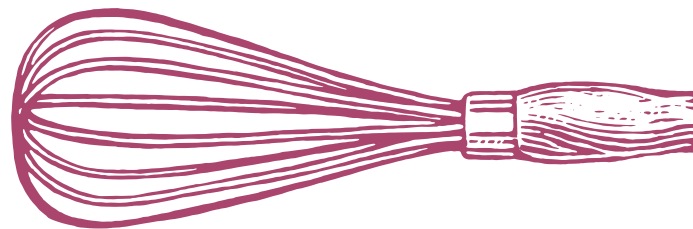


GLOBAL GOURMET



Bring the world closer with enticing menus from all corners.

CHINESE STIR-FRYING:

SPRING GREENS HANDS-ON

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

Join Christina for a stir-fry primer that highlights fresh, seasonal, springtime vegetables! Stir-frying green vegetables is one of the best ways to enhance textures and intensify and caramelize flavors. Students will learn step-by-step preparation, from cutting, marinating and spicing up ingredients to working their way around the wok.

MENU:

Stir-fried Asparagus topped with Crabmeat Egg White Sauce

Stir-fried Garlic Scapes with Chicken

Caramelized Leek Fried Rice with Scallops and Goji Berries

Garlic Bok Choy Stir-fry

Dietary Notes: With poultry, seafood and eggs; no dairy.

DETROIT-STYLE PIZZA HANDS-ON

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

New York is known for its thin, crispy slices; Chicago is known for its deep-dish pies; but what about Detroit? Marianna will show you the trick to the lesser-known pizza perfection that is Detroit-style: A soft, pillow-y dough and uniquely rectangular shape. Plus, she'll walk you through ways to adjust your home oven to get the best bake.

MENU:

Detroit-style Pizza Dough

Classic Detroit Red Top Pizza

Potato Pesto Pizza

Romaine Salad with Cabbage, Radishes and Parmesan Vinaigrette

Dietary Notes: With poultry, seafood and eggs; no dairy.

FLAVORS OF PAKISTAN HANDS-ON

Kausar Ahmed // Members \$50, Non-members \$55

After years of cooking and teaching in Karachi, Chef Kausar is bringing the rich, diverse culinary traditions of Pakistan to your kitchen. In this class, you'll dive headfirst into some of Kausar's favorite recipes from her new cookbook, "Karachi Kitchen," while taking in the stories behind each vibrant dish.

MENU:

Lentil and Rice Pilaf with Raita (Yogurt Sauce)

Bun Kabab (Savory Potato Burger, a popular Pakistani street food) with Tamarind Chutney and Green Coconut Chutney

Shahi Turka (Bread Pudding)

FRENCH CLASSICS DEMO SIP + SAVOR

Michael Diem // Members \$60, Non-members \$65 (Age 21+ with ID)

Let's face it, French cuisine can be pretty intimidating — maybe it's the thousand-year-old traditions or the complex artistry. Chef Mike is here to break down the techniques that often are misunderstood as too complicated, so you can enjoy gorgeous dishes any time, no restaurant required. Sit back, sip on French wines and gain culinary confidence.

MENU:

Baked Brie and Brioche with Quince Jam and Fresh Fruit Garnish
 Chicken Provençal (Chicken Sautéed with Tomatoes, Peppers and Capers)
 Flourless Chocolate Mousse Torte with Sauce Framboise
 French wines to pair

Dietary Notes: With poultry dairy and eggs.

GNOCCHI WORKSHOP HANDS-ON

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

Little Italian potato dumplings, anyone? These versatile bites are a fitting component of meals both humble and elaborate. Join Iole and learn to make and shape the dough, cook the gnocchi and enjoy it three ways — the reward is well worth the effort!

MENU:

Gnocchi with White Wine Mushroom Sauce and Shallots
 Gnocchi with Fresh Tomato and Basil Sauce
 Gnocchi with Herb-Garlic Butter Sauce

Dietary Notes: Vegetarian with dairy and eggs.

ITALIAN BAKING DEMO

Iole Agüero // Members \$45, Non-members \$50

Desserts that are delicate in sweetness and light on richness? That's amore! Trade your pie and cookies for some signature Italian desserts. Iole will show you how to whip up a few classic treats that make for a delicious end to a meal and pair perfectly with coffee or tea.

