

Gourmet Chef Cooking Classes August 2015- ADULT

Thai with Sue! Thursday, August 6th 6-8 pm Cost \$45 D

Participants in the Thai class will be learning from Sue Willson of United Pantry how to create authentic Thai cuisine. Sue spent time in a restaurant culinary exchange in Thailand and learned great techniques and recipes.

Fresh Summer Salads, Saturday, August 8th 11-1 p.m. Cost \$45 D

Learn new fresh Summer Salad and dressing recipes from Janette McCoy of Gourmet Chef. Today you will be learning a strawberry and spinach salad with candied pecans, a Panzanella and a fresh fruit salad.

"Tour of Italy" with Antonella, Tuesday, August 11th 6-8 p.m Cost \$45 D

Starting in July, Antonella will take us around the 20 regions of Italy featuring recipes from 3 different regions. The ultimate food tour! For tonight's class she will be making Pasta alla Matriciana (from Rome), Pasta with Broccoli (from Sicily) and Pasta with Red Pesto Sauce (from Genova)

Pressure Cooking, Saturday, August 15th 11-1:00 p.m Cost \$45 D

Matt Hargrove, formerly of 10 North Main, will be creating delightful recipes using the increasingly popular pressure cooker.

Gluten Free Breads and Desserts, Monday, August 17th 6-8 p.m. Cost \$45 D/P

Kerry Raghib, Certified Nurse Midwife, Nutritionist and Coach at Total Transformation Clinic will be continuing her series of healthy eating classes with the Gluten Free Breads and Desserts Class. Students will learn about key gluten free techniques, ingredients, and how to create an incredible product, and class participants will leave with the fruits of their labor to enjoy at home.

Super Foods Summer Salads Monday, August 31st 6-8 p.m. Cost \$45 D

Kerry Raghib, Certified Nurse Midwife, Nutritionist and Coach at Total Transformation Clinic will teach students about the power in "super foods". Class participants will learn the benefits of eating the right foods to boost energy sustain energy and fortify the immune system.

Paid registration is required as seating is limited. **Two day** cancellation is required for full refund. If less than two days, please find a friend or family member to take your spot. Please inform us of food allergies upon registration.

GOURMET CHEF, 122 South Main, Minot, ND 58701. 701-839-8928
www.gcchef.com gourmet@minot.com

Gourmet Chef Cooking Classes August 2015 Kids and Teens

Cooking Basics: Mac & Cheese! Ages 6-10 Tuesday, August 4th **11-12:30 p.m. Cost \$35**

Learn some fun new versions of Macaroni and Cheese that don't come from a box. These recipes are sure to wow and delight even the pickiest of eaters.

Cooking Basics: Mac & Cheese! Ages 11-15 Wednesday, August 5th **1-3:00 p.m. Cost \$40**

Learn some fun new versions of Macaroni and Cheese that don't come from a box. These recipes are sure to wow and delight even the pickiest of eaters.

Cooking Basics: French Fries Ages 6-10 Thursday, August 13th **11-12:30 p.m. Cost \$35**

No more plain boring French Fries!! Learn new and exciting recipes for the humble potato that will tantalize your taste buds!

Cooking Basics: Dinner Menu Ages 11-15 Tuesday, August 18th **1-3:00 p.m. Cost \$40**

Want to impress your friends and family? Let us teach you how to prepare an entire delicious meal that you can create at home!

Don't forget the Festival on Main in Downtown Minot
Saturday, August 22!

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