

Caribbean Cooking: Feeling Hot, Hot, Hot!?!?

Instructor: Nadine Nelson

Throughout history, the Caribbean has served as a cross-roads of the world, drawing from the diversity of it's people and their histories. We will learn the many cuisines of the English, Spanish, Dutch, and French Caribbean. Some of the foods we will prepare are Jerk Pork Tenderloin, Empanadas, Colombo of Chicken, Yellow Rice, Rum Spiced Black Beans, Shrimp Fritters, Eggplant in Coconut Cream, and Tropical Trifle. Come explore this beautiful region and its' amazingly rich and delicious food.

Location: Warren Building Min: 6/Max: 10

1 class

Day	Time	Dates	Price
Tu	6:30 - 9:30 pm	May 6	\$45

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).



Cuisine of the Provence and French Riviera

Instructor: Nadine Nelson

The South of France in spite of its fast, modern, jet set image has some of the most imaginative food in the Mediterranean. The food is a fusion of French & Italian with a hint of North Africa and Arabic. Come cook the foods of places such as Cannes, St. Tropez, Monaco, and Nice. Provence and the Cote d' Azur is a land of warm-hearted people and delicious cuisine. Come and learn how to make Ratatouille, Chicken with Forty Cloves of Garlic, Salad Nicoise, and Apricot Tart to name a few of the dishes we will create from the cuisine of the sun.

Location: Warren Building Min: 6/Max: 10

1 class

Day	Time	Dates	Price
Tu	6:30 - 9:30 pm	April 29	\$45

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Under the Tuscan Sun

Instructor: Nadine Nelson

Tuscan cuisine is known for the use of fresh ingredients plucked from its rolling hills and abundant landscapes. These flourishing lands are filled with, among many things, olives and luscious grapes. Tuscan food is a pure and simple gastronomy that depends on the best of what the land has to offer. In this hands-on class, we will explore Tuscan recipes and create several traditional Tuscan dishes. Some of the foods we will cook include: Bruschette with Grilled Eggplant, Roast Chicken Stuffed with Polenta, Wild Mushroom Lasagna, and Lemon Cake. Enjoy the bounty of this unique region...Buen Appetito!!!! Deliziosa!

Location: Warren Building Min: 6/Max: 10

1 class

Day	Time	Dates	Price
Tu	6:30 - 9:30 pm	April 15	\$45

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

COOKING CLASS REFUND POLICY:

No refunds for cooking classes if you withdraw 3 business days or less before the first class. Withdrawal from a cooking class 4 business days or more before the 1st class, there will be a \$20 administrative fee.

Cooking for Parents: Feeding Your Family Healthy and Wholesome Food

Instructor: Nadine Nelson

With all the running around parents do, trying to find time to cook a healthy meal is almost impossible. In this class, you will be given an arsenal of recipes and methods to demystify the kitchen. Plus, you will learn a variety of tricks that will help you spend more time with your family, but provide them with meals that taste good, are easy and fast to cook. Recipes we will prepare will include Cajun Pork Chops, Oven Fried Chicken, Salsa Fresca, Grilled Quesadillas, Scalloped Potatoes, and Flawless Peach Tart to name a few. You will learn how to assemble a month long menu and grocery list building upon the techniques learned in class.

Location: Warren Building Min: 6/Max: 10

1 class

Day	Time	Dates	Price
Tu	6:30 - 9:30 pm	June 3	\$45

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

A Flair for Sauces

Instructor: Linda Josselyn - McCormack

Learn to take a basic dinner and make it great! In this class you will learn how to create sauces for your main courses and desserts. We will start with a basic roux and create a delicious white cheese sauce and then sauté chicken with a plum stock reduction. For dessert, we will make hot fudge sauce for an ice cream sundae and a fruit reduction served with seasonal fruit and angel food cake.

Location: Warren Building
1 class
Min: 6/Max: 10

Day	Time	Dates	Price
Thur	6:30 - 9:30 pm	May 1	\$25

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).



Tapas Party

Instructor: Nadine Nelson

Put a new twist on your next dinner or cocktail party by learning several simple recipes for classic Spanish plates made to share. The menu includes: Bacon-Wrapped Dates with Quick Pepper Sauce; Sizzling Shrimp with Garlic; Patatas Bravas (Spicy Potatoes); Roasted Eggplant Salad; Shortcut Spinach Empanadillas; Piquillo Peppers Stuffed with Goat Cheese; and Grilled Toasts with Quince paste and Manchego Cheese.

Location: Warren Building
1 class
Min: 6/Max: 10

Day	Time	Dates	Price
Tu	6:30 - 9:30 pm	May 27	\$45

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

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Walking Boston's South End: A Culinary Oasis

Instructor: Nadine Nelson

The South End awakens your senses with its blocks of Victorian brick row houses, upscale restaurants, specialty food purveyors, and art galleries, and it is undeniably one of Boston's most exciting places. You feel like you are in Paris where people take their cuisine seriously and food is elevated to a true art and intermingled in all fabrics of society. Come traverse Washington Street, Tremont Street, Columbus Avenue, and many streets in between. The tour will culminate with a soul food nibble and stop at a world famous jazz institution to end our moveable feast. Every time we find another artisan creating food handed down through generations or weaving life into handmade crafts, you'll know that you've experienced one of the places that makes the South End a series of ever expanding adventures and Boston's food and lifestyle haven.

Tour is held Rain or Shine.

Where to meet: outside of New England Medical Center on the Orange Line.

Day	Time	Dates	Price
Fri	10 am - 1 pm	May 9	\$45

A Culinary Walking Tour of Beacon Hill and Experiential Party Planning Guide

Instructor: Nadine Nelson

Beacon Hill, one of Boston's most historical and renowned districts, provides the perfect backdrop to actively learn where to go and what to do to have the perfect party. Charles and Cambridge Streets are Beacon Hill's commercial streets. Get ready to learn about excellent cuts of meat with Boston's celebrity meat market, learn how to pair wine and beer with food at one of the city's best liquor stores, understand how to create fun and fabulous tabletops as you discover quaint shops with incredible crafts. Lastly, take in a cordial and learn how to mix the most delectable drinks at Cheers! No, literally Cheers! The Bull and Finch is the bar that was the inspiration for the television show, "Cheers." Learn how to become your own lifestyle maven and be the envy of your friends and family. Martha, Rachel, B. Smith, and Nigella watch out! Learn how to produce your own unforgettable celebrations while sauntering around one of Boston's best kept culinary secrets.

Tour is held Rain or Shine.

Where to meet: Whole Foods Market, Charles River Plaza
181 Cambridge Street, Boston

Day	Time	Dates	Price
Fri	10 am - 1 pm	May 2	\$45