



CULINARY CLASSES

Winter / Spring Session
2009

Menu 1 – Super Foods for The New Year*

January 13, 2009 - Tuesday Lunch
January 14, 2009 - Wednesday Dinner

*What makes a food “Super” and why are they important? Learn how to incorporate super foods into menu planning and recipes.

White Bean Puree Crostini
Roasted Beet Salad with Walnut Pesto
Japanese Wild Mushrooms with Soba Noodles
White Fish with Almond Dried-Cherry Quinoa
Fresh Fruit Crisp

Menu 2 – Filet Mignon

February 17, 2009 - Tuesday Lunch
February 18, 2009 - Wednesday Dinner

Roasted Butternut Squash Soup
Romaine Hearts and Watercress with Apple,
Beets, Stilton and Cider Vinaigrette
Filet Mignon with Red Wine and Wild Mushrooms
Creamy Polenta
Guilt-free Chocolate Molten Cake

Menu 3 – Cocktail Party Appetizers

March 10, 2009 - Tuesday Lunch
March 11, 2009 - Wednesday Dinner

Ginger and Lime Marinated Shrimp
with Avocado Salsa
Grilled Lemon Chicken Satay with
Dipping Sauce
Roasted Grape Relish on Endive
Crostini with Wild Mushrooms and
Buffalo Mozzarella
Seasonal Surprises

Menu 4 – Spring Has Sprung Brunch

March 24, 2009 - Tuesday Lunch
March 25, 2009 - Wednesday Dinner

Frosted Orange Ginger Fruit Salad
Spinach, Oven Roasted Tomato,
Caramelized Onion Strata
Asparagus with Lemon Vinaigrette
Whole Grain Mixed Berry Muffins
Pomegranate Mimosa

Menu 5 – Traditional Moroccan Cuisine

April 21, 2009 - Tuesday Lunch
April 22, 2009 - Wednesday Dinner

The first of April Lolly will attend a 9-day cooking school in Morocco. For her April classes, she will cook up her favorite Moroccan recipes.

Menu 6 – Miso Wild King Salmon with Lime-Ginger Glaze

May 19, 2009 - Tuesday Lunch
May 20, 2009 - Wednesday Dinner

Spring English Pea Soup with Crème Fraiche
Farmers Market Spring Salad
Miso Wild King Salmon
Seasonal Vegetable Ragout
Meyer Lemon Tart with Fresh Berries



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

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

Please send payment to:

Lolly Tharp
3340 Ingelow Street
San Diego, CA 92106

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.



Private Classes:

We will gladly accommodate your needs with
booking private classes 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 for private classes,
call Lolly (619.520.0093). Vegetarian menus
are available.



Gift Certificates are available for purchase.

Visit our website: forandaboutfood.com