Thur., January 24	6:30 to 9 p.m.	RD
Mon., January 28	6:30 to 9 p.m.	CC
Tues., January 29	6:30 to 9 p.m.	IS

PASTA WORKSHOP HANDS-ON

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

Learn how to make pasta from scratch! We'll prepare three batches of fresh ribbon pasta and see how versatile this dough can be as we adapt the basic recipe to make beautiful red Beet Pasta; green Spinach Pasta; and yellow Egg Pasta. Then we'll use our fresh dough to form Tortelloni stuffed with Ciliegine Mozzarella and topped with fresh Tomato Sauce; and Farfalle (Bowtie) Pasta topped with Herb Garlic Sauce and generous shavings of Parmigiano Cheese. *Vegetarian with dairy and eggs.*

Tues., March 5	6:30 to 9 p.m.	RD
Wed., March 6	6:30 to 9 p.m.	ED
Mon., March 11	11 a.m. to 1:30 p.m.	IS
Tues., March 12	6:30 to 9 p.m.	BR
Mon., March 18	6:30 to 9 p.m.	CC
Tues., March 19	6:30 to 9 p.m.	GV
Thur., March 21	6:30 to 9 p.m.	BT
Tues., March 26	6:30 to 9 p.m.	IS

SPICE IT UP! FOUNDATIONS OF INDIAN CUISINE HANDS-ON

Sandeep Rehal // Members \$55, Non-members \$60

Not all Indian food is too hot to handle! Learn the foundations of Indian cuisine and its well-seasoned and aromatic traditions. Spice it up, Indian-style, as Sandeep discusses the properties of key spices and how they are blended to create the "tarka," the flavorful base for Indian dishes. Once you learn this technique, you'll see how easily it can be applied to all types of cooking! We'll make Indian Chile Soup over Rice; Chicken Curry with fresh Roti; and Aloo Paratha (Potato Flatbread) with Home-made Yogurt. *With poultry, dairy and eggs.*

Fri., January 25	6:30 to 9 p.m.	BT
Sat., February 9	3 to 5:30 p.m.	BR
Fri., February 15	6:30 to 9 p.m.	CC
Thur., February 28	6:30 to 9 p.m.	ED
Thur., March 7	6:30 to 9 p.m.	RD
Tues., March 12	6:30 to 9 p.m.	GV
Tues., March 19	6:30 to 9 p.m.	IS

QUICK TAMALES AND SALSAS HANDS-ON

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

Tamales are often thought of as a time-consuming labor of love, but here's an opportunity to master a simple, accessible and adaptable method for this versatile food truck favorite. We'll start out with a trio of salsas, including Tomatillo, Roasted Tomato, and Pico de Gallo. Then we'll learn the tricks to working with tamale masa while you have a chance to design your own fillings from an assortment of ingredients including seasonal winter squash, root vegetables and queso fresco. *Vegetarian with optional dairy; no eggs.*

Fri., February 15	6:30 to 9 p.m.	BR
Thur., February 21	6:30 to 9 p.m.	ED
Fri., March 1	6:30 to 9 p.m.	BT
Tues., March 5	6:30 to 9 p.m.	GV
Fri., March 15	6:30 to 9 p.m.	IS
Thur., March 21	6:30 to 9 p.m.	RD
Tues., March 26	6:30 to 9 p.m.	CC

BE MY VALENTINE DEMO SIP + SAVOR

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

Valentine's Day is just around the corner — and that means chocolate! Join Chef Abby for a menu that creatively pairs different varieties of chocolate with complementary savory ingredients for a perfectly romantic feast. Explore how just a hint of chocolate flavor can elevate a dish as Abby prepares Bitter Chocolate Bruschetta with Caramelized Onion Jam, Radicchio and Chèvre; Cauliflower Soup with White Chocolate (yes, really!), topped with Pistachios and Pomegranate Drizzle; Cocoa-rubbed Beef Tenderloin with Roasted Carrots and Chocolate Balsamic Glaze; and Chocolate Beet Cheesecake with Chocolate Shortbread and Orange Marmalade. Invite your valentine, or just treat yourself! *With meat and dairy; no eggs. AGE 21+ with I.D.*

Mon., February 4	6:30 to 9 p.m.	GV
Tues., February 5	6:30 to 9 p.m.	IS
Thur., February 7	6:30 to 9 p.m.	CC
Mon., February 11	6:30 to 9 p.m.	BR
Tues., February 12	6:30 to 9 p.m.	RD
Wed., February 13	6:30 to 9 p.m.	ED

FLAVORS OF IRAN DEMO

Omid Roustaei // Members \$55, Non-members \$60

Iranian cuisine features refined and balanced seasonings and fresh ingredients that create complex flavors. Delve into Persian food history as Omid presents an inviting menu of Abgoosht (a hearty seasoned Stew of Beef Shank, Chickpeas and Potatoes in Rich Tomato Broth); Kotlet (Seasoned Ground Beef and Potato Patties with Stewed Tomatoes); Morgh tu Por-e Torsh-o Shirin (Stuffed Sweet and Sour Saffron Chicken with Dried Fruit and Persian Spices); Reshteh Polo (Saffron Rice Pilaf layered with Toasted Noodles, Lamb, Dates and Orange Blossom Water); and Halva-ye Havij (Persian Carrot, Rosewater and Saffron Brownie). *With meat, poultry, dairy and eggs.*

Sun., January 6	2 to 4:30 p.m.	ED
Sun., January 20	2 to 4:30 p.m.	BT
Sun., February 3	2 to 4:30 p.m.	IS
Sat., February 16	3 to 5:30 p.m.	GV
Sat., March 2	3 to 5:30 p.m.	CC
Sat., March 16	3 to 5:30 p.m.	RD
Sun., March 31	2 to 4:30 p.m.	BR

FRENCH CLASSICS FOR WINTER

DEMO SIP + SAVOR

Michael Diem // Members \$60, Non-members \$65

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, giving you the confidence to recreate these gorgeous plates at home. Mike will prepare Mushroom Tarte Légère with Chèvre; Beef Bourguignon (a Burgundian dish of beef braised in red wine and rich gravy) with Pommes Chateau (a buttery potato side dish); and Gateau Savarin (a classic French sponge cake). You'll sip French wine pairings with each dish. *With meat, dairy and eggs. Age 21+ with I.D.*

Fri., January 18	6:30 to 9 p.m.	GV
Tues., January 22	6:30 to 9 p.m.	IS
Thur., January 24	6:30 to 9 p.m.	BT
Wed., January 30	6:30 to 9 p.m.	BR
Thur., March 7	6:30 to 9 p.m.	CC
Tues., March 12	6:30 to 9 p.m.	RD
Thur., March 14	6:30 to 9 p.m.	ED

