



Cooking Classes - Summer Session - 2009
Summer Grill Series begins June 30th

Menu 1 - Seared Scallops

June 9, 2009 - Tuesday Lunch

June 10, 2009 - Wednesday Dinner

Baby Spinach with Warm Tomato Vinaigrette
Seared Scallops with White Wine, Lemon, Capers, and Olives
Green Beans, Caramelized Shallots, Fingerling Potatoes
White Peaches in Raspberry Wine Sauce

Menu 2 - Grilled Marinated Flank Steak

June 30, 2009 - Tuesday Lunch

July 1, 2009 - Wednesday Dinner

Mixed Greens and Fennel Salad, Baked Goat Cheese, Sun Dried
Tomato Vinaigrette
Grilled Marinated Flank Steak with Garlicky Corn, Pickled Red
Onion and Cherry Tomato Salsa
Mixed Berry Cobbler

Menu 3 - Grilled Shrimp Two Ways

July 14, 2009 - Tuesday Lunch

July 15, 2009 - Wednesday Dinner

Smokey Roasted Pepper and White Bean Dip
Summer Vegetable Risotto with Grilled Shrimp
Grilled Shrimp with Heirloom Tomato Tartare
Shaved Fennel, Olive, Orange Salad
Summer Berry Crisp

Menu 4 - Spiced Rubbed Pork Ribs

Aug. 4, 2009 - Tuesday Lunch

Aug. 5, 2009 - Wednesday Dinner

Grilled Figs, Blue Cheese, Port Reduction
Spiced Rubbed Pork Ribs
Fingerling Potato Salad
Grilled Corn-on-the-Cob with Herb Vinaigrette
Seasonal Sorbet with Almond Tuile

More Information:

Class Times: Lunch class - 11 am - 1:30 pm / Dinner class - 6 pm - 8:30 pm

Class Fees: \$65 - lunch class per student / \$75 - dinner class per student

Class Location: Lolly's kitchen in Point Loma

Reservations / Contact: Call Lolly - 619.520.0093, or email her at
lolly@forandaboutfood.com

Reservations required for all classes. Cancellations must be made by phone 48 hours prior to class in order to receive a full refund.