



Culinary Class Schedule Winter / Spring 2010

PRIVATE COOKING CLASS (Feb. 4, 2010)

PRIVATE COOKING CLASS (Feb. 23, 2010)

Menu 1 – Sauces Sweet and Savory

March 9, 2010 - Tuesday Lunch

March 10, 2010 - Wednesday Dinner

We will roast, grill, and sauté a variety of meats, fish and vegetables to accompany the following sauces:

Avocado Tarragon Aioli

Red Wine Reduction Sauces: 3 Ways

Spicy Soy Glaze

Red Bell Pepper Sauce

Ginger Peanut Cilantro Sauce and Dressing

Pear Strudel with Brown Sugar Sauce

Menu 2 – Pan-Seared Chicken

March 23, 2010 - Tuesday Lunch

March 24, 2010 - Wednesday Dinner

Romaine Hearts and Escarole with Kalamata Olives, Toasted Pine Nuts, Asiago and Citrus Vinaigrette

Oven Roasted Brussels Sprouts

Oven Roasted Sweet Potato Fries

Pan-Seared Chicken with Fennel and Parsley Sauce

Fresh Fruit Crisp

Menu 3 – Thai Cuisine

April 13, 2010 - Tuesday Lunch

April 14, 2010 - Wednesday Dinner

Vegetable and Shrimp Spring Rolls with Garlic

Lime Dipping Sauce

Lettuce Wrap Salad – Traditional Thai Minced

Chicken Salad

Pad Thai Noodles

Coconut Curry Salmon with Lemon Grass and

Jasmine Rice

Sweet Sticky Rice with Mangoes

Menu 4 – Mexican Inspired Southwest

April 27, 2010 - Tuesday Lunch

April 28, 2010 - Wednesday Dinner

John's Spicy Pepitas

Chilled Chayote and Avocado Soup

Chipotle Shrimp

Refreshing Salad with Oranges, Cotija Cheese and Orange Vinaigrette

Southwestern Style Roasted Sea Bass with a

Corn, Black Bean, and Tomato Medley

Chocolate Mocha Flan

Menu 5 – Seafood Paella

May 11, 2010 - Tuesday Lunch

May 12, 2010 - Wednesday Dinner

Traditional Spanish Tapas

Seafood Paella

No-Knead Crusty Bread

Spanish Flan

Menu 6 – Spice Rubbed Flank Steak

May 25, 2010 - Tuesday Lunch

May 26, 2010 - Wednesday Dinner

Arugula, Seasonal Fruit, Almonds and Avocado

Spice Rubbed Flank Steak with Chimichurri

Spring Asparagus with Lemon Caper Vinaigrette

Roasted Fingerling Potatoes

Cherry Clafouti with Homemade Frozen Yogurt

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.

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.

Location:

Classes held in Lolly's kitchen in Point Loma:

3340 Ingelow Street

San Diego, CA 92106

Private Classes:

Let Lolly design a private, custom class for your friends and family at your house or Lolly's. To make arrangements, call 619.520.0093.

Vegetarian menus are available.

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

For more information please visit Lolly's website: www.forandaboutfood.com