MENU:

Polenta Plum Cake
 Torta Caprese (Flourless Chocolate Cake with Almonds)
 Cherry Custard Tart

Dietary Notes: Vegetarian with dairy and eggs.

ITALIAN PASTA TOUR DEMO

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

Travel the regions of Italy with Iole and get a taste of each area's distinct cuisine. She's recently returned from a long visit to her home country and has brought back classic pasta recipes to share, along with plenty of stories to round out the menu. Sit back and enjoy the culinary trip.

MENU:

Spaghetti alla Siracusa with Sundried Tomatoes, Capers, Golden Raisins, Pine Nuts and Anchovies
 Fresh Pasta with Lucania Sauce, Sausages and Wine
 Sicilian Pesto with Ricotta, Tomatoes and Almonds served over Pasta
 Roman Spaghetti with Cacio and Pepe (Spaghetti with Romano Cheese and Black Pepper)

Dietary Notes: With meat, seafood, dairy and eggs.

JAPANESE OKONOMIYAKI HANDS-ON

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

We can always use a bit of comfort food, and these Japanese savory pancakes are sure to do the trick. Kanako will lay the basis for this customizable dish as she guides you through crafting the batter, an array of fillings and Okonomiyaki Sauce to build your own pancake perfection.

MENU:

Japanese Savory Pancakes

Fillings include: Pork Belly, Ground Meat, Mochi, Shredded Cabbage, Egg, Seafood

Okonomiyaki Sauce

Dietary Notes: *With meat, seafood, dairy and eggs.*

KURDISH SPRINGTIME FLAVORS HANDS-ON

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

Food has an unparalleled ability to transport you to another time and place. Pinar takes a trip back to her childhood home in Southeastern Anatolia as she walks you through classic recipes accompanied by stories of her family's traditions and Kurdish culture.

MENU:

Şehriyeli Bulgur Pilavi (Bulgur Pilaf with Vermicelli)

Bahar Türlüsü (Spring Ratatouille) with Vegetables and Lamb

Cacik (Chilled Yogurt Soup) with Cucumber and Mint

Halbur Hurmasi (Date-shaped Cookies imprinted on a sieve) with Walnuts

Dietary Notes: *With meat, seafood, dairy and eggs.*

MEDITERRANEAN DINNER PARTY HANDS-ON

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

Not only is the Mediterranean way of eating good for you, it's also perfectly suited for entertaining. Learn to prepare an array of Mediterranean springtime bites that go beyond the staple tomatoes and olive oil as Abby teaches you how to make the most of local, seasonal ingredients.

MENU:

Mezze Platter: Spiced Labneh with Za'atar, Spring Vegetables and Lentil Falafel

Braised Beans with Farro, Herbs and Fennel

Grilled Whole Fish with Lemon and Olive Sauce

Honeyed Rhubarb with Rose-scented Frozen Yogurt, Poached Fennel and Pecans

Dietary Notes: *With seafood and dairy; no eggs.*

SPRING FLING FEAST HANDS-ON GLUTEN-FREE

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

Fall in love with spring in the Pacific Northwest, one course at a time. Thanh will get you dinner-party ready as you simmer, sear, sauce and sauté your way through a four-course meal using the freshest seasonal ingredients.

MENU:

Creamy Asparagus Bisque with Caramelized Shiitake Mushrooms

Smoky Mushroom and Cauliflower Bruschetta

Seared Black Cod with Roasted Leek and Rhubarb Ginger Gastrique

Apple Bottom Cakes

Dietary Notes: *With poultry, seafood, dairy and eggs; no gluten.*

SPRINGTIME IN LIGURIA HANDS-ON

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

With fresh herbs, vegetables and seafood at our disposal, a Ligurian-inspired feast is first on our list. Paola will lead you on a tasting tour of this fertile Italian region, pairing the sustainable seafood of the Pacific Northwest with springtime veggies for a taste of the Italian Riviera's coastal cuisine.