BRAZILIAN VACATION HANDS-ON

Marianna Stepniewski // Members \$55, Non-members \$60

Just because we are in the winter months of the Pacific Northwest doesn't mean we can't cook like we are in sunny Brazil! Meet Marianna in the kitchen for a warming, hearty meal that will feel like you're dining beachside in Rio de Janeiro. We'll make Brazilian Churrasco (Grilled Meats); Pao de Queijo (Brazilian Cheese Bread); Savory Chimichurri Sauce; Brazilian Chopped Salad; and Chocolate Brigadeiros (Truffles). *With meat, dairy and eggs.*

Sun., February 17	2 to 4:30 p.m.	ED
Tues., February 26	6:30 to 9 p.m.	GV
Sun., March 3	2 to 4:30 p.m.	RD
Tues., March 5	6:30 to 9 p.m.	BT
Sun., March 10	2 to 4:30 p.m.	BR
Tues., March 12	6:30 to 9 p.m.	CC
Sun., March 17	2 to 4:30 p.m.	IS

VIETNAMESE TABLE HANDS-ON GF

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

Pull up a chair to Thanh's PNW-inspired Vietnamese table and cozy up with a hearty array of dishes that are just the thing for the cooler season. We'll chop, broil, braise and stir-fry our way through three savory dishes served with jasmine rice, plus dessert. Make Apple and Pear Salad with Broiled Prawns; Braised Cabbage Rolls; Pork with Garlic and Potatoes; and Plantains Simmered in Coconut Milk. *With meat and seafood; no dairy, eggs or gluten.*

Tues., March 5	6:30 to 9 p.m.	BR
Wed., March 6	6:30 to 9 p.m.	IS
Wed., March 13	6:30 to 9 p.m.	BT
Thur., March 14	6:30 to 9 p.m.	CC
Wed., March 20	6:30 to 9 p.m.	ED
Thur., March 21	6:30 to 9 p.m.	GV
Tues., March 26	6:30 to 9 p.m.	RD

KURDISH FLATBREAD: LAHMACUN

HANDS-ON

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

Lahmacun, a crispy flatbread topped with minced meat, herbs, spices and vegetables, is one of the most popular breads in the Middle East. In Turkey, lahmacun is mostly eaten at restaurants or purchased from street food vendors that specialize in preparing this delicacy. Pinar will show you how to make lahmacun at home to enjoy anytime! We'll top our flatbread with Spiced, Herbed Ground Lamb, and pair it with a classic Turkish Onion Salad with Sumac and Parsley; and Red Lentil Soup with Vegetables and Mint Sauce. *With meat; no dairy or eggs.*

Sun., January 13	2 to 4:30 p.m.	BT
Thur., January 17	6:30 to 9 p.m.	IS
Sat., January 26	3 to 5:30 p.m.	GV
Sun., February 3	2 to 4:30 p.m.	ED
Fri., February 8	6:30 to 9 p.m.	CC
Sun., February 17	2 to 4:30 p.m.	RD
Fri., February 22	6:30 to 9 p.m.	BR

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 Nabe ("nahbay"), a family-style Japanese one-pot dish that is flexible and quick to cook. We'll prepare Chanko Nabe ("Sumo Wrestlers' Stew," rich with vegetables, chicken meatballs, pork and fish in a miso broth); and Japan's most popular nabe dish, Sukiyaki (sliced beef, tofu, mushrooms and greens in sweetened soy 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.*

Fri., February 1	6:30 to 9 p.m.	IS
Thur., February 7	6:30 to 9 p.m.	GV
Mon., February 11	6:30 to 9 p.m.	RD
Mon., February 18	6:30 to 9 p.m.	BR
Thur., February 28	6:30 to 9 p.m.	CC
Wed., March 6	6:30 to 9 p.m.	BT
Mon., March 11	6:30 to 9 p.m.	ED

ITALIAN SUNDAY LUNCH

DEMO

SIP + SAVOR

GF

Paola Albanesi // *Members \$60, Non-members \$65*

Sunday Lunch, or Pranzo della Domenica, is the Italian "hygge" moment. Families and friends gather for a cheerful and mellow afternoon, enjoying homemade food, catching up or watching the game together. This Sunday lunch menu is elegant, warming and easy to prepare — and great for any day of the week. Paola will make Risotto con Verza, Gorgonzola e Noci (Risotto with Savoy Cabbage, Gorgonzola Cheese and Walnuts); Pollo Arrosto Con Mostarda ed Erbe (Roasted Chicken with Herbs and Mustard); Braised Fennel and Onions with Oranges; and Torta Caprese (Gluten-Free Almond-Chocolate Cake), all paired with wine samples. *With poultry, dairy and eggs; no gluten. Age 21+ with ID.*

Sat., January 12	3 to 5:30 p.m.	CC
Wed., January 16	6:30 to 9 p.m.	ED
Sat., January 26	3 to 5:30 p.m.	RD
Fri., February 1	6:30 to 9 p.m.	GV
Wed., February 6	6:30 to 9 p.m.	BT
Wed., February 13	6:30 to 9 p.m.	IS
Wed., February 27	6:30 to 9 p.m.	BR

NORTHWEST WINE AND DINE

DEMO

SIP + SAVOR

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

Chef Abby does it again, with a sophisticated Italian-Pacific Northwest menu that pairs flavors, colors and textures for a gorgeous dinner party or special event spread. These dishes shine all the more once paired with local wine samples. Abby will demo Radicchio Panzanella Salad with Roasted Fennel, Parmigiano Reggiano and Pomegranate Molasses Vinaigrette; Roasted Pumpkin and Brown Butter Soup with Red Onion Agrodolce, Sage Ricotta and Toasted Pepitas; White Wine-braised Chicken with Sautéed Greens, Cannellini Beans, Blood Orange and Toasted Walnuts; and Spiced Pear Upside-down Cake with Toasted Pistachios and Vanilla Crème Anglaise. *With meat, dairy and eggs. Age 21+ with ID.*

Thur., January 10	6:30 to 9 p.m.	RD
Tues., January 22	6:30 to 9 p.m.	CC
Wed., January 23	6:30 to 9 p.m.	ED
Fri., March 8	6:30 to 9 p.m.	GV
Wed., March 13	6:30 to 9 p.m.	IS
Thur., March 14	6:30 to 9 p.m.	BT
Thur., March 21	6:30 to 9 p.m.	BR

A BITE OF ASIA DEMO

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

Nancy loves Asian cuisines more than any other, finds inspiration in Asian restaurants and cookbooks, and cooks across culinary cultures at home. Here, she'll share some of her Asian-food favorites, convinced that once you taste them, you'll also consider these recipes part of your kitchen classics. She'll make Hunan-style Chili-Cumin Ribs; Korean Shrimp and Zucchini Pancakes; Ginger and Black Pepper Rice; and Vietnamese Nuac Cham. *With meat, seafood, dairy and eggs.*

Thur., January 24	6:30 to 9 p.m.	ED
Fri., February 1	6:30 to 9 p.m.	CC
Sun., February 10	2 to 4:30 p.m.	RD
Sat., February 23	3 to 5:30 p.m.	BR
Wed., February 27	6:30 to 9 p.m.	GV
Sun., March 10	2 to 4:30 p.m.	BT
Wed., March 20	6:30 to 9 p.m.	IS

LIME AND COCONUT DEMO

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

Learn about the health benefits of coconut while getting some great ideas of how to use it in your daily meals, perfectly complemented with tart lime. This fabulous flavor duo stars in Coconut-Lime Grilled Shrimp; Jamaican Coconut-Lime Chicken Curry; Coconut Rice and Peas; Green Salad with Coconut-Lime Dressing; and Coconut Phyllo Cups with Lime Curd. *With poultry and seafood; no dairy or eggs.*

Sun., January 13	1 to 3:30 p.m.	RD
Sat., January 26	3 to 5:30 p.m.	ED
Sun., February 3	3 to 5:30 p.m.	GV
Sun., February 10	1 to 3:30 p.m.	BT
Sat., February 23	3 to 5:30 p.m.	IS
Fri., March 8	6:30 to 9 p.m.	CC
Sat., March 23	3 to 5:30 p.m.	BR

FRENCH PASTRY: ÉCLAIRS AND CREAM PUFFS HANDS-ON

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

Delve into some of the most decadent and versatile French pastry with éclairs and cream puffs. Chef Laurie will teach 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 some pastries to take home (and of course eat some in class)! You'll also receive a bonus recipe for Gougères (cheese puffs). *Vegetarian with dairy and eggs.*

Fri., January 4	6:30 to 9 p.m.	GV
Wed., January 9	6:30 to 9 p.m.	CC
Fri., January 11	6:30 to 9 p.m.	IS
Wed., January 23	6:30 to 9 p.m.	RD
Fri., January 25	6:30 to 9 p.m.	GV
Thur., January 31	6:30 to 9 p.m.	BT
Sat., February 2	3 to 5:30 p.m.	BR
Mon., February 18	6:30 to 9 p.m.	ED

PIZZA DI NAPOLI HANDS-ON

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

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 Pizza with Brie, Apples and Arugula; Pizza Margherita; Pizza with Artichokes, Kalamata Olives, Red Peppers, Sweet Onions and optional Pepperoni; and Rosemary Focaccia with optional Prosciutto. You'll also receive some dough to begin making pizza at home. *With dairy, eggs and optional meat.*

Tues., January 8	6:30 to 9 p.m.	IS
Wed., January 9	6:30 to 9 p.m.	BT
Mon., January 14	6:30 to 9 p.m.	ED
Tues., January 15	6:30 to 9 p.m.	GV
Wed., January 16	6:30 to 9 p.m.	BR
Thur., January 24	6:30 to 9 p.m.	CC
Mon., January 28	6:30 to 9 p.m.	RD

THAI HOME COOKING DEMO

Pranee Halvorsen // Members \$55, Non-members \$60

Delight your palate and expand your repertoire with Pranee's winter Thai menu. Learn to make staples like Thai soup, salad and stir-fry; explore braising techniques; and get an introduction to the fresh herbs and key ingredients that flavor Thai cooking. Pranee will make Gai Tom Kamin (Sour and Sweet Chicken Soup with Turmeric, Lemongrass and Lime Leaf Broth); Yum Som Oh (Grapefruit Salad with Prawns, Caramelized Shallots and Cilantro); Phad Thai (Stir-fried Rice Noodles and Tofu with homemade Phad Thai Sauce); and Moo Palo (Braised Pork Shoulder with Egg, Five Spice, Cinnamon and Soy Sauce). *With meat, poultry, seafood and eggs; no dairy.*

Tues., January 8	6:30 to 9 p.m.	ED
Mon., January 14	6:30 to 9 p.m.	IS
Tues., January 22	6:30 to 9 p.m.	GV
Thur., February 7	6:30 to 9 p.m.	RD
Tues., February 12	6:30 to 9 p.m.	BT
Tues., February 26	6:30 to 9 p.m.	BR
Tues., March 5	6:30 to 9 p.m.	CC

THE CRÊPES OF BRITTANY HANDS-ON

Emma Le Du // Members \$55, Non-members \$60

Crêpes are a strong tradition of Brittany, the Celtic part of western France, where Emma is from. She will teach you how to make both savory buckwheat galettes and sweet wheat crêpes. We will practice the techniques and go over the components that make these authentic Brittany delicacies so special. On the menu: La Complète (Egg, Ham and Cheese Galette); La Mer (Salmon and Crème Fraîche Galette); La Citron (Lemon and Caramelized Sugar Crêpe); and La Gourmande (Chocolate, Banana and Almond Crêpe). *With seafood, dairy, eggs and optional meat.*

Wed., January 16	6:30 to 9 p.m.	GV
Thur., January 17	6:30 to 9 p.m.	BT
Tues., January 22	6:30 to 9 p.m.	ED
Wed., January 23	6:30 to 9 p.m.	CC
Tues., January 29	6:30 to 9 p.m.	BR
Thur., January 31	6:30 to 9 p.m.	RD
Wed., February 6	6:30 to 9 p.m.	IS

POLISH COMFORT COOKING HANDS-ON

Marianna Stepniewski // Members \$55, Non-members \$60

When the winter months turn cold, where better to turn to than Poland for nourishing soups and stews. Meet Chef Marianna in a PCC kitchen, where she'll share her Polish heritage recipes as you prepare classic dishes that are sure to keep you warm even when it's chilly outside. We'll make Bigos Mamy (Polish Hunter's Stew); Zurek (a sour and creamy Bread Soup); and Apple Latkes with Buttermilk Creme Anglaise. *With meat, dairy and eggs.*

Sun., January 13	2 to 4:30 p.m.	BR
Tues., January 15	6:30 to 9 p.m.	ED
Sun., January 20	2 to 4:30 p.m.	GV
Tues., January 22	6:30 to 9 p.m.	BT
Sun., February 3	2 to 4:30 p.m.	RD
Tues., February 5	6:30 to 9 p.m.	CC
Mon., February 11	6:30 to 9 p.m.	IS

CHINESE-STYLE BRAISING HANDS-ON

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

The braising season is here! Join Christina and learn different Chinese styles of braising, including the classic Hong-shao (red-braising). Using seasonings such as soy sauce, assorted aromatics and fragrant spices, you'll create authentic sauces with complex flavors. Practice your braising skills using a wok and learn how to finish the cooking process in a clay pot. We'll make Sichuan-style Hong-shao Beef with Potatoes and Carrots; Braised Caramelized Chicken in Gingery Soy Sake Sauce with Mushrooms; Wok-browned Tofu Braised in Leek-flavored Sauce; and Old Beijing-style Braised Eggplants with Aromatic Soy Vinegar Sauce. *With meat and poultry; no dairy and eggs.*

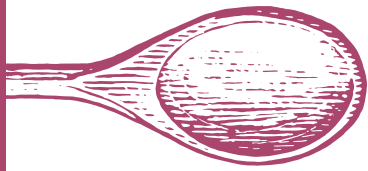
Sun., February 24	1 to 3:30 p.m.	IS
Tues., February 26	6:30 to 9 p.m.	CC
Sun., March 3	1 to 3:30 p.m.	BT
Wed., March 6	6:30 to 9 p.m.	BR
Sun., March 10	1 to 3:30 p.m.	RD
Wed., March 13	6:30 to 9 p.m.	GV
Sun., March 17	1 to 3:30 p.m.	ED

WALK, TALK AND TASTE

Marilyn Walls, M.S. and Ami Karnosh, M.S., C.N. // Members \$5, Non-members \$5

Join us 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 informative class. Come try some new foods, discuss the meaning behind food labels, tour the store and get the chance to have your burning questions answered by an expert. Everyone is welcome!

