



### All About Bacon **NEW RECIPES**

Calling all bacon and prosciutto lovers! This class will teach you creative new ways to include these cured meats in your cooking repertoire. Featured recipes include: German-Style Braised Pork Chops, Asian Bacon-Wrapped Chicken Poppers, Prosciutto-Wrapped Asparagus, and Sweet and Salty Caramel Ice-Cream Sundaes with Crispy Prosciutto Crumbs.

**Tuition:** \$10 + general fee \$34. Total \$44  
**GCUL453-02** Tuesday, 6:30-9 p.m., December 5

### Gifts from the Kitchen **NEW RECIPES**

Nothing is more thoughtful than receiving a homemade gift from your heartfelt kitchen. Learn how to make tasty gifts such as Sweet and Salty Roasted Pecans, Triple Chocolate Chunk Walnut Cookies, Parmesan Herb Bread, and Pesto Three Ways.

**Tuition:** \$10 + general fee \$34. Total \$44  
**GCUL 252-03** Thursday, 6:30-9 p.m., December 7

### Surf and Turf **NEW RECIPES**

Learn the secrets to cooking restaurant-quality steaks and seafood in the comfort of your own home. Our chef will prepare: Steak au Poivre, Maryland Crab Cakes, Lobster Mac and Cheese, and Molten Chocolate Cake.

**Tuition:** \$10 + general fee \$34. Total \$44  
**GCUL 212-03** Tuesday, 6:30-9 p.m., December 12

### Christmas in Italy **NEW**

Food is a means for establishing and maintaining traditions among Italian families. Tonight's Christmas dinner menu consists of Caesar Salad with homemade dressing and croutons, Seafood Pasta with Clams and Scallops, Beef and Wild Mushroom Marsala, and Biscuit Tortoni.

**Tuition:** \$10 + general fee \$34. Total \$44  
**GCUL 503-01** Thursday, 6:30-9 p.m., December 14

## - New Cooking Series -

# natural kitchen

When it comes to cooking naturally, it's all about finding what works for you and your family. This series of classes helps you answer the question, "how can I cook smarter"? The philosophy of the Natural Kitchen is discovering how to cook with wholesome ingredients. Learn the skills to make your everyday meals healthier and tastier by incorporating fruits, vegetables, grains, legumes and lean proteins. This series is a guide to cooking smarter with sensible whole foods!

### Natural Kitchen

Chef's Recipes: Butternut Squash Hummus, Moroccan Vegetable and Quinoa Tagine, Grilled Flank Steak with homemade Chimichurri Sauce, and Tropical Mango and Turmeric Smoothie.

**Tuition:** \$10 + general fee \$34. Total \$44  
**GCUL 483-01** Thursday, 6:30-9 p.m., September 28

### Natural Kitchen

Chef's Recipes: Heirloom Tomato Salad with Quick Pickled Cucumbers and Green Goddess Dressing, French Vegetable Ratatouille Stew, Whole Grain Farro, Skinny Baked Shrimp Scampi with Parmesan Crumbs, and homemade Cherry Lemonade.

**Tuition:** \$10 + general fee \$34. Total \$44  
**GCUL 483-02** Tuesday, 6:30-9 p.m., October 3

### Natural Kitchen

Learn how to prepare Sofrito, a Latin recipe for a puree of fragrant seasonings and vegetables. We will then incorporate the Sofrito into: Cauliflower and Black Bean Rice, White Chicken Chili, and Guacamole with Tortilla Chips. Finish the evening off with delicious Sweet Potato Brownies!

**Tuition:** \$10 + general fee \$34. Total \$44  
**GCUL 483-03** Thursday, 6:30-9 p.m., November 16