



SUMMER 2019

PCC COOKING CLASSES



With the right encouragement, anything is possible in the home kitchen. We offer a robust selection of adults' and kids' classes with experienced instructors, fresh ingredients and a supportive and fun learning environment.

HOW TO REGISTER

ONLINE

Visit
PCCcooks.com

PHONE

Call 206-545-7112
M-F; 9 a.m. to 5 p.m.



LOOKING FOR DATES AND LOCATIONS?

Click on class titles to learn more.

View complete Class Calendar at
pccmarkets.com/class/calendar

CLASS LEGEND

HANDS-ON Student participation during class.

DEMO Sit and enjoy watching a pro at work.

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

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

FAQ

Visit pccmarkets.com/classes/frequently-asked-questions to learn more.

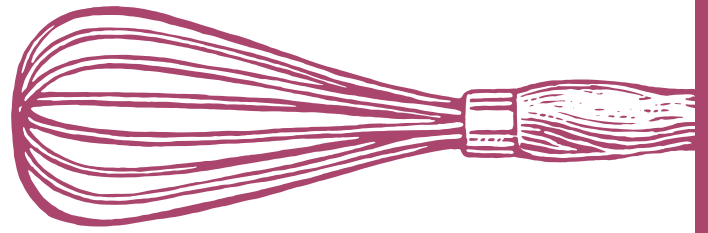
Further questions? Call us at 206-545-7112 or contact us by [email](#).

CONNECT WITH THE COMMUNITY

Stay up on the news by visiting pccmarkets.com/newsletters.

Email subscribers get updates about new classes, as well as special events and offers.

GLOBAL GOURMET



Bring the world closer with
enticing menus from all corners.

FRENCH FÊTE

DEMO

SIP + SAVOR

Michael Diem // Members \$60, Nonmembers \$65 (21+, ID Required)

Escape to Provence by way of the PCC Cooks classroom. The arrival of fresh summer produce makes the perfect backdrop for learning new culinary techniques like braising a chicken, crafting a perfectly fluffed soufflé and pairing dishes with elegant French wines. This demo covers both savory and sweet — and of course, cheese.

MENU:

Chicken Provençal on Sautéed Greens

Chèvre Soufflé

Raspberry Frangipane Tart

French wines to pair

Dietary Notes: With poultry, dairy and eggs.

SUMMER IN THE MEDITERRANEAN

HANDS-ON

SIP + SAVOR

Abby Canfield // Members \$60, Nonmembers \$65 (21+, ID Required)

Sun-ripened ingredients shine bright in Mediterranean cuisine, and with a handful of simple techniques, you will learn to create four flavorful dishes from scratch. Get hands-on practice transforming seasonal produce and take home new skills, like making flatbread and grilling lamb, that you can adapt throughout the year.

MENU:

Flatbread with Za'atar, Local Labneh and Grilled and Fresh Heirloom Tomatoes

Smashed Cucumber Salad with Preserved Lemon, Mint and Chiles

Herbed Lamb Kebab with Lemon-Tahini Sauce

Cardamom-stewed Stone Fruit with Honeyed Yogurt and Pistachios

Wines to pair

Dietary Notes: With meat, dairy and eggs.

PERUVIAN CHICKEN DINNER

DEMO

Jennifer Reyes // Members \$50, Nonmembers \$55

Ever wanted to learn how to spatchcock a chicken? (Don't even know what spatchcocking is?) This class is for you! Jennifer will demonstrate this technique designed to yield a perfect roast chicken while you discover the secrets of unique and flavorful Peruvian marinades and sauces. Secure other skills like whipping meringue to equip your future culinary journeys.

MENU:

Marinated Peruvian Chicken

Bright Green Cilantro Sauce

Cucumber and Avocado Salad

Suspiro de Limeña (Dulce de Leche and Meringue)

Dietary Notes: With poultry, dairy and eggs.

THAI RESTAURANT FAVORITES AT HOME HANDS-ON

Pranee Halvorsen // Members \$55, Nonmembers \$60

Spice up your list of go-to summer recipes with these low-stress traditional Thai dishes — each requires minimal prep and cooking time. Learn to work with classic Thai ingredients using a variety of culinary techniques that serve as building blocks for this globally loved cuisine.

MENU:

Tom Kha Gai (Chicken in Thai Ginger and Coconut-Lime Broth with Lemongrass and Lime Leaves)

Laab Moo (Minced Pork Salad with Spicy Lime and Chile Dressing)

Phanang Goong (Phanang Curry Prawns with Shredded Lime Leaves)

Kao Neow Mamuang (Sticky Rice in Coconut Milk with Mango)

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

DATE NIGHT IN THE PNW DEMO SIP + SAVOR

Abby Canfield // Members \$60, Nonmembers \$65 (21+, ID Required)

Put together an indulgent yet healthy summer meal for two featuring the best of the best of our region's seasonal produce. The flavors, colors and textures of summer in the Northwest are plentiful and versatile, and you'll learn to bring them to the table with classic cooking techniques. Abby will guide you through an enticing and comprehensive menu — and suggest a local wine to pair with each dish!