Tues., Jan. 15	7 to 8:30 p.m.	BR
Wed., Feb. 6	7 to 8:30 p.m.	GV
Wed., Feb. 13	7 to 8:30 p.m.	RD
Thur., Feb. 21	7 to 8:30 p.m.	CC
Thur., Feb. 28	7 to 8:30 p.m.	BT
Mon., March 4	7 to 8:30 p.m.	IS
Wed., March 13	7 to 8:30 p.m.	ED



TO YOUR HEALTH!

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

MINDFUL EATING 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. 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 Black Bean and Artichoke Hummus with Crudités; Mushroom Caps with Samosa Filling; Toasted Pecan and Quinoa Fritters; and Coconut Chocolate Mousse. *Vegetarian; no dairy, eggs or gluten.*

Sat., January 5	3 to 5:30 p.m.	ED
Mon., January 14	6:30 to 9 p.m.	GV
Sat., January 19	3 to 5:30 p.m.	IS
Sun., January 27	1 to 3:30 p.m.	BT
Tues., February 12	6:30 to 9 p.m.	BR

AGING GRACEFULLY

Marilyn Walls, M.S. //
Members \$10, Non-members \$15

Is 60 really the new 50? Does the body's need for specific vitamins and minerals change with age? As longevity increases, we all want to remain strong and healthy. In this shorter lecture-style class, Marilyn will offer samples and discuss food choices to support heart, brain, energy and muscle function as we age.

Thur., March 7	7 to 8:30 p.m.	ED
Wed., March 13	7 to 8:30 p.m.	BR
Mon., March 18	7 to 8:30 p.m.	GV
Wed., March 20	7 to 8:30 p.m.	RD
Mon., March 25	7 to 8:30 p.m.	IS

NAVIGATING FODMAPS DELICIOUSLY DEMO GF

Ami Karnosh, M.S., C.N. //
Members \$45, Non-members \$50

If you're observing a low-FODMAP diet, you know that giving up foods can be tricky — but there are plenty of ways to add flavor and keep things creative in the kitchen. Learn to navigate the challenges of eliminating foods while maintaining a healthful and delicious diet. Nutritionist Ami will discuss strategies for a successful FODMAP journey, and share some go-to recipes: "Anytime" Winter Vegetable Soup; Sichuan Kelp Noodles; high-protein Chickpea Crêpe Wraps; and Chewy Peanut Butter Cookies. *Vegetarian with eggs; no dairy or gluten.*

Wed., March 6	6:30 to 9 p.m.	GV
Mon., March 11	6:30 to 9 p.m.	RD
Thur., March 14	6:30 to 9 p.m.	IS
Sun., March 17	1 to 3:30 p.m.	BR

DIY SKIN CARE: NOURISHING WINTER SKIN HANDS-ON

Marilyn Walls, M.S. //
Members \$45, Non-members \$50

Nutritionist Marilyn Walls will guide you in a hands-on class focused on caring for the largest organ in your body: your skin! Learn how to add nutrients and moisture to your thirsty winter skin from both inside and out. Besides discussing and sampling some foods to nourish your skin, you will learn about the protective qualities of herbs and essential oils, and make personally customized facial mist, exfoliating bath scrub and body cream to take home.

Mon., January 7	6:30 to 9 p.m.	ED
Mon., January 14	6:30 to 9 p.m.	BR
Thur., January 24	6:30 to 9 p.m.	IS
Wed., January 30	6:30 to 9 p.m.	CC
Mon., February 18	6:30 to 9 p.m.	BT
Tues., February 26	6:30 to 9 p.m.	RD
Thur., February 28	6:30 to 9 p.m.	GV

COOLING INFLAMMATION DEMO GF

Ami Karnosh, M.S., C.N. //
Members \$45, Non-members \$50

Inflammation is a powerful and effective response to notify the immune system to send help. Unfortunately, many factors create an inflammatory environment that doesn't allow the immune system to rest, wearing it down over time. Join Ami to learn about foods that soothe the inflammatory response and help restore balance, while she demonstrates delicious, easy recipes: Coconut, Lemongrass and Lime Soup; Pumpkin Seed Miso Pesto; Beet and Horseradish Relish; refreshing Mung Bean Salad with Lime and Red Pepper; and a Hug in a Mug (Turmeric Golden Tea). *Vegetarian; no dairy, eggs or gluten.*

Thur., January 10	6:30 to 9 p.m.	ED
Thur., January 17	6:30 to 9 p.m.	RD
Sun., January 20	3 to 5:30 p.m.	BR
Wed., January 23	6:30 to 9 p.m.	GV
Wed., January 30	6:30 to 9 p.m.	BT
Thur., January 31	6:30 to 9 p.m.	IS
Sat., March 9	3 to 5:30 p.m.	CC

TECHNIQUES



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

CAST-IRON COOKING DEMO

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

Cast-iron cookware has been a mainstay in kitchens for hundreds of years, and for good reason! After mastering a few simple tricks for using and maintaining cast iron, you'll be set for a lifetime of incredible meals. Discover iron's versatility for all manner of dishes — even baked goods — as Chef Mike prepares Crab, Shrimp and Smoked Salmon Cakes with Chipotle-Lime Sauce; Dutch-oven Chicken and Dumplings; and Chocolate Pudding Cake. *With poultry, seafood, dairy and eggs.*

Wed., January 9	6:30 to 9 p.m.	ED
Thur., January 10	6:30 to 9 p.m.	IS
Tues., February 5	6:30 to 9 p.m.	RD
Wed., February 6	6:30 to 9 p.m.	CC
Mon., February 11	6:30 to 9 p.m.	BT
Tues., February 12	6:30 to 9 p.m.	GV
Thur., February 28	6:30 to 9 p.m.	BR

CLEAN AND SIMPLE FOR ONE OR TWO

DEMO GF

Marie Donadio // Members \$50, Non-members \$55

Preparing healthy, satisfying meals for one or two people can pose challenges in shopping, portioning and time investment. Marie will share three meal ideas, as well as sides and garnishes that offer components for other dishes, helping you navigate nearly a week of eating well. She'll prepare Braised Chicken Thighs with Mushrooms and Artichokes, and Olive, Nut and Herb Relish; and simple Baked Cod two ways (Thai and Oreganata with complementary vegetables). Marie will also make Grass-fed Beef Meatballs — suitable for freezing, and versatile for recipes from soup to salad. *With meat, poultry and seafood; no dairy, eggs or gluten.*