MENU:

Pasta Sugo di Noci (Pasta with Walnut Sauce)

Cappon Magro (Seafood and Vegetable Salad) with Salsa Verde

Baci di Alassio (Hazelnut-Chocolate Cookies filled with Dark Chocolate Ganache)

Dietary Notes: With seafood, dairy and eggs.

SALVADORAN PUPUSAS HANDS-ON

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

You can't go wrong with stuffed bread piled high with fixings — we're talking the Salvadoran specialty, pupusas. Dole out the dough, prepare satisfying fillings and craft classic toppings with a twist courtesy of James' step-by-step instructions. Plus, make traditional Horchata to sip on along the way.

MENU:

Homemade Refried Beans and Carnitas

Fermented Curtido (Cabbage Relish similar to sauerkraut)

Pickled Red Onions and Salvadoran Salsa Roja

Homemade Horchata

Leche Poleada (Vanilla Custard)

Dietary Notes: With seafood, dairy and eggs.

SOUTHERN BISCUIT WORKSHOP HANDS-ON

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

Where would we be without the beloved biscuit? These seemingly simple treats can be tricky to whip up. Marianna will teach you the ins and outs of one of the South's greatest culinary contributions as she walks you through three different styles of biscuits. Plus, you'll get tips on how to avoid common mixing and baking pitfalls.

MENU:

Classic Buttermilk Biscuits with Sausage Gravy

Laminated Black Pepper Biscuits with Chives and Sharp Cheddar

Yeast Angel Biscuits with Orange Honey Butter

Dietary Notes: With meat and dairy; no eggs.

THE SOUTHWESTERN KITCHEN HANDS-ON

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

As we head into our own PNW summer, we'll take a cue from our southern counterpart and cook up a bit of Southwest flavor. Marianna talks southwestern pantry staples as she guides you through crafting some of the region's famed dishes.

MENU:

Homemade Corn Tortillas

Stacked Enchiladas with Chicken and Green Chile Salsa Verde

Chiles Rellenos with Butternut Squash, Black Beans, Queso Fresco and Toasted Pepitas

Baked Apples with Cajeta (Goat Milk Dulce de Leche) and Candied Almonds

Dietary Notes: With poultry, dairy and eggs.

TASTE OF THE PACIFIC NORTHWEST DEMO SIP + SAVOR

Abby Canfield // Members \$60, Non-members \$65 (Age 21+ with ID)

Once again, the Northwest is abundant with fresh produce! Celebrate the spring harvest in plant-forward style with a locally grown menu. Sit back, sip on regional wines and get inspired as Abby cooks up dishes worthy of a springtime soiree.

MENU:

Roasted Carrot Soup with Spiced Crispy Chickpeas, Lime Yogurt and Mint Oil

Asparagus, Radish and Spring Pea Salad with Burrata Cheese, Pickled Shallots, Pistachios and Spring Herb Vinaigrette

Seared Romanesco with Kale, Caper and Meyer Lemon Salsa Verde

Bay-poached Rhubarb with Cocoa Nib Shortbread Cookies and Orange-scented Mascarpone

Local wines to pair

Dietary Notes: Vegetarian with dairy and eggs.

THAI COOKING FROM SCRATCH DEMO

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

If you're wondering where traditional Thai food gets its signature flavor, Pranee is here to guide you. She'll start by preparing Massaman Curry Paste and Nam Prik Pow (Thai Roasted Red Chili Paste) and show you how to incorporate these key condiments into four dishes, covering the basics of Thai cooking techniques along the way.

MENU:

Yum Mamuang Goong (Thai Mango Salad with Prawns, Cashews and Thai Herbs)

Phad Tow Hue Nam Prik Pow (Stir-fried Ginger Tofu with Chili Jam and Thai Basil)

Gaeng Massaman Gai (Massaman Curry Chicken with Homemade Curry Paste and Onions)

Tua Pap (Sweet Rice Dumplings with Coconut and Sesame Seeds)

Dietary Notes: Vegetarian with dairy and eggs.

VEGETARIAN VIETNAMESE TABLE HANDS-ON GLUTEN-FREE

Thanh Tang // Members \$50, Non-members \$55

There may be no greater fusion than that of Northwest-grown produce and classic Vietnamese recipes! Thanh's vegetarian menu makes the most of peak-season, springtime goodies while marrying tradition with innovation.