MENU:

Chilled Melon and Cucumber Soup with Pickled Chiles, Cherry Relish and Edible Flowers

Salmon with Summer Vegetable Quinoa Salad and Green Goddess Yogurt

Grilled Tomatoes with Burrata, Corn and Fresh Herb Salsa Verde

Grilled Stone Fruit with Almond Granita

Local wines to pair

Dietary Notes: With seafood and dairy; no eggs.

CICCHETTI: VENETIAN SMALL PLATES DEMO SIP + SAVOR

Paola Albanesi // Members \$60, Nonmembers \$65 (21+, ID Required)

Elevate your patio party playbook with refreshing Italian aperitivo — easy apps, perfectly paired wines and a sweet stone fruit sorbet. Learn handy techniques for crafting small plates in no time, like pickling radicchio and cooking dry beans.

MENU:

White Bean Crostini

Celery, Walnut and Fennel Salad with Parmigiano Cheese

Grissini with Pickled Radicchio and Prosciutto

Pasta con Vongole (Pasta with Fresh Clams, White Wine and Parsley)

Bellini Sorbet with White Peaches and Prosecco

Italian wines to pair

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

FARM TO TABLE WITH PCC FARMLAND TRUST DEMO SIP + SAVOR

Abby Canfield // Members \$75, Nonmembers \$75 (21+, ID Required)

Taste a menu that showcases our region's bountiful summer harvest while protecting our small farms for generations to come — all net proceeds from this class will benefit PCC Farmland Trust, a nonprofit that preserves and stewards Washington farmland. Sip local wines, learn to make mouthwatering seasonal dishes and hear more about the important work this organization is accomplishing across the state.

MENU:

Tomato-Peach Soup with Lemon and Mint Crème Fraîche

Zucchini Ribbon and Stone Fruit Salad with Pine Nuts, Cheese and Fresh Herbs

Roasted Lamb with Grilled Eggplant, White Bean Purée and Spicy Green Sauce

Summer Berry Parfait with Shortcakes, White Chocolate Whipped Cream and Lavender Syrup

Local wines to pair

Dietary Notes: With meat, dairy and eggs.

BEST OF ITALY: GELATO WORKSHOP

HANDS-ON

Paola Albanesi // Members \$50, Nonmembers \$55

Growing up in Italy and spending summers at her parents' gelato shop, Paola knows there's nothing quite like a cool treat made from scratch. As summer temps climb, skip the line at your local ice cream maker — learn to make and enjoy all of the elements of this lavish summer treat at home, including the whipped cream on top.

MENU:

Gelato alla Crema (Vanilla Custard Gelato)

Waffle Cone Cups

Macedonia di Frutti di Bosco (Berry Salad)

Italian Sundaes

Granita al Caffè con Panna (Sicilian Coffee Granita with Whipped Cream on Brioche)

Dietary Notes: Vegetarian with dairy and eggs.

NORTH INDIAN FAVORITES

HANDS-ON

Sandeep Rehal // Members \$55, Nonmembers \$60

Learn to create the Indian flavors you love from scratch! From crispy to creamy, savory to sweet, Sandeep will guide you through three unique vegetarian dishes that bring the flavors and spices of Northern Indian culinary traditions to life. Become familiar with tadka — a foundational Indian method of tempering spices in oil or ghee — and gain hands-on experience so you can practice at home.

MENU:

Veggie Pakoras with Cilantro-Mint Chutney

Palak Paneer with Tadka Rice

Jalebi (Fried Pastry with Saffron Sugar Syrup)

Masala Chai

Dietary Notes: Vegetarian with dairy; no eggs.

AL FRESCO ITALIAN AFFAIR

DEMO

SIP + SAVOR

Iole Agüero // Members \$55, Nonmembers \$60 (21+, ID Required)

Take a walk on the lighter side of Italian cooking. Iole will demonstrate easy techniques that you can use to craft a simple and memorable meal with minimal fuss. Learn to highlight seasonal and classic Italian ingredients in a collection of versatile dishes, and top it all off with Iole's signature cheesecake.

