

# Spring 2012 Cooking Demonstrations

## SATURDAY, MARCH 31

*Ful bi Laham*.....Joe Geha

*Ful bi Laham* is made up of ingredients that were in cultivation over 5000 years ago, and versions of this recipe are found in various Mediterranean cuisines from Ethiopia to Syria to ancient Rome. The dish's signature feature is its attention to contrasting tastes, textures, colors and even temperatures: creamy-centered fava beans simmered with cinnamon lamb, red peppers and bright green cilantro, all ladled sizzling onto steaming scoops of orange scented cracked wheat, then topped by an ice cold, lemony mint-yogurt sauce and eaten in scoops of warm flat bread.

## SATURDAY, APRIL 7

*New Orleans Style Shrimp & Grits*.....Kurt Chausse, head chef, *The Cafe*  
Creamy white corn grits with New Orleans BBQ Shrimp! Delish!

## SATURDAY, APRIL 14

*Asparagus = Spring*.....Becky Ringsby

For many, spring has officially begun when the first asparagus spears appear at our local farmers' market or in our own gardens! In celebration of asparagus season, Becky will demonstrate some of her favorite preparations of one of her favorite veggies.

## SATURDAY, APRIL 21

*Pork Chops with Rhubarb & Rhubarb Beverage*.....Margaret Welder

Margaret will prepare this harbinger of spring in two unusual ways. Pork chops topped with a rhubarb stuffing have been a favorite of her family. The Rhubarb Cooler is a recipe which came from her 4-H Club activities.

## SATURDAY, APRIL 28 - Our First Gluten-Free Cooking Demo!

*Quinoa Tabbouleh & Key Lime Mousse*

Instructors - Carol Field Dahlstrom, Elizabeth Dahlstrom Burnley, and Marcia Dahlstrom, authors of [Gluten-Free Made Simple](#)

Delightfully chewy and so very fresh, this quinoa version of tabbouleh will become a standard side dish to serve with grilled beef or fish. The Key Lime Mousse is a rich, smooth dessert that can be dressed up for a party or down for a casual treat.

## SATURDAY, MAY 5

*Topic to be determined*.....Rama Sridhar

Hold the beef, this is a veggie burger! Simple and easy to make at home - tasty AND healthy with all the condiments.

**SATURDAY, MAY 12**

*Creative Cooking with Vegetables*.....Becky Ringsby

'Tis the season to lighten up our meals, using the fresh produce coming into season. Becky is convinced you'll get excited about these flavorful and satisfying vegetarian dishes - **Italian-Style Roasted Vegetable Subs, Creamy Leek-Potato Soup**, and maybe even another recipe or two

**SATURDAY, MAY 19**

*Poppy Seed Herb Drop Biscuits and a Pesto Quick Bread*.....Margaret Welder

Either of these are nice side dishes to use the herbs coming up as well as looking forward to planting our annual herbs.

**SATURDAY, MAY 26**

*Picnic on the Patio*.....Karen Davis

Just in time to celebrate the Memorial Day Weekend, Karen is presenting two Spring recipe favorites. Join us for Grilled Chicken, Pesto and Two Cheese Pizza made on a flat bread crust. We'll finish out the meal with Chocolate Strawberry Shortcakes which are served with fresh berries, hot fudge, and whipped cream.

**SATURDAY, JUNE 2**

*Potato Knish*.....Robin Lopez & Cherie Torressi, owners, *Ciao Catering*

Knishes are a Jewish, Eastern European snack or side dish. They can be filled with potato, meat or kasha. They are fantastic dipped in mustard!