MENU:

Rice Vermicelli with Asparagus and Shiitake Mushrooms

Soy-braised Mushrooms and Tempeh

Potato and Goji Berry Soup

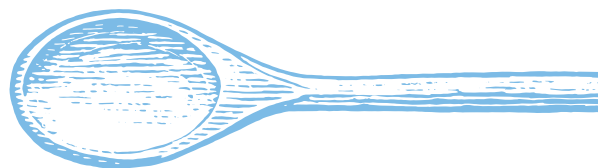
Baby Spinach with Vietnamese Pepper Vinaigrette

Turmeric Rice

Dietary Notes: Vegetarian; no dairy, eggs or gluten.

TO YOUR HEALTH!

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



COOLING INFLAMMATION WITH FOOD DEMO GLUTEN-FREE

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

Food is the best medicine, especially when it comes to chronic inflammation. Join in a lively conversation as Kory, an integrative registered dietitian, helps you kick the tired, achy, congested feelings and cool down with delicious dishes for any day of the week.

MENU:

Chickpea Spinach Curry with Garam Masala

Shiitake Mushroom and Spring Greens Miso Soup

Tangy Cabbage Salad with Lime Vinaigrette

Cinnamon Beet Latte

Dietary Notes: Vegetarian; no dairy, eggs or gluten.

EVERYDAY DETOX DEMO GLUTEN-FREE

Maribeth Evezich, M.S., R.D. // Members \$45, Non-members \$50

After a long winter, your home isn't the only thing in need of spring cleaning — your body deserves a refresh, too! Culinary nutritionist, Maribeth, will make detoxing downright easy. She'll provide tips, techniques and substitutions for your everyday eats that will help rid your body of toxins and replace them with a healthy dose of nutrients.

MENU:

Ginger Turmeric Healer Tea

Roasted Cauliflower with Spicy Mustard Sauce

Detox Slaw

Cacao Brownie Bites with Cashew Cream

Dietary Notes: Vegetarian; no dairy, eggs or gluten.

FOOD AND MOOD DEMO

Marilyn Walls, M.S. // Members \$5, Non-members \$10

Food can improve your mood, and not just because it hits the taste buds right. In this short, lecture-style class, PCC Cooks nutritionist, Marilyn, explains how the foods we eat can affect brain function and mood, both good and bad. Plus, you'll sample goodies from the PCC shelves that help maintain equilibrium.

FOODS FOR HEALTHY HORMONE BALANCE DEMO GLUTEN-FREE

Michelle Babb, M.S., R.D., C.D. // Members \$50, Non-members \$55

Hormones in flux can contribute to weight gain, mood swings and depression. Thankfully, diet and lifestyle changes can have a significant effect on hormone production and metabolism. Michelle will teach you what types of foods and supplements are helpful for PMS, menopause, andropause (male menopause) and thyroid issues.

MENU:

We Got the Beet Smoothies

Collard Rolls with Tofu and Veggies

Curried Shrimp Kebabs with Spring Slaw

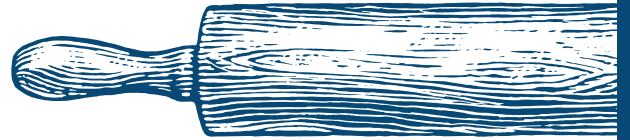
Dietary Notes: *With seafood and eggs; no dairy or gluten.*

WALK, TALK AND TASTE DEMO

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

Whether you're a foodie or a newbie, there's always something fresh to be discovered in the world of nutrition. In this discussion, we'll demystify food labels, delve into the latest research on what to eat for your health and the planet's, and snack from the aisles of PCC. Plus, you'll get a chance to have your burning questions answered by a nutritionist!

TECHNIQUES



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

CHEESE TASTING 101 HANDS-ON

Courtney Johnson, Ph.D., ACS, C.C.P. // Members \$45, Non-members \$50

Learn how to taste cheese like a professional and craft the perfect party platter with help from one of PCC's resident cheese experts. In this class, you'll travel through cheeses of all families, made with all kinds of milk — cow, sheep, goat and even buffalo. Once you've honed your senses of sight, smell, touch and taste with cheese, you'll explore different pairings from a variety of fruits, nuts, meats and chocolates to discover which flavors play together just right. You'll come away knowing how to build a cheese board that's dressed to impress!

