

INTUITIVE COOKING

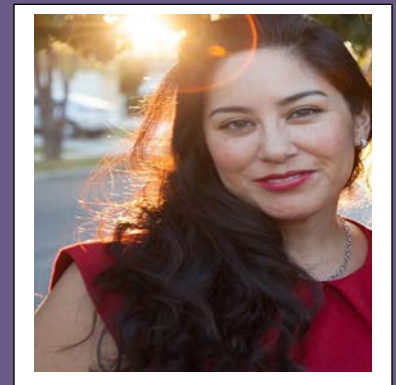
Soups, Salads, and Stirfrys



Instructor: Alegre Ramos

Have you wanted to know how to cook but are intimidated by the kitchen or don't like the "handcuffs" of recipes? This class will explore the skill of cooking without recipes, aka "intuitive cooking."

Students will develop the ability to understand how a recipe is created and how it can be manipulated to suit your own tastes and the groceries you have on hand. Students who bring the recommended groceries will leave this workshop with a fully prepared soup, salad, and stir fry to take home. All recipes can be made vegan/vegetarian and modifications will be suggested in class.



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Three workshop dates to choose from!

#12626 January 29, 2017 2:00pm-5:00pm

#12627 March 12, 2017 2:00pm-5:00pm

#12628 April 2, 2017 2:00pm-5:00pm

Class Fee: \$40.00

Special Note: Students will be provided a list of groceries which they will need to purchase if they want to cook in class and go home with a full soup, salad and stir fry. If students prefer they can attend without cooking and taste what the instructor prepares.



Register at <http://lavalley.augusoft.net> or
Phone 818.947.2577 x4172, Monday-Friday from 8am-430pm