MENU:

Cannellini Bean Crostini with Lemon and Garlic

Burrata with Crispy Pancetta, Shallots and Heirloom Tomatoes

Bruschetta with Heirloom Sugar Plum Tomatoes and Basil

Spaghetti with Tuna, Lemon and Castelvetro Olives

Cheesecake Custard with Lemon and Fresh Fruit

Italian wines to pair

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

SUMMER BY THE CASPIAN SEA DEMO

Omid Roustaei // Members \$55, Nonmembers \$60

Experience Persian culture in the best possible way — with your taste buds. Omid pays homage to childhood memories by the Caspian Sea savoring summer treats and learning his family's culinary traditions. Come away with new recipes and skills as well as a richer understanding of regional flavors, like saffron and aromatic rosewater.

MENU:

Aghuz Tareh (Smoked Eggplant with Creamy Walnut and Mint Spread)
 Mahi-ye tu por ba Sabzi (Stuffed Fish with Fresh Herbs, Saffron and Berries)
 Kabab-e Torsh (Pomegranate and Fresh Herb-marinated Beef Kebabs)
 Tokhm-e Sharbatie (Drink with Rosewater, Chia and Lime)
 Naan-e Berenji (Rice Flour Cookies with Pistachios and Rosewater)

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

VIETNAMESE KITCHEN HANDS-ON GLUTEN-FREE

Thanh Tang // Members \$55, Nonmembers \$60

Bring family and friends together over a simple yet elegant summer menu inspired by Vietnamese favorites. Thanh will walk you through a diverse selection of Vietnamese dishes that demonstrate the balance between food, body and mind held in Eastern philosophy. Hone your knife skills alongside other techniques like braising, stir-frying and crafting a perfectly set custard.

MENU:

Coconut Turmeric Rice Cakes
 Pork and Lemongrass Noodle Bowls with Fresh Herbs
 Chicken Soup with Cellophane Noodles, Ginger, Lime and Shiitake Mushrooms
 Vietnamese Coffee Flan

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

SUMMER SALSAS AND TAMALES FROM SCRATCH HANDS-ON

Devra Gartenstein // Members \$50, Nonmembers \$55

For more than 20 years, Devra — founder of locally loved Patty Pan Cooperative — has been gracing Seattle-area farmers' markets with her homemade salsas and tamales. Here's your chance to learn from the best. In this hands-on class, Devra will cover the basics of tamale dough and you'll be able to craft your own tamales using both classic and seasonal fillings.

MENU:

Roasted Tomato Salsa
 Roasted Serrano Hot Sauce
 Fresh Pico de Gallo
 Basic Tamale Dough
 Make-Your-Own Tamale Fillings: Seasonal Vegetables, Black Beans, Pumpkin Seeds, Queso Fresco

Dietary Notes: Vegetarian with optional dairy; no eggs.

CRÊPES OF BRITTANY HANDS-ON

Emma Le Dû // Members \$50, Nonmembers \$55

Gain hands-on experience creating two iconic French treats — sweet crêpes and savory buckwheat galettes — with a born-and-raised Breton. Emma brings regional expertise from Brittany, where half of the restaurants are crêperies, into the PCC Cooks classroom. Learn to cook crêpes on the stovetop, try your hand with a crêpe maker, then get creative with different flavor combinations.

MENU:

Galette Complète (Eggs, Ham and Cheese)

Galette Chèvre (Goat Cheese, Honey and Walnuts)

Crêpe Fraise (Strawberries and Whipped Cream)

Crêpe Citron (Lemon and Sugar)

Dietary Notes: With meat, dairy and eggs.

SUMMER IN BARCELONA

HANDS-ON

SIP + SAVOR

Marianna Stepniewski // Members \$60, Nonmembers \$65 (21+, ID Required)

Marianna's love of Spanish cuisine meets with Northwest seasonal ingredients in this colorful, hands-on class.

Watch, learn and gain hands-on practice with foundational skills to take home, like grilling seafood, mixing vinaigrette and aioli, and preparing a decadent cream dessert.

MENU:

Shaved Asparagus and Fresh Pea Salad with Preserved Lemon Vinaigrette and Homemade Mató (Catalonian Soft Cheese)

Patatas Bravas (Spanish Roasted Potatoes)

Grilled Calamari with Fava Beans and Mint

Crema Catalana with Cava-macerated Strawberries

Spanish wines to pair

Dietary Notes: With seafood, dairy and eggs.

XIAO LONG BAO: SOUP DUMPLINGS AT HOME

HANDS-ON

Christina Chung // Members \$55, Nonmembers \$60

Learn to make steamed soup dumplings at home! Try your hand at making three different xiao long bao. Christina will guide you through every step of the process while teaching the cultural background of her techniques, from making and rolling the dough to crafting the soup aspics and finally, that signature wrapping style.