MENU:

Horizontal Tasting with Brie-style cheese made from cow, goat, sheep and water buffalo milks

Vertical Tasting with a fresh cheese, a soft-ripened cheese, a firm cheese, a hard cheese, a washed-rind cheese and a blue cheese

Pairing with seasonal fruit, Marcona almonds, salami and dark chocolate

Dietary Notes: *With dairy and optional meat; no eggs.*

DAIRY-FREE CHEESE WORKSHOP HANDS-ON GLUTEN-FREE

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

Let Chef Birgitte guide you through the delightful world of dairy-free cheese. In this class, you'll have the opportunity to craft several appealing cheese alternatives using coconut, nuts and seeds. Discuss the process of soaking and culturing ingredients to create a dairy-free cheese that not only looks the part but tastes scrumptious and is ready to share.

MENU:

Pizza with Dairy-free Mozzarella Cheese

Dairy-free Parmesan Crackers

Vegetable Stir-fry with Coconut-Lime Cheese

FERMENT AND CULTURE YOUR MEAT-FREE BURGER HANDS-ON

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

Learn how to supercharge a staple summertime meal with a health-oriented approach! In this class, Chef Birgitte will teach you how to create a meat-free burger that is an enzyme-rich, probiotic superfood that supports digestion and boosts immunity.

MENU:

Sourdough Buns

Nut and Veggie Patties

Fermented Condiments

Supercharged Dairy-free Milkshakes

Dietary Notes: *Vegetarian; no dairy, eggs or gluten.*

GLUTEN-FREE SWEET SHOPPE HANDS-ON GLUTEN-FREE

Thanh Tang // Members \$50, Non-members \$55

Surprise! This class is packed with sweetness, and it's all gluten-free. Students will learn fundamental baking techniques as they prepare three delicious desserts. Designed to be approachable and flavorful, these recipes aim to please any guest, gluten-free or not.

MENU:

Citrus Chiffon Cake with Strawberry Tarragon Salsa

Southeast Asian Almond Cookies

Coconut Dacquoise with Apricot-Lime Mascarpone

Dietary Notes: Vegetarian with dairy and eggs; no gluten.

HOMEMADE BAGELS AND PRETZELS HANDS-ON

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

It's easier than you think to craft New York-style bagels and chewy soft pretzels. First, we'll mix up doughs for these classic breads, then shape, boil and bake them. Add toppings and mix up some complementary cream cheese spreads for a perfect pairing.

MENU:

Plain, Poppy Seed, Everything, Whole-Wheat and Cinnamon-Raisin Bagels

Salted and Plain Soft Pretzels

Cream Cheese Spreads

Dietary Notes: Vegetarian with optional dairy and eggs.

KITCHEN BASICS: ALL ABOUT EGGS HANDS-ON

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

For many, eggs are a weekly staple. Expand your knowledge of this versatile ingredient, learning classic, reliable cooking techniques that will last a lifetime. Chef Jen will lead a discussion delving into all things egg and walk you through a variety of basic dishes. Come with questions!

MENU:

Perfect Scrambled Eggs the French Way

6-minute Eggs on Toast with No-fail Hollandaise Sauce

Leek and Bacon Quiche

Classic Chocolate Mousse

Dietary Notes: With meat, dairy and eggs.

KNIFE SKILLS HANDS-ON ADULTS ONLY

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

Sharpen your knife skills in this hands-on workshop where you'll learn to cut safely and efficiently while making a flavorful tortilla soup! You can bring the chef knife you're already familiar with or use one of ours. Chef Seppo will review knife selection as well as honing and sharpening, and you'll have ample time to practice several professional techniques.

MENU:

Vegetarian Tortilla Soup with Avocado

Chicken Tortilla Soup with Avocado

Dietary Notes: With optional poultry; no dairy or eggs.

