



# Recreational Cooking Classes 2016



LIFESTYLE CATERING AND EVENT  
905-727-0600



## RECREATIONAL COOKING CLASSES

### Evening Classes are from 7:00 to 9:00 p.m

Classes run in a 4 week series. You can sign up for all or just one depending on your availability. The four part series is priced at \$160.00 or individual classes can be purchased for \$50.00 (not including tax), 1 week prior to the class based on availability. Classes include samples and recipes.

### THE ART OF EATING HEALTHY

Learn how to prepare and eat delicious healthy meals that will help you to shed pounds and feel amazing. Discover super foods and how they can contribute to maintaining a healthy life-style

### CHICKEN 101

Bored of the same old chicken recipe? Need some inspiration? This class is for you! Learn how to properly store, cut and prepare different cuts of chicken. Menu will include braising, stuffing and the secret to making Butter Chicken.

### HARDY SOUPS AND INTERESTING SALADS

Master the secret to homemade stocks and roasting vegetables for incredible tasting soups. Included will be quick and easy chowders and bisques. Let your imagination go wild as we create interesting salads complete with presentation.

### A TASTE OF ITALY

Learn the art of making home-made pasta from scratch as well as Nonna-approved traditional sauces. Dishes include Ravioli di Ricotta, Spinaci, la pasta fresco and Salsa al Pomodoro Basilico and Tiramisu. A truly delicious experience!