MENU:

Classic Xiao Long Bao with Pork Filling

Matcha Green Xiao Long Bao with Seafood Filling

Cocoa Brown Xiao Long Bao with Chocolate Lava Filling

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

BRITISH BAKING FROM SCRATCH

HANDS-ON

Marianna Stepniewski // Members \$50, Nonmembers \$55

Baking shows are great, but creating (and devouring) your own delectable baked treats is far more satisfying.

Inspired by her own family traditions, Marianna has whipped up a menu that brings classic British techniques to life. Take home tricks for future baking projects, like making crumpets with English muffin rings.

MENU:

Sourdough Crumpets

Earl Grey Cream Scones with Lemon Curd and Homemade Clotted Cream

Victoria Sponge with Vanilla Bean Whipped Cream and Quick Berry Jam

Sticky Toffee Pudding with Muscovado Butterscotch

Dietary Notes: With dairy and eggs; optional meat.

THE TURKISH TABLE

HANDS-ON

Pinar Özhal // Members \$50, Nonmembers \$55

In Turkey, there's no end to the culinary creativity inspired by treasured summer staples like dill, peppers and eggplant. Pinar will guide you through the flavors of her Turkish heritage, including two different preparations for preparing eggplant — a smoky purée and a stuffed bake. Pair these dishes with zucchini fritters and round out your meal by crafting a dessert compote that will make you feel like royalty.

MENU:

Imam Bayildi (Whole Eggplant Stuffed with Onion, Peppers and Parsley in Tomato Sauce)

Hunkar Begendi, or “Sultan Delighted” (Braised Lamb and Smoky Eggplant Purée)

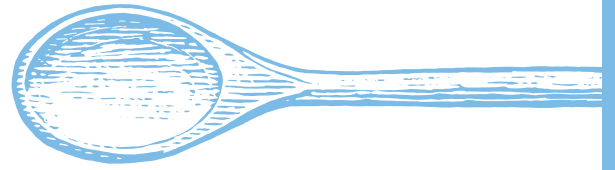
Mücver (Zucchini Fritters with Feta, Eggs, Dill, Parsley and Garlic-Yogurt Sauce)

Karışık Meyveli Komposto (Mixed Fruit Compote)

Dietary Notes: With meat, dairy and eggs.

TO YOUR HEALTH!

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



WHAT PURPLE AND BLUE FOODS DO FOR YOU

LECTURE

Marilyn Walls, M.S. // Members \$25, Nonmembers \$30

Summer blues aren't always a bad thing. In this lecture-style class, nutritionist Marilyn Walls talks all shades of blues and purples — fruits and vegetables that pop up throughout the summer and are packed with benefits for both brain function and heart health. Enjoy generous samples from the PCC shelves, and learn to take full advantage of these foods' rich flavor and robust nutrition with diet changes that fit seamlessly into busy summer plans.

NUTRITION 101: BALANCED EATING

DEMO

Lizzie Diehl, M.S., C.N. // Members \$50, Nonmembers \$55

Food choices should not be agonizing. Learn to comfortably and flexibly feed yourself well with a few simple techniques and a deeper understanding of the components of a balanced meal, including ingredients that regulate energy and digestion. Come away with a day's worth of meal ideas, as well as tips and tricks for adopting a positive food-life balance.

MENU:

Breakfast Wheat Berries with Sesame

Harissa-Mint Tuna Salad

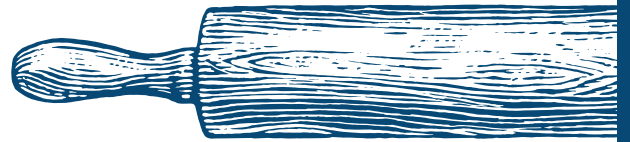
Coriander Cracked Farro Pilaf

Nectarine and Arugula Salad

Coconut Flan with Lime

Dietary Notes: With seafood, dairy and eggs.

TECHNIQUES



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

INTRO TO PAN SAUCES HANDS-ON SIP + SAVOR

Jennifer Reyes // Members \$55, Nonmembers \$60 (21+, ID Required)

Nothing elevates a meal like a perfectly crafted sauce. Jennifer will teach you the techniques you need to take your weeknight dinners to the next level with the secrets behind flawless pan sauces. Master emulsions, perfect reductions and more.

MENU:

Skillet-roasted Chicken Thighs with Lemon-Herb Pan Sauce

Pan-seared Steak Finished with a Sherry-Dijon Sauce

No-Cream Alfredo Sauce with Fettuccine

Wines to pair

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

KITCHEN ESSENTIALS: NEED-TO-KNOW TECHNIQUES HANDS-ON

Michael Diem // Members \$55, Nonmembers \$60

Every meal starts with the essentials — master techniques that you can use to cook up nearly any dish. Michael will help you master fundamental kitchen skills: chopping and roasting vegetables; crafting dressings and marinades; getting a superior sear on your steak; and prepping and baking dough.