LE BÉBÉ GOURMET DEMO

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

Get creative with your little ones' food! Cam, mother of three and former Parents Magazine staffer, brings a chef's sensibility to the table and offers plenty of tips and techniques for making baby meals you'll be tempted to munch down, too. Flavors of vegetables and fruits truly shine when they're roasted. And grains we eat every day can easily and deliciously be adapted for little appetites. After learning to make a variety of meals and some scrumptious finger foods, you may find yourself banishing those jars of sweet potatoes to the back of the cupboard.

MENU:

Turkish Barley and Apricot Porridge

Pumpkin and Pea Risotto

Chunky Roasted Cauliflower and Apple Purée

Mini Veggie-loaded Chicken Meatballs

Cheesy Polenta Sticks

Dietary Notes: With poultry and dairy; no eggs.

PLAN AHEAD: MAKING MEALS WORK HANDS-ON

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

Lock in your meal planning with personal chef Rachel. You'll learn how to both simplify and expand your weekly menu while avoiding monotony with techniques that are easy to master. Chef Rachel will start with a core meal and then show how it can be adapted and transformed for each new day. We'll review menu plans and pantry staples, then venture into crafting the actual dishes. One-stop shopping and minimal waste? Let's get started!

MENU:

Teriyaki Chicken with Brown Rice and Grilled Bok Choy

Thai-inspired Fried Rice

Hearty Chicken Salad

Dietary Notes: With poultry and eggs; no dairy.

PLANT-BASED KITCHEN: SAUCES, DIPS AND DRESSINGS DEMO

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

A good sauce can take a dish from so-so to scrumptious! Chef MJ will demonstrate how to mix up a variety of sauces, toppings, dips and dressings to make plant-based eating both easy and delicious. Plus, you'll have a chance to work hands-on to make fresh rolls with herbs, veggies, crispy tofu and noodles wrapped in rice paper.

MENU:

Rainbow Spring Rolls with Almond-Ginger-Lime Dip

Caesar Salad with Vegan Caesar Dressing and Crunchy Shiitake "Bacon"

Japanese Carrot-Miso Dressing with Crudités

Versatile Cashew Cheese Sauce

Dietary Notes: Vegetarian; no dairy or eggs.

PNW SPRINGTIME GARDENING DEMO

Sarah Cassidy // Members \$45, Non-members \$50

Chart the coming growing season with Sarah, organic farmer and educator of 20+ years. You'll learn how to care for your living soil, choose the right seed varieties and plant starts, and coax along hot crops in our cool Northwest climate. We'll talk about growing perfect tomatoes, peppers, eggplants and even watermelon. You'll receive lots of recipe ideas, plus a plant start to get you going! Backyard and balcony gardeners welcome.

MENU: A light snack will be provided.

QUICK AND EASY MAIN-COURSE MEATS DEMO

Nancy Leson // Members \$55, Non-members \$60

The meaty marvels you'll make in this class are on regular rotation at Nancy's house, and she's convinced they deserve a place in your quick-and-easy recipe repertoire. Learn a simple way to let seasonal asparagus shine alongside your savory centerpiece and score a bonus recipe for roasted potatoes while you're at it.

MENU:

Chicken Thighs with Preserved Lemons

Spicy Mediterranean Lamb Chops

Mel-Maw's "Marry Me" Pork Schnitzel

Simple-as-can-be Asparagus

Roasted Potatoes

Dietary Notes: With meat, poultry, dairy and eggs.

SAVORY HAND PIES AND TARTS HANDS-ON

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

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

MENU:

Traditional Irish Pasties

Seasonal Vegetable and Meat Hand Pies

Dietary Notes: With dairy and optional meat; no eggs.

TOAST WITH TOASTS! HANDS-ON SIP + SAVOR

Jennifer Reyes // Members \$60, Non-members \$65, (21+ with ID)

Raise your glass for a toast — to toast! Chef Jen is crafting appetizers that elevate humble bread to elegant hors d'oeuvre status. Her recipes are perfect for any celebration, including a spur-of-the-moment cocktail party. To top it off, you'll learn to mix a couple of mini cocktails featuring local spirits.

MENU:

Potato Blinis with Whipped Crème Fraîche and Smoked Salmon

Crostini with Wild Mushroom Duxelle

Classic Shrimp Toast

Mini Lavender Lemon Drops

Mini Basil Mojitos

Dietary Notes: With seafood and dairy; no eggs.