Thur., March 7	6:30 to 9 p.m.	GV
Fri., March 8	6:30 to 9 p.m.	IS
Sat., March 9	3 to 5:30 p.m.	BT
Sun., March 10	2 to 4:30 p.m.	ED
Mon., March 11	6:30 to 9 p.m.	CC
Wed., March 13	6:30 to 9 p.m.	RD
Thur., March 14	6:30 to 9 p.m.	BR

CUPCAKE DECORATING 101 HANDS-ON

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

Learn cake decorating with Pastry Chef Laurie! First, she'll demo cake mixing and baking. Then, while the cakes are cooling, you'll learn to make both the simplest American Buttercream and a gorgeous Swiss Buttercream. Laurie will demo piping décor and give you tips and tricks to using a piping bag, coloring the buttercream, and utilizing different style pastry tips to achieve the look you're after. You'll have plenty of time in class to decorate several of your own cupcakes to take home, and you'll leave feeling more confident in making buttercreams and using your piping skills. *Vegetarian with dairy and eggs.*

Wed., February 27	6:30 to 9 p.m.	IS
Fri., March 1	6:30 to 9 p.m.	GV
Thur., March 7	6:30 to 9 p.m.	BT
Sat., March 9	3 to 5:30 p.m.	BR
Tues., March 12	6:30 to 9 p.m.	ED
Thur., March 14	6:30 to 9 p.m.	RD
Tues., March 19	6:30 to 9 p.m.	CC

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 anyone starting their cooking journey or 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.*

Mon., February 4	6:30 to 9 p.m.	CC
Tues., February 5	6:30 to 9 p.m.	BT
Mon., February 11	6:30 to 9 p.m.	GV
Tues., February 12	6:30 to 9 p.m.	IS
Mon., February 25	6:30 to 9 p.m.	BR
Tues., February 26	6:30 to 9 p.m.	ED
Mon., March 4	6:30 to 9 p.m.	RD

HOMEMADE CHEESE 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 Buttermilk 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.*

Sun., January 27	1 to 3:30 p.m.	GV
Sun., February 10	1 to 3:30 p.m.	BR
Sun., February 24	2 to 4:30 p.m.	ED
Sun., March 10	1 to 3:30 p.m.	IS

WRAPPED AND STUFFED! WINTER VEGETABLES

HANDS-ON

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

Winter vegetables have deep and satisfying flavors. They also make convenient shells and wrappers for a world of entrees and appetizers. In this hands-on class, we'll prepare a tasty selection of stuffed vegetables and explore ideas for other creative ways to use the season's produce as casings and fillings. We'll prepare Stuffed Winter Squash, Tofu Sesame Collard Rolls, Stuffed Cabbage, and Twice-baked Potatoes with Chives and Parmesan. *Vegetarian with dairy; no eggs.*

Fri., January 18	6:30 to 9 p.m.	CC
Fri., January 25	6:30 to 9 p.m.	RD
Tues., January 29	6:30 to 9 p.m.	GV
Tues., February 5	6:30 to 9 p.m.	ED
Thur., February 7	6:30 to 9 p.m.	IS

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 starters sour and how allowing 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 Cream Cheese and Lox. Instructions for long-ferment Rustic Sourdough Boule included. *With dairy and optional seafood; no eggs.*

Wed., January 23	7 to 8:30 p.m.	BT
Sat., January 26	3 to 4:30 p.m.	CC
Wed., January 30	7 to 8:30 p.m.	GV
Sat., February 2	3 to 4:30 p.m.	IS

DAIRY-FREE CHEESES: JALAPEÑO, ROASTED GARLIC AND MORE

DEMO GF

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

Join Birgitte and 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 several savory cheeses including Smoked Paprika Cheese; Roasted Garlic Herb Cheese; and Jalapeño Pepper Cheese, which we will add to Black Bean and Yam Quesadillas. Cheeses will be accompanied with seasonal fruit and vegetables. *Vegetarian; no dairy, eggs or gluten.*

Sat., February 16	10 a.m. to 12:30 p.m.	CC
Sat., February 16	4 to 6:30 p.m.	BR
Sun., February 17	2 to 4:30 p.m.	BT
Mon., February 18	6:30 to 9 p.m.	IS
Tues., February 19	6:30 to 9 p.m.	ED
Wed., February 20	6:30 to 9 p.m.	GV
Thur., February 21	6:30 to 9 p.m.	RD

RAINBOW IN THE DARK: MOOD-BOOSTING WINTER SALADS

HANDS-ON

Lesia Sullivan // Members \$50, Non-members \$55

Boost your immune system and lift your mood with fun and spirited Chef Lesia. She'll inspire you to brighten up your winter menu with a palette of lively produce as we create and savor four hearty salads with colors that shine in the dark of winter. We'll make Beet Gems Salad with Citrus Dill Dressing; Roasted Golden Root Salad with Fresh Ginger and Turmeric; Warm Farro and Winter Greens with Pistachios and Pomegranate Seeds; and Purple Cabbage Slaw with Sultanas and Flaxseed. We'll also talk vegetable selection and storage. *Vegetarian; no dairy or eggs.*

Sun., February 17	2 to 4:30 p.m.	IS
Sat., February 23	3 to 5:30 p.m.	ED
Sun., February 24	3 to 5:30 p.m.	RD
Sat., March 2	3 to 5:30 p.m.	GV
Sun., March 3	2 to 4:30 p.m.	BR

PLANT-BASED KITCHEN: SNACKS AND APPETIZERS

DEMO GF

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

Sure, it's a new year and many of us have healthy eating goals to stick to, but that doesn't mean the fun has to stop! Join MJ to learn some recipes for satisfying, plant-based snacks and treats with nutritious ingredients that won't undo any new year's resolutions about eating more healthfully. Whether you're satisfying your own craving or preparing appetizers for a group, these tasty bites will fit the bill: Nori Sesame Almond Crunch; Stuffed Mushroom Caps with Herbs, Cannellini Beans and Walnuts; Black Lentil Caviar on Blinis with Horseradish Cream; and Raw Chocolate Truffles with Cacao, Almond Butter, Dates and Coconut. *Vegetarian; no dairy, eggs or gluten.*

Sun., January 6	3 to 5:30 p.m.	IS
Sat., January 19	3 to 5:30 p.m.	BT
Fri., January 25	6:30 to 9 p.m.	BR
Sat., February 2	3 to 5:30 p.m.	RD
Sun., February 10	2 to 4:30 p.m.	ED
Sat., February 23	3 to 5:30 p.m.	GV
Wed., March 6	6:30 to 9 p.m.	CC