MENU:

Mediterranean Chop Salad with Red Wine Vinaigrette with Shallots and Fresh Herbs

Flat Iron Steak

Roasted Vegetable Soup

Chocolate-Vanilla Checkered Cookies

Dietary Notes: With meat, dairy and eggs.

CAST-IRON COOKING HANDS-ON

Lesa Sullivan // Members \$55, Nonmembers \$60

Get comfortable with cast iron — Dutch ovens, reversible griddles and classic skillets. Roll up your sleeves to sear and sizzle as Lesa walks you through the techniques needed to take your food from good to golden.

MENU:

Farinata (Savory Italian Chickpea Crêpe) with Pesto

Grilled Flank Steak with Chimichurri

White Corn Quesadillas with Summer Squash, Fresh Herbs and Goat Cheese

Dutch Oven Apple Cake

Dietary Notes: With meat, dairy and eggs.

GOURMET PICNIC BASKET DEMO SIP + SAVOR

Jennifer Reyes // Members \$55, Nonmembers \$60 (21+, ID Required)

It's time to put your best basket forward! Jennifer will walk you through an elevated picnic menu fit for your next trip to the park. Learn how to craft artisan bread for sandwiches, whip up refreshing vinaigrettes for salads and pack portable desserts.

MENU:

Steak Sandwich with Lemon-Garlic Aioli on Homemade Focaccia Bread

Parsley, Prosciutto and Dijon Tomato Salad

Lemon-Tarragon Potato Salad

Individual Lemon Meringue Pies in Jars

Wines to pair

Dietary Notes: With meat, dairy and eggs.

NANCY LESON'S DO-AHEAD DINNER PARTY DEMO SIP + SAVOR

Nancy Leson // Members \$55, Nonmembers \$60 (21+, ID Required)

Pull together a seasonally inspired spread ahead of time so you can spend your gathering mingling with guests! Seattle food writer and radio personality Nancy Leson will give you invaluable tips for pulling pin-bones from fish fillets, culling corn fresh from the cob, and preparing crème fraîche for dishes both savory and sweet.

MENU:

Dill-icious Cucumber Grape Gazpacho

Salatim (Quinoa Tabouli with Peas, Mint and Cherry Tomatoes)

Northwest Salmon Baked in Parchment with Fresh Corn-off-the-Cob, Basil and Tomatoes

Ripe Summer Stone Fruit with Homemade Crème Fraîche

Wines to pair

Dietary Notes: With seafood and dairy; no eggs.

PLANT-BASED KITCHEN: RAW DONE RIGHT DEMO GLUTEN-FREE

MJ Conboy // Members \$50, Nonmembers \$55

The last thing you want to do right now is turn on the stove. Enter an abundance of seasonal produce! MJ will show you the ways to light, yet lofty, plant-based dishes and bites — from starters to desserts — no cooking required.

MENU:

Raw Avocado-Zucchini-Cucumber Soup with Pumpkin Seed Crema and Edible Flowers

No-Cook Pad Thai with Kelp Noodles

Raw Marinara Sauce with Zucchini Noodles

Dark Chocolate Pecan Fudge

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

COCKTAILS 101: BAR CART BASICS DEMO SIP + SAVOR

Cat Warren // Members \$50, Nonmembers \$55 (21+, ID Required)

Believe it or not, stirring and shaking aren't interchangeable! Cat will ignite your inner bartender: simplifying spirits, demystifying bar tools and breaking down the golden formula for a balanced concoction. Spend the evening sipping on DIY mini cocktails and snacking on light bites from the PCC Kitchen.

MENU:

Whiskey Smash (Whiskey, Simple Syrup, Mint and Seasonal Fruit)

Tom Collins (Gin, Lemon Juice, Simple Syrup and Soda)

Your own signature cocktail (crafted with seasonal ingredients)

Light bites to pair from the PCC Kitchen

GLUTEN-FREE PIZZA AND FOCACCIA

HANDS-ON

GLUTEN-FREE

Thanh Tang // Members \$50, Nonmembers \$55

Gluten-free pizza party, anyone? Thanh is here to show you how to whip up a classic gathering go-to according to your dietary needs. Explore a new approach to gluten-free dough making, craft seriously simple sauces, re-fresh your knife skills and master the art of the perfect bake.

MENU:

Gluten-free Pizza Dough

Gluten-free Focaccia Dough

Tomato Sauce

Roasted Garlic Sauce

Toppings: Caramelized Onions, Fresh Peppers, Mushrooms, Olives, Potatoes, Leeks, Summer Squash, Spinach, Cheeses, Salts, Prosciutto, Roasted Chicken

Dietary Notes: With optional meat, poultry and dairy; no eggs or gluten.

