

around the table

celebrating food and community

COOKING CLASSES

It's summer and we've got lots of weddings and other catered functions on our calendar so the class schedule is a bit light but packed with some great classes. I hope to see you in class soon!

karen

Realistic 30 Minute Meals – Summer Style

In this class, we'll cook 3 complete meals and I won't have done a lick of prep ahead! You'll get to enjoy the food and take the recipes home to create wonderful, quick meals for your family. \$35

Thursday August 5 2 – 4pm
Tuesday June 15th 1:00 – 3:00pm

Mediterranean Inspirations

Transport yourself to the sunny Mediterranean and be inspired by it's healthy cuisine. We'll have some dishes from Spain, Greece, France and Italy in this exciting class. This is my personal favorite cuisine, so come prepared for some extreme tastiness! \$40

Saturday August 28th 1:00 – 3:00pm

Farmers Market Cooking

We will focus on recipes using ingredients found that week at the Camas Farmers Market. This is a great way to learn creative ways to utilize all the amazing fresh produce we have in the summer. Following class, shop the market and stock up to cook up some great meals. \$30

Wednesday July 21 1:00 – 3:00pm
Wednesday August 11 1:00 – 3:00pm
Wednesday September 8 1:00 – 3:00pm

Gluten Free Cooking

The number of people being diagnosed with celiac or gluten intolerance is rising, and the challenge of learning a new way of cooking and baking can be overwhelming. I know firsthand as I recently had to eliminate gluten from my diet. This class will focus mainly on cooking, as opposed to baking, although we will tackle a few baking issues.

Joining me in teaching this class will be Mike & Terri Walker who have lived a gluten free yet food centered life for many years. \$40
Saturday September 11th 12:00 – 2:00pm

Spectacular Summer Salads

Summer's here and it's salad time! The last class was such a great hit we're doing again with a whole list of new salads. \$35

Saturday July 17th, 11:00am – 1:00pm

Barbecue!

Explore rubs, sauces, tips & unusual ways to utilize the ultimate summer tool -the barbecue! \$40

Saturday June 19th 11:00am – 2:00pm

Kids Cook!

Participants will learn basic cooking skills and work on the development of one or two recipes each session. Each child will receive recipes and goodies to take home. For kids 7 and up. \$25

Tuesday July 20th 2:00 – 4:00pm
Thursday August 12th 2:00 – 4:00pm

Call 360-834-0171 to register or email aroundthetable@comcast.net

All classes require a minimum of 6 students. Classes that do not meet the minimum 2 days prior to the class will be cancelled. Please register early!

**www.aroundthetable.net
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