2-DAY ARTISAN BREAD WORKSHOP

HANDS-ON

Laurie Pfalzer // Members \$110, Non-members \$120

Roll up your sleeves and get ready to make several artisan breads including Braided Challah; Ciabatta Loaves and Rolls; Pumpkinknickel Rolls; and two types of Flatbread. The first day, you'll make the starters for your doughs, learn the basics behind bread techniques, and have time for some discussion. The second day, you'll learn to mix, shape and proof your bread and how to bake for excellent crust and crumb. Bring your bread questions — there will be time for discussion and to troubleshoot problems. You'll leave class with bread fresh from the oven. *Vegetarian with dairy and eggs.*

Sat., January 5	3 to 5:30 p.m.	
Sun., January 6	1 to 4:30 p.m.	GV
Sat., January 19	3 to 5:30 p.m.	
Sun., January 20	2 to 5:30 p.m.	ED
Sat., February 9	3 to 5:30 p.m.	
Sun., February 10	1 to 4:30 p.m.	IS
Sat., February 23	3 to 5:30 p.m.	
Sun., February 24	1 to 4:30 p.m.	BT

DINNER'S IN THE FREEZER

DEMO

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

Chef Jennifer is full of practical ideas for saving time and effort while eating well — like utilizing your freezer as a vault of ready-to-heat meals! Just take a couple hours on a weekend to prep. Once prepared and tucked away, these dishes are ready to eat in an hour or less from freezer to table, making them great options for a busy week. Learn the strategy in class as Jennifer demos Deconstructed Chicken Pot Pie; Bolognese and Béchamel Lasagna; and Tex-Mex Fajitas to sample in class. *With meat, poultry, dairy and eggs.*

Mon., January 7	6:30 to 9 p.m.	BT
Tues., January 8	6:30 to 9 p.m.	GV
Mon., January 14	6:30 to 9 p.m.	RD
Tues., January 15	6:30 to 9 p.m.	CC
Tues., January 22	6:30 to 9 p.m.	BR
Mon., January 28	6:30 to 9 p.m.	IS
Tues., January 29	6:30 to 9 p.m.	ED

INSTANT POT PRESSURE COOKING BASICS

HANDS-ON

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

Is your Instant Pot still sitting in its box? Never fear, Chef Lesa has you covered with pressure cooking basics! She'll show you some vegan recipes that will surprise you with their ease and satisfy your appetite. Making a full pasta meal, cooking dried beans, creating an intensely flavored stock, and even baking a cake can all be done in less than half the regular time. In this hands-on class, you will make and eat: Rich Roasted Vegetable Stock; Pasta Puttanesca; Cannellini Bean Salad with Tender Veggies; and Chocolate Cake. *Vegetarian; no dairy or eggs.*

Sun., January 13	2 to 4:30 p.m.	ED
Sat., January 19	3 to 5:30 p.m.	BR
Sun., January 20	2 to 4:30 p.m.	IS
Fri., January 25	6:30 to 9 p.m.	CC
Sun., January 27	1 to 3:30 p.m.	RD
Sat., February 2	3 to 5:30 p.m.	GV
Sun., February 3	1 to 3:30 p.m.	BT

LOW AND SLOW IS THE WAY TO GO

HANDS-ON GF

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

Time is an ingredient... but keep the clock on the wall! Chef Thanh will help you gain a new appreciation for slow cooking as we employ the techniques and witness the benefits of braising, roasting and simmering. See (and taste!) the difference taking a little extra time can make with Melting Pot Short Ribs; Skillet Chicken with Preserved Lemons; and Cauliflower Risotto with Roasted Root Vegetables. *With meat, poultry and dairy; no eggs or gluten.*

Thur., February 7	6:30 to 9 p.m.	BT
Tues., February 12	6:30 to 9 p.m.	ED
Wed., February 13	6:30 to 9 p.m.	CC
Tues., February 19	6:30 to 9 p.m.	BR
Wed., February 20	6:30 to 9 p.m.	RD
Mon., February 25	6:30 to 9 p.m.	GV
Tues., February 26	6:30 to 9 p.m.	IS

PNW SEAFOOD DEMO

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

We live in the Pacific Northwest, where great seafood can be found just about anywhere. But why go to an expensive restaurant to enjoy it when you can prepare white-tablecloth-worthy seafood dishes at home? James will start at the beginning, demonstrating how to clean and fillet a fish, prepare mussels and shrimp and purge clams. He'll put the skills to work with a classic Bouillabaisse with Hazelnut Rouille, paired with Skillet Bread and a bright Arugula and Pomegranate Salad with Lemon Vinaigrette. *With seafood, dairy and eggs.*

Mon., February 4	6:30 to 9 p.m.	ED
Tues., February 12	6:30 to 9 p.m.	CC
Tues., February 26	6:30 to 9 p.m.	BT
Tues., March 5	6:30 to 9 p.m.	IS
Mon., March 11	6:30 to 9 p.m.	BR
Mon., March 18	6:30 to 9 p.m.	RD
Tues., March 26	6:30 to 9 p.m.	GV

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 Minestrone Soup with Parmesan Reggiano. *With optional poultry and dairy; no eggs. Adults only.*

Tues., January 8	6:30 to 9 p.m.	CC
Wed., February 13	6:30 to 9 p.m.	GV
Fri., February 15	6:30 to 9 p.m.	BT
Tues., February 19	6:30 to 9 p.m.	RD
Wed., February 20	6:30 to 9 p.m.	BR
Fri., February 22	6:30 to 9 p.m.	ED
Mon., February 25	6:30 to 9 p.m.	IS

SOUP SIMPLIFIES YOUR LIFE HANDS-ON GF

Marie Donadio // Members \$55, Non-members \$60

Soup is the quintessential one-pot meal. Embrace the soup season with nourishing recipes from Seattle's Soup Queen, Marie. We'll begin with Vegetable Stock and Bone Broth made in an Instant Pot, and discuss flavor balance and strategies for stock-making. Prepare a brilliantly bright Northwest interpretation of Eastern European Borscht; satisfying Beef Mushroom Soup; and crowd-pleasing Chicken Tortilla Soup, complete with an array of garnishes. *With meat and poultry; no dairy, eggs or gluten.*

Mon., February 18	6:30 to 9 p.m.	GV
Wed., February 20	6:30 to 9 p.m.	ED
Thur., February 21	6:30 to 9 p.m.	BR
Mon., February 25	6:30 to 9 p.m.	RD
Wed., February 27	6:30 to 9 p.m.	BT
Thur., February 28	6:30 to 9 p.m.	IS
Mon., March 4	6:30 to 9 p.m.	CC

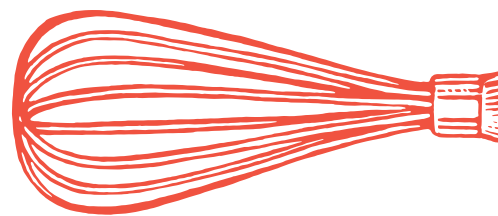
DAIRY-FREE YOGURT AND GRAIN-FREE GRANOLA HANDS-ON GF