WRAP UP THE SPRING HANDS-ON GLUTEN-FREE

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

This gluten-free class celebrates wraps from around the world. Savor spring flavor by adding these versatile, gluten-free sandwich alternatives into your regular meal rotation. Chef Birgitte will show you how easy they are to make and pack with your favorite ingredients!

MENU:

Thai Salad Rolls with Lime Peanut Sauce

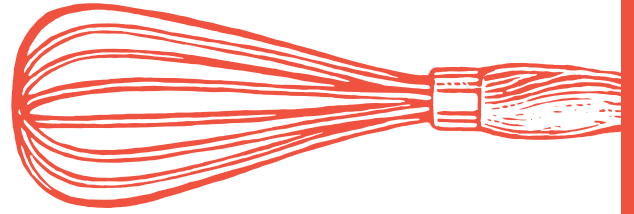
Mexican Bean Taquitos with Guacamole and Salsa

Sweet Crepes with Seasonal Berries

Dietary Notes: *Vegetarian; no dairy, eggs or gluten.*

PCC KIDS COOK

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



WE LOVE BUGS!

Kim Trimmer and Lee Baker // Members \$45, Non-members \$50

Ages 2 to 3, with one adult guest.

It's time to build some edible bugs! Kids will roll out sugar cookie dough, then cut and decorate Sugar Cookie Bugs. While our creations are baking, we'll have some healthy fun arranging cut vegetables to make colorful Veggie Bugs. We'll have some ideas to get everyone started, and then it'll be time to let imaginations shine!

MENU:

Sugar Cookies

Veggie Bugs made with a selection of cut vegetables

Dietary Notes: Vegetarian with dairy and eggs.

DINOSAUR ROMP

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

Ages 2 to 3, with one adult guest.

Send your kids back in time to an age when dinosaurs roamed the earth! We'll start by practicing our veggie-chopping skills, then mix the vegetables into soup with a tasty blend of herbs and beans. After that, we'll create a forest using dinosaur kale, complete with critters and landscape features made from a variety of colorful veggies and fruits.

MENU:

Dinosaur Bean Soup (herbs, beans, vegetables)

Dino Kale Forest (selection of vegetables and fruits)

Dietary Notes: Vegetarian; no dairy or eggs. Gluten-free options available on request.

SIMPLE SIMON'S PIES

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

Ages 4 to 6, with one adult guest.

"Simple Simon met a pie man going to the fair." With Marie's help, kids will turn into pie people, too! We'll mix and roll out savory pot pies and sweet fruit turnovers, prepare fillings, then enjoy our scratch-made snacks as a group along with a fun rhyming word game.

MENU:

Simple Pot Pies with Leek Sauce or Turkey Gravy

Fruit Turnovers with Fruit Fillings

Simple Salad

Dietary Notes: With dairy, eggs and optional poultry.

SPRINGTIME IS BRUNCHTIME

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

Ages 4 to 6, with one adult guest.

We see spring weekends as opportunities to cook up delicious brunches with the family. In this class, kids will get to mix, mash, and fry up their own delicious and seasonally inspired brunchtime creations, perfect for a Mother's or Father's Day celebration!

MENU:

Baked Egg Cups

Whole-Wheat Banana Pancakes

Honey Rhubarb Sauce

Dietary Notes: Vegetarian with dairy and eggs.

SNACK ATTACK: SAY CHEESE!

Samantha Brumfield // Members \$50, Non-members \$55

Ages 4 to 6, with one adult guest.

Young chefs will learn to make their own satisfying after-school or weekend afternoon snack boards! We'll build tasty platters with cheese, scratch-made crackers and hummus. They'll have time to learn and practice proper knife techniques and plating skills, too!

MENU:

Cheese

Hummus

Cheese Crackers with Rosemary

Selection of cut vegetables

Honey Rhubarb Sauce

Dietary Notes: With dairy, eggs and optional meat.

MUFFIN TIN TREATS

Lisa Palmatier // Members \$50, Non-members \$55

Ages 7 to 9, kids only.

Muffin tins can be used to make all kinds of food in no time at all. Kids will practice recipes for any time of day, beginning with breakfast. We'll make cheesy lasagna rolls for a fun and hearty dinner, and finish with a sweet and simple no-bake treat.