PEAK-SEASON GRILLING

HANDS-ON

GLUTEN-FREE

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

There's more to grilling than hot dogs and hamburgers — add some flare to your next outdoor affair! Thanh will teach you how to bring together flavors and textures that are off the beaten path with the perfect sear.

MENU:

Grilled Watermelon Steaks with Cabbage Slaw

Teriyaki Steak Sliders with Grilled Peppery Pineapple

Grilled Bok Choy, Green Beans and Spiced Rubbed Shrimp

Grilled Peach Crumble

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

DAIRY-FREE ICE CREAM WORKSHOP

HANDS-ON

GLUTEN-FREE

Birgitte Antonsen // Members \$50, Nonmembers \$55

Your favorite summer treat is getting a plant-based upgrade. Birgitte will walk you through making your own ice cream, minus the dairy. Using nutritious ingredients like coconut, nuts and seeds as the base, you'll craft custom flavors with peak-season fruits, spices and herbs.

MENU:

Strawberry-Basil Ice Cream

Ginger and Toasted Pecan Ice Cream

Coconut, Lemongrass and Lime Custard Ice Cream

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

FERMENTED SUMMER SIPPERS: KOMBUCHA AND MORE

DEMO

GLUTEN-FREE

Birgitte Antonsen // Members \$50, Nonmembers \$55

Take your summer sipping to the next level with a superfood boost — probiotics. Explore the world of probiotic drinks and learn to craft your own, from kombucha to kvass, using peak-season produce, herbs and spices. You'll master all the techniques needed: flavor creation, fermenting and storing.

MENU:

Kombucha

Veggie Kvass (fermented vegetable drink) Fruit Kvass
(fermented fruit drink)
Rejuvelac (fermented grain drink)
Turmeric-Ginger Bug for Ginger Beer
Light bites to pair from the PCC Kitchen

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

FABULOUS FISH TACOS

HANDS-ON

SIP + SAVOR

James Gasser // Members \$60, Nonmembers \$65 (21+, I.D. Required)

Eating fish tacos? Easy. Cooking fish tacos? There are a few tricks to the trade — each type of fish requires its own technique to prepare. James is here to share his know-how on battering, deep-frying, searing and grilling shrimp, salmon and cod. To top it off, you'll learn to build flavor with toppings and sauces, and to craft tortillas by hand.

MENU:

Handmade Corn Tortillas

Sriracha Shrimp Tacos

Blackened Salmon Tacos

Beer-battered Cod Tacos

Toppings include: Grilled Corn Pico de Gallo, Cilantro Lime Cream, Honey Lime Slaw, Caramelized Pineapple, Avocado, Queso Fresco, Tapatio

Beers to pair

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

EASY ONE-BOWL MEALS

HANDS-ON

Seppo Farrey // Members \$50, Nonmembers \$55

Dinnertime dilemma? Seppo's got you covered with satisfying, easy-to-customize one-bowl meals to accommodate any allergy or lifestyle diet. With a little prep, you'll have suppers all week. Master the method to building a well-rounded meal in a bowl and explore endless ideas — you'll cook up a variety of dishes, then learn how to mix, match and layer with additional components to suit your tastes.

MENU:

Sesame Herbed Polenta

Mediterranean Roasted Vegetables

Vegetarian White Bean Chili

Japanese Vegetable Curry

Tahini Miso Sauce

Ginger Carrot Sauce

Dietary Notes: Vegetarian with optional poultry, seafood, dairy and gluten.

SECRETS OF A PERSONAL CHEF

HANDS-ON

Rachel Duboff // Members \$55, Nonmembers \$60

Summer days mean after-work entertaining is a go! Personal chef Rachel will teach you how to make dinner-party-worthy dishes any night of the week — without the stress. Learn the secrets to meal planning and prepping with the freezer, braising and roasting, and get a refresher on knife skills.

MENU:

Smoked Paprika and Green Olive Short Ribs

Roasted Ratatouille with Polenta Triangles

Moroccan Chicken Tagine with Apricots

Quinoa Pilaf with Pepitas and Cashews

Dietary Notes: With meat and poultry; no dairy or eggs.

KNIFE SKILLS 101 HANDS-ON ADULTS

Seppo Farrey // Members \$50, Nonmembers \$55

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

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

SWEET AND SAVORY STONE FRUIT FEAST DEMO SIP + SAVOR

Marianna Stepniewski // Members \$60, Nonmembers \$65 (21+, ID Required)

Nothing says summer in the Northwest quite like stone fruit — peaches, plums and nectarines shine in both sweet and savory dishes. Roll up your sleeves and learn the skills needed to work with stone fruit. Join Marianna in roasting, poaching and puréeing stone fruits for a seasonal celebration.

MENU:

Nectarine Thai Basil Agua Fresca
Plum and Heirloom Tomato Salad with Burrata and Toasted Walnuts
Fennel-rubbed Pork Tenderloin with Tomato Peach Chutney and Polenta
Poached Stone Fruit with Honey-whipped Ricotta and Pistachios
Wines to pair

Dietary Notes: With meat and dairy; no eggs.

SWEET HAND PIES AND TARTS HANDS-ON

Laurie Pfalzer // Members \$50, Nonmembers \$55

Make the most of juicy, peak-season berries with quick and easy picnic-ready hand pies and galettes! Laurie will teach you the tricks to a fabulously flaky crust that you'll stuff with your own custom berry fillings made with blackberries, blueberries, strawberries and raspberries.

MENU:

Flaky Pie Crust (all-purpose or whole wheat)
Mixed Berry Hand Pies
Berry-Lemon Galettes

Dietary Notes: Vegetarian with dairy; no eggs.

CIDER PAIRING 101 DEMO SIP + SAVOR

Holly Tennant, M.S. // Members \$55, Nonmembers \$60 (21+, ID Required)

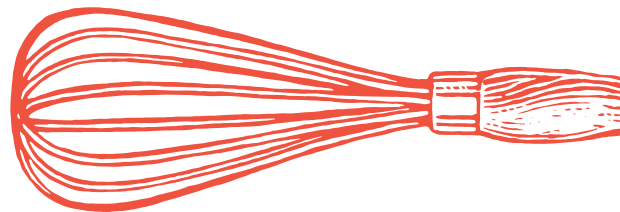
As summer winds down into fall, it's time to devour apples in all forms — especially cider! Dig into the history of cider, explore different varieties, understand the craft behind it all and learn the tricks to tasting as you snack on perfect pairings. How about them local, organic apples?

MENU:

Charcuterie and Hard Cheese Board paired with old-world cider
Grits with Turkey Sausage and Sage paired with dry cider
Mixed Pea Salad with Avocado and Pine Nuts paired with fruit cider
Amaranth and Blueberry Chocolates paired with dessert cider

Dietary Notes: With meat, poultry and dairy.

PCC KIDS COOK



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

OUT OF THIS WORLD

Katie Dire // Members \$45, Nonmembers \$50

Ages 2 to 3, with one adult guest.

Let your little ones discover out-of-this-world snacks! Kids will get inspired on a space-themed adventure, crafting creative treats using seasonal fruits and simple ingredients. One adult guest can come along for the journey to learn how to keep the food fun going at home.

MENU:

Fruit Rockets (Various Seasonal Fruits and Marshmallows)
Moon Snack (Rice Cakes with Cream Cheese or Seed Butter)
Astronaut Pudding (Pudding with Berries)
Space Rock Cakes (Raisin Cakes)

Dietary Notes: Vegetarian with dairy and eggs.

A YUMMY ADVENTURE

Kim Trimmer and Lee Baker // Members \$45, Nonmembers \$50

Ages 2 to 3, with one adult guest.

Send your toddlers on an exploration of all things yummy. They'll practice chopping vegetables, measuring out ingredients and putting them all together to make tasty treats. Come along for the ride as little ones explore opposites and learn skills for explaining yummy versus yucky at home.

MENU:

Blueberry Drop Scones
Deviled Eggs
Open-faced Veggie Sandwiches

Dietary Notes: Vegetarian with dairy and eggs.

DRAGON TACO PARTY

Marie Donadio // Members \$50, Nonmembers \$55

Ages 4 to 6, with one adult guest.

Your little ones will want to have a taco party every day after this adventure — dragons included! Inspired by the book, “Dragons Love Tacos,” kids will gain an understanding of spices and how they flavor food, crafting salsa below fire-breathing levels, while practicing basic cuts with your help.

MENU:

Homemade Taco Seasoning
Crunchy or Soft Beef Tacos
Bean Tacos
Salsa and Guacamole

Dietary Notes: With gluten-free, dairy-free and vegetarian options.

2-DAY FUN ON THE FARM, AGES 4 TO 6

Sarah Cassidy // Members \$100, Nonmembers \$110

Ages 4 to 6, with one adult guest.

Kickstart your kids' love of farm-to-table food with a two-day excursion. Day one takes place in the fields of Hearth Farm in Carnation, where farmer Sarah will lead little ones in learning about their food from the ground up — how it grows and what it looks like — while harvesting ingredients. The next day, they'll take their bounty, break it down — leaves, stems and all — and cook it up with Sarah's guidance.

MENU:

Sesame "Confetti Spaghetti" with Fresh Vegetables

Cucumber-Lime Watermelon Smoothie

Fresh Berries with Whipped Cream

Dietary Notes: Vegetarian with dairy and eggs.

COOKIE JAR

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

Ages 7 to 9, kids only.

It's time to fill up the cookie jar! Your child will learn the basic techniques for putting together classic cookies — from measuring and creaming to rolling out dough and getting the perfect bake. By the end of class, they'll be able to take these tips and tricks to create custom cookies at home with you.

MENU:

Oatmeal Cookies

Chocolate Chip Cookies

Chocolate Sandwich Cookies

Dietary Notes: Vegetarian with dairy and eggs.

2-DAY FUN ON THE FARM, AGES 7 TO 9

Sarah Cassidy // Members \$100, Nonmembers \$110

Ages 7 to 9, with one adult guest.

Kickstart your kids' love of farm-to-table food with a two-day excursion. Day one takes place in the fields of Hearth Farm in Carnation, where farmer Sarah will lead future foodies in learning about their food from the ground up — how it grows and what it looks like — while harvesting ingredients. The next day, they'll take their bounty, break it down — leaves, stems and all — and cook it up with Sarah's guidance.

MENU:

Sesame "Confetti Spaghetti" with Fresh Vegetables

Cucumber-Lime Watermelon Smoothie

Carrot and Cucumber Noodles

Fresh Berries with Whipped Cream

Dietary Notes: Vegetarian with dairy and eggs.

PAMPERED PARENT: KIDS COOK FOR YOU

Cam Zarcone // Members \$55, Nonmembers \$60

Ages 10 to 12, kids only.

Let your kids discover their inner chef. With Cam's guidance, kids can live out their culinary dreams as they take control of the kitchen. They'll sear, roast and bake up a multicourse meal using the summer's bounty, transform the kitchen with table settings, and serve up their creations for one lucky adult guest who will join them for an end-of-class feast.

MENU:

Roasted Salmon with Herbed Compound Butter

Roasted Ratatouille

Mixed Berry Mini Galettes

Dietary Notes: With seafood and dairy; no eggs.

TEENS BAKE CHEESECAKE

Laurie Pfalzer // Members \$55, Nonmembers \$60

Ages 13 to 16, teens only.

Laurie will show your teens that baking can be a piece of cake — cheesecake that is! They'll learn the need-to-know steps to crafting decadent individual cheesecakes, from mixing to baking, and top it all off with peak-season picks.

MENU:

Vanilla Bean Cheesecake with Seasonal Berries

Lemon Cheesecake

Raspberry Swirl Cheesecake

Dietary Notes: Vegetarian with dairy and eggs.

PAMPERED PARENT: TEENS COOK FOR YOU

Lee Baker // Members \$55, Nonmembers \$60

Ages 13 to 16, teens only.

Let your teens discover their inner chef! With Lee's guidance, teens can live out their culinary dreams as they take control of the kitchen. They'll chop, roll, boil and bake up a multicourse meal using the summer's bounty, transform the kitchen with table settings, and serve up their creations for one lucky adult guest who will join them for an end-of-class feast.

MENU:

Romaine and Apple Salad with Shallot-Thyme Vinaigrette

Fresh Pasta Roulade with Ricotta, Fontina and Spinach served with Tomato Basil Coulis

Plum Cobbler with Chantilly Cream

Dietary Notes: Vegetarian with dairy and eggs.

PCC COOKS CLASSROOM LOCATIONS

BOTHELL

22621 Bothell Everett Hwy,
Bothell, WA 98021
425-492-0122

BURIEN

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

COLUMBIA CITY 3610
S. Edmunds St. Seattle, WA
98118
206-466-6182

EDMONDS

9803 Edmonds Way
Edmonds, WA 98020
425-275-9036

GREENLAKE VILLAGE

450 N.E. 71st St. Seattle,
WA 98115
206-729-5075

ISSAQUAH

1810 12th Ave. N.W.
Issaquah, WA 98027
425-369-1222

REDMOND

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

VISIT [PCCMARKETS.COM](https://www.pccmarkets.com) FOR
COMPLETE LIST OF PCC LOCATIONS,
STORE MAPS AND HOURS.

Hear what students are saying about our cooking classes!

TASTE OF THE PACIFIC NORTHWEST

with **ABBY CANFIELD:**

"I wanted to lick my plate
after every course!
Great class - thank you!"

PLAN AHEAD: MAKING MEALS WORK

with **RACHEL DUBOFF:**

"Rachel does a great job of
expanding on answers to
questions and sharing lots of
knowledge."

KNIFE SKILLS: SPRING

with **SEPPO FARREY:**

"The course and instructor
were fantastic! Wish I'd
learned these skills years ago."

