



Culinary Calendar

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
 <p>Join us on the 19th as we meal prep together!</p>			1 Seniors in the Kitchen 12pm-1pm FREE for Fit & Well Seniors 	2	3	4
5	6 Meridian Kids in the Kitchen 4:30-5:30pm 	7 Culinary Basics 6:30-8:30pm Contd. 	8 Seniors in the Kitchen 12pm-1pm FREE for Fit & Well Seniors 	9	10	11
12	13 Meridian Kids in the Kitchen 4:30-5:30pm 	14 Culinary Basics 6:30-8:30pm Contd. 	15 Seniors in the Kitchen 12pm-1pm FREE for Fit & Well Seniors 	16	17	18
19 <u>Sunday Meal Prep</u> 2-4p \$70 for members \$90 for non-members	20 Meridian Kids in the Kitchen 4:30-5:30pm 	21 Culinary Basics 6:30-8:30pm Contd. 	22 Seniors in the Kitchen 12pm-1pm FREE for Fit & Well Seniors 	23	24	25
26	27 Meridian Kids in the Kitchen 4:30-5:30pm	28 Culinary Basics 6:30-8:30pm Contd. 	29 Seniors in the Kitchen 12pm-1pm FREE for Fit & Well Seniors 	30 <u>A Taste of Diplomacy: Luxembourg</u> 7-9pm \$40 for members \$50 for non-members	31 Alice Deal Kids in the Kitchen 4:30-5:30pm	

Follow us on social media!  [ymcadcfod](#)  [ymcadcfod](#)  [ymcadcfod](#)

All proceeds from these classes support the YMCA feeding program which serves over 150,000 meals annually.



Class Descriptions

May 2019

Classes Open to the Public:

Sunday Meal Prep: Set your new year off the right way with home cooked meals. Prep your lunches and breakfasts for the week with us on Sunday. You'll leave with 5 separately packed lunches and breakfasts, all you'll have to do is heat them up! Bring your own Tupperware!

A Taste of Diplomacy: Luxembourg: Have you ever been to Luxembourg, the 999 square miles small country, founding member of the European Union, country of beautiful castles, impressive forests and excellent wines in the heart of Europe? The origins of Luxembourg's cuisine can be found in the farming community lifestyle that was typical in the Grand Duchy for centuries. On the other hand, Luxembourg's cuisine is also international because the many foreign influences on the country – centuries of foreign domination (15th to 19th centuries) followed by successive waves of European immigration (from the 19th century onwards) – have left their mark on Luxembourg's dishes. Today, Luxembourgish specialities do not confine themselves to the traditional recipes of yesteryear. There is a rediscovery of the traditional cuisine, with many chefs in some of the finest restaurants remembering recipes from their grandmothers, which, once slightly adapted, and above all made lighter, are suitable to the tastes of our time. After many positive feed-backs for his Luxembourg cuisine class in Fall 2018, Luxembourg native and hobby chef Marc Weydert will be back to the YMCA to let you discover in this hands-on cooking workshop some of the traditional summer dishes from the only Grand Duchy in the world, recipes you can easily try out at your next summer garden party . *Menu: Consommé brunoise, Feierstengsalot ("fire stone salad"), Gromperenzalot (potato salad) and Rhubarbstaart (rhubarb tart)*

Classes for our Y Programs:

Alice Deal Afterschool Kids In the Kitchen: Welcome Alice Deal afterschool program!

Meridian Afterschool Kids in the Kitchen: Welcome to the kids of our after school site, Meridian PCS!

Seniors in the Kitchen: Join the Fit and Well seniors for an hour long cooking demