



## Culinary Class Schedule Fall Session, 2009

### **Menu 1 – Spice Rubbed Flank Steak**

*Sept. 22, 2009 - Tuesday Lunch*

*Sept. 23, 2009 - Wednesday Dinner*

Arugula, Summer Fruit, Almonds and Avocado  
Spice Rubbed Flank Steak with Chimichurri  
Corn, Red Onion and Cherry Tomato Sauté  
Roasted Fingerling Potatoes  
Chocolate Zucchini Cake

### **Menu 2 – Seared Scallops with White Wine**

*Sept. 29, 2009 - Tuesday Lunch*

*Sept. 30, 2009 - Wednesday Dinner*

Green Goddess Salad  
(Romaine, Cucumbers and Avocado)  
Seared Scallops with White Wine, Lemon,  
Capers and Tapenade  
Green Beans, Caramelized Shallots  
Smashed Potatoes with Olive Oil  
Autumn Fruit Crisp

### **Menu 3 – Pan-Roasted Spiced Lamb Chops**

*Oct. 6, 2009 - Tuesday Lunch*

*Oct. 7, 2009 - Wednesday Dinner*

Celery Root, Potato and Apple Soup  
Fennel, Olive and Orange Salad  
Pan-Roasted Spiced Lamb Chops with  
Mango Chutney  
Root Vegetable Puree  
Upside Down Pear Chocolate Cake

### **Menu 4 – Traditional Moroccan Cuisine**

*Oct. 27, 2009 - Tuesday Lunch*

*Oct. 28, 2009 - Wednesday Dinner*

Spiced Olives  
Fresh Green Salad with Pomegranate  
Harira Soup (Traditional Moroccan Lamb  
Soup)  
Cous Cous with Fall Vegetables, Chickpeas,  
Caramelized Onions (Tfaya)  
Almond Tart with Greek Yogurt

### **Menu 5 – Indian Curries**

*Nov. 10, 2009 - Tuesday Lunch*

*Nov. 11, 2009 - Wednesday Dinner*

Red Lentil Soup  
Endive Walnut Salad  
Raita  
Shrimp Curry  
Chicken Curry with Vegetables  
Basmati Rice with Cumin  
Stewed Spiced Pears



#### **Class times:**

Lunch class - 11 am - 1:30 pm

Dinner class - 6 pm - 8:30 pm

Please arrive 10 minutes prior to class.

#### **Class fees:**

\$65 - lunch class per student

\$75 - dinner class per student

Includes recipes, menus, a great meal and  
a fun time.

For more information or reservations,  
please contact Lolly.

phone: 619.520.0093

email: [lolly@forandaboutfood.com](mailto:lolly@forandaboutfood.com)

Reservations required for all classes.

Please send payment to:

Lolly Tharp

3340 Ingelow Street

San Diego, CA 92106

Cancellations must be made by  
phone 48 hours prior to class in  
order to receive a full refund.

Classes held in Lolly's kitchen in  
Point Loma:

3340 Ingelow Street

San Diego, CA 92106

Lolly is dedicated to using organic and  
sustainable ingredients when possible.



We will gladly accommodate your needs  
with booking a custom class or a party to  
host special occasions.

Along with the cooking instruction, Lolly  
supplies the informal service, great food  
and clean up. Educate your guests while  
enjoying an evening in your kitchen or  
her's.

To make arrangements, call Lolly  
(619.520.0093). Vegetarian menus are  
available.



Gift Certificates are available. They make  
the perfect gift.

For more information please visit Lolly's  
website:  
[www.forandaboutfood.com](http://www.forandaboutfood.com)