MENU:

French Toasties with Maple Syrup or Fruit

Lasagna Rolls

No-Bake Mini Cheesecakes with Jam

Dietary Notes: Vegetarian with dairy and eggs.

SILLIEST BREAKFAST EVER!

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

Ages 7 to 9, with one adult guest.

Toads and bubbles and babies? What kind of cooking class is this? An extremely silly one! In this class, we're cooking up three oddly named but delightfully flavored breakfast dishes, learning kitchen essentials along the way.

MENU:

Toad in the Hole (Oven-baked Casserole with Eggs and Sausage)

Bubble and Squeak (Pan-fried Vegetable and Potato Cakes)

Dutch Baby Pancakes

Dietary Notes: *With dairy, eggs, and optional meat.*

AFTER-SCHOOL COOKING CLUB: WHAT'S FOR LUNCH?

Lee Baker and Cam Zarcone // Members \$180, Non-members \$200

Ages 9 to 12, kids only.

You've got enough on your plate — let the kids handle some of the cooking! Over the course of four weeks, students will build their confidence in the kitchen as they learn to prepare four classic lunch dishes. They'll grow their culinary vocabulary and practice techniques, including knife skills and kitchen organization.

MENU:

Homemade Tacos, Flan

Croque Monsieur, Tomato Bisque, Madeleines

Chili with Cornbread, Brownies

Homemade Pita Bread, Falafel, Tzatziki Sauce, Greek Yogurt Parfaits

Dietary Notes: *With dairy, eggs, and optional meat.*

BAKED DOUGHNUTS

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

Ages 10 to 12 with one adult guest.

Everyone loves doughnuts and when baked, they're easy to make at home any time! Lisa will walk kids and their adult through the process, as we make three varieties of baked cake doughnuts and four tasty glazes. She'll also share the secret to baked raised doughnut twists, as we work hands-on to mix, bake, glaze and enjoy our delicious doughnut creations.

MENU:

Baked Vanilla, Chocolate and Applesauce Spice Cake Doughnuts

Vanilla, Chocolate, Raspberry and Maple Glazes

Baked Raised Doughnut Twists

Dietary Notes: *Vegetarian with dairy and eggs.*

RAMEN ROCKS!

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

Ages 10 to 12, kids only.

Nix the classic microwave ramen for a delicious homemade version. Tamara will teach kids her own take on the famed Japanese fast food. We'll practice chopping skills while prepping ingredients, then cook up a personalized bowl with fresh noodles, variety of vegetables, condiments and optional chicken. For a sweet end-of-class treat, we'll make Butter Mochi, a chewy, rice flour cake made with coconut milk.

MENU:

Vegetarian Miso Broth

Chicken Broth

Customized Ramen Noodle Soup

Butter Mochi

Dietary Notes: *Vegetarian, with optional poultry; no dairy or eggs.*

THE GLOBAL BAKER

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

Ages 13 to 18, teens only.

Ready to branch out beyond boxed brownies? Discover what people in other parts of the world like to bake. Circle the globe with us as we whip up three very different and delightful recipes from Italy, Haiti and Denmark — including a customized cake person of your choice.

MENU:

Pizzelle (Waffle Cookies) from Italy

Mini Coconut Cakes from Haiti

Kagemand (“Cake Man”) or Kagekone (“Cake Woman”) from Denmark

Dietary Notes: *Vegetarian with dairy and eggs.*

PERUVIAN FUSION

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

Ages 13 to 18, with one adult guest.

Peruvian cuisine is a colorful reflection of the country's rich history and diverse landscape. Many cultures from around the world brought together their techniques in Peru and used an amazing variety of local ingredients to create an all-new style of cooking. In this class, students will prepare four dishes that capture a range of flavors and textures.

MENU:

Lomo Saltado (Beef Tenderloin Stir-fried with Red Onion, Tomatoes and Tamari)

Roasted Yukon Gold Potato Fries and Garlic Rice

Peruvian-style Cucumber and Tomato Salad with Lime and Salt

Rosquitas de Anis (Anise-Sesame Wreath Cookies)

Dietary Notes: *With meat, dairy and eggs.*