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

Cultured foods have a multitude of healthful properties, from aiding digestion and detoxification to curbing cravings. Birgitte, PCC Cooks' resident fermentation maven, will guide you through the process of creating dairy-free yogurts, beginning with coconut, nut and seed milks. We'll explore how to make a variety of yogurt flavors, and she'll show you a creative way to use the leftover nut and seed pulp — a warm Chocolate Cookie! Birgitte will also share recipes for grain- and gluten-free granola to top your yogurts. *Vegetarian; no dairy, eggs or gluten.*

Sat., January 26	3 to 5:30 p.m.	BR
Sun., January 27	3 to 5:30 p.m.	IS
Mon., January 28	6:30 to 9 p.m.	GV
Tues., January 29	6:30 to 9 p.m.	BT
Wed., January 30	6:30 to 9 p.m.	RD
Thur., January 31	6:30 to 9 p.m.	ED

PCC KIDS COOK



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

HAVE YOUR BOWL AND EAT IT, TOO!

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

Ages 2 to 3, with one adult guest. Kids love bowls! They stack them, fill them and use them for musical instruments — and after this class, they'll be able to eat them, too. We'll make Rainbow Fruit and Veggie Bowls; fill Granola Bowls with Yogurt; and eat pasta out of Spaghetti Bowls. Join us for a fun morning of food bowl creations! *Vegetarian with dairy and eggs.*

Sat., January 5	10 to 11:15 a.m.	GV
Sat., January 19	10 to 11:15 a.m.	RD
Sat., February 2	10 to 11:15 a.m.	BT
Sat., February 16	10 to 11:15 a.m.	IS
Sat., March 2	10 to 11:15 a.m.	BR
Sat., March 16	10 to 11:15 a.m.	ED
Sat., March 23	10 to 11:15 a.m.	CC

EATING THE ALPHABET

Lee Baker and Kim Trimmer //

Members \$45, Non-members \$50

Ages 2 to 3, with one adult guest. Children and adults will work in small groups to prepare a meal while learning the letters of the alphabet. A is for Alphabet Chicken Noodle Soup prepared from scratch. B is for Breadsticks to dip in the soup. C is for Come and Get 'Em Cookies, no-bake cookies that are sure to please. While measuring, mixing and sprinkling, kids will learn cooking basics and the ABCs. *With poultry, dairy and eggs.*

Sat., January 12	10 to 11:15 a.m.	BR
Sat., January 19	10 to 11:15 a.m.	BT
Sat., February 9	10 to 11:15 a.m.	CC
Sat., February 16	10 to 11:15 a.m.	ED
Sat., March 2	10 to 11:15 a.m.	RD
Sat., March 9	10 to 11:15 a.m.	IS
Sat., March 23	10 to 11:15 a.m.	GV

UNDER THE SEA

Ami Karnosh // Members \$50, Non-members \$55

Ages 4 to 6, with one adult guest. Creativity in the kitchen is what floats our boat! Come make an adorable under-the-sea meal complete with Cheesy Sea Stars; Hot Dogtopus Creatures; and Apple Puffer Fish Snacks. We'll finish with Sandy Sea Foam Marshmallows, dipped in chocolate and crushed graham crackers. *With dairy and optional meat; no eggs.*

Sat., January 12	10 to 11:30 a.m.	RD
Sun., January 13	10 to 11:30 a.m.	GV
Sun., January 20	10 to 11:30 a.m.	BR
Sat., February 2	10 to 11:30 a.m.	IS
Sat., February 9	10 to 11:30 a.m.	ED
Sat., February 16	10 to 11:30 a.m.	BT
Sat., March 9	10 to 11:30 a.m.	CC

BENTO SNACK BOX GF

Marie Donadio // Members \$50, Non-members \$55

Ages 4 to 6, with one adult guest. Learn the art of creating a bento box and try new flavors as we make Spinach Salad Balls with Sesame Ginger Dressing; and season and fan rice for Onigiri Rice Shapes garnished with artfully cut vegetables and nori. We'll practice simple and sophisticated cutting techniques for fruits, vegetables and proteins to pack in our decorative and delicious bento boxes. *With optional meat and dairy; no eggs or gluten.*

Sat., February 16	10 to 11:30 a.m.	BR
Sun., February 17	10 to 11:30 a.m.	GV
Sat., February 23	10 to 11:30 a.m.	CC
Sun., February 24	10 to 11:30 a.m.	RD
Sat., March 2	10 to 11:30 a.m.	ED
Sun., March 3	10 to 11:30 a.m.	IS
Sat., March 9	10 to 11:30 a.m.	BT

COZY FAMILY DINNER

Lizzie Diehl // Members \$50, Non-members \$55

Ages 4 to 6, with one adult guest. Cook up a meal perfect for gathering around with the family. Little chefs will learn some cooking basics with a series of fun kitchen jobs. We'll roll Pinci pasta by hand to make three-colored pasta with simple Homemade Tomato Sauce. Then we'll slice, spread and arrange cucumber and white bean dip to make Cuke and Bean Bites. For dessert, enjoy the tactile magic of Chocolate-dipped Clementines. *Vegetarian with dairy; no eggs.*

Sat., January 5	10 to 11:30 a.m.	CC
Sun., January 6	10 to 11:30 a.m.	IS
Sat., January 26	10 to 11:30 a.m.	BT
Sun., January 27	10 to 11:30 a.m.	ED
Sat., March 16	10 to 11:30 a.m.	BR
Sun., March 17	10 to 11:30 a.m.	GV
Sat., March 23	10 to 11:30 a.m.	RD

NONSENSE PIZZERIA

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

Ages 7 to 9, with one adult guest. Where are the silliest pizzas served? At the Nonsense Pizzeria, of course! It's the place where pizza's on the menu for breakfast, lunch and even dessert. Come pay us a visit, and learn how to bake Breakfast Pizza with Bacon and Eggs; and Mini Pizza Muffins perfect for your lunchbox or an after-school snack; and how to fool your friends with "a pepperoni pizza" that's actually a very carefully disguised homemade cookie! *With meat, dairy and eggs.*

Sat., January 5	3 to 5 p.m.	IS
Sun., January 6	3 to 5 p.m.	BT
Sat., January 12	10 a.m. to 12 p.m.	CC
Sat., January 19	3 to 5 p.m.	GV
Sun., January 20	3 to 5 p.m.	RD
Sun., January 27	3 to 5 p.m.	ED
Sun., February 3	3 to 5 p.m.	BR

BREAKFAST ANYTIME

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

Ages 7 to 9; kids only. Who said breakfast was just for mornings? In this class, we will make a breakfast menu that can be enjoyed any time of the day! We'll use fresh fruit and veggies to create an energizing Breakfast Smoothie; Vegetable Frittata; and French Toast, as we learn proper knife technique, and blender and griddle skills. *Vegetarian with dairy and eggs.*

Sat., January 26	3 to 5 p.m.	IS
Sun., January 27	3 to 5 p.m.	BR
Sat., February 2	3 to 5 p.m.	BT
Sat., March 9	3 to 5 p.m.	ED
Sun., March 10	3 to 5 p.m.	GV
Sat., March 16	3 to 5 p.m.	CC
Sun., March 17	3 to 5 p.m.	RD

GLUTEN-FREE ITALIAN FOR KIDS GF

Iole Aguero // Members \$60, Non-members \$65

Ages 8 to 12, with one adult guest. Iole always amazes us with meals she makes using a few fresh ingredients, and this menu is no exception. We'll cook up a simple yet impressive feast for a special occasion or just because you feel like it! The best part? It's all gluten-free. We'll work together to make Lasagna with Fresh Homemade Béchamel and Tomato Sauce; and Butter Lettuce Salad with Chives and Lemon; then practice our knife skills while preparing Fresh Fruit Dipped in Chocolate. *Vegetarian with dairy and eggs; no gluten.*

Sat., February 9	3 to 5:30 p.m.	GV
Sat., March 2	3 to 5:30 p.m.	ED
Sat., March 16	3 to 5:30 p.m.	IS
Sat., March 23	3 to 5:30 p.m.	CC

MIDWINTER BREAK CAMP

PCC Staff // Members \$180, Non-members \$200

For ages 8 to 12; kids only. In this fun-filled, four-day midwinter break camp, kids will have a different culinary focus each day — breakfast, lunch, dinner and snacks — all the while learning kitchen skills, knife safety and cooking techniques. (Plus, they'll be fed when you pick them up!) *With dairy and eggs; meat and poultry optional.*

Tues-Fri, February 19-22	9:30 a.m. to 12 p.m.	BT
Tues-Fri, February 19-22	9:30 a.m. to 12 p.m.	CC
Tues-Fri, February 19-22	9:30 a.m. to 12 p.m.	GV
Tues-Fri, February 19-22	9:30 a.m. to 12 p.m.	IS

AFTER-SCHOOL COOKING CLUB: BAKING

Lee Baker and Cam Zarcone //

Members \$180, Non-members \$200

Ages 9 to 12; kids only. In four weeks, kids will learn the basics for successful baking. We will practice essential bakeshop skills like measuring, mixing, kneading and folding. We'll learn about the functions of the four primary ingredients — flour, sugar, eggs, and butter — as we prepare a range of baked goods from cakes to quiche. *With dairy, eggs and optional meat.*

Tues., January 8, 15, 22 and 29	4:30 to 6:30 p.m.	RD
Wed., January 9, 16, 23 and 30	4:15 to 6:15 p.m.	IS
Thur., January 10, 17, 23 and 31	4:30 to 6:30 p.m.	GV
Thur., January 10, 17, 24 and 31	4:15 to 6:15 p.m.	BR

KITCHEN CHEMISTRY: CHOCOLATE LAB

Cam Zarcone // Members \$50, Non-members \$55

Ages 10 to 12; kids only. Hey, chocolate lovers: Would you like to fine-tune your pastry-chef skills while learning the science secrets that make these scrumptious recipes work? Then join us for an all-new investigation of Kitchen Chemistry! We'll learn about leavening as we bake a batch of Cocoa and Vanilla Spiral Cookies; find out about sugar's surprising properties as we make Chocolate and Brown Sugar Fudge; then watch starch in action as we whip up Miniature Chocolate Pudding Cups. *Vegetarian with dairy and eggs.*

Sun., February 10	3 to 5:30 p.m.	GV
Sat., February 16	3 to 5:30 p.m.	RD
Fri., March 1	6 to 8:30 p.m.	CC
Sat., March 2	3 to 5:30 p.m.	IS
Sat., March 16	3 to 5:30 p.m.	BR
Sun., March 17	3 to 5:30 p.m.	BT
Sun., March 24	2 to 4:30 p.m.	ED

FLAVORS OF INDIA

Lisa Crawford // Members \$60, Non-members \$65

Ages 10 to 12, with one adult guest. Enjoying the warming spices of Indian cuisine can be like adding sunshine to a dreary winter's day! Bring your adult assistant and join Lisa Crawford in making sunny Chicken Tikka Masala with Basmati Rice; crunchy Indian-spiced Chickpeas; soothing Simple Raita; and a Strawberry Lassi, using summer berries from the freezer. *With poultry and dairy; no eggs.*

Sat., January 12	3 to 5:30 p.m.	IS
Fri., February 1	6 to 8:30 p.m.	RD
Sat., February 2	3 to 5:30 p.m.	CC
Sat., February 16	3 to 5:30 p.m.	ED
Sun., February 17	3 to 5:30 p.m.	BR
Sat., March 2	3 to 5:30 p.m.	BT
Sat., March 23	3 to 5:30 p.m.	GV

TAPAS PARTY FOR TEENS

Lee Baker // Members \$70, Non-members \$75

Ages 13 to 18, with one adult guest. Taste the flavors of Spain as you learn how to prepare tapas, small bites of tasty snacks enjoyed with a refreshing drink. In Spain, eating tapas is an evening social event and a great way to meet friends! We will prepare some of the regional classics: Tortilla De Potatos (Spain's adored potato omelet); Albondigas (moist and flavorful meatballs); Pintxos (rounds of baguette elaborately topped with a variety of choices); Empanada Gallega with Chorizo (the original Spanish pan-size savory pastry); and Piquillo Peppers filled with Goat Cheese. Our beverage to accompany is a kid-friendly Mock Winter Sangria. *With meat, seafood, dairy and eggs.*

Sat., February 9	3 to 5:30 p.m.	CC
Fri., February 15	6:30 to 9 p.m.	GV
Sun., February 24	3 to 5:30 p.m.	BR
Sat., March 2	3 to 5:30 p.m.	RD
Sat., March 9	3 to 5:30 p.m.	IS
Sat., March 23	3 to 5:30 p.m.	BT

TAMALES FOR TEENS GF

Tamara Guyton // Members \$50, Non-members \$55

For ages 13 to 18; teens 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 dairy and optional poultry; no eggs or gluten.*

Sat., January 12	3 to 5:30 p.m.	GV
Fri., January 25	6 to 8:30 p.m.	IS
Fri., February 1	6 to 8:30 p.m.	BT
Sat., February 9	3 to 5:30 p.m.	RD
Sat., March 2	3 to 5:30 p.m.	BR
Fri., March 15	6 to 8:30 p.m.	CC
Sat., March 23	3 to 5:30 p.m.	ED

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

GREEN LAKE 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 OFFICE

3131 Elliott Avenue, Suite #500
Seattle, WA 98121
206-545-7112
pcccooks@pccmarkets.com



“Michelle’s energy was great. This class
exceeded my expectations. I loved the mix
of resources, recipes and mindfulness.”

– THE MAGIC OF MINDFUL EATING with MICHELLE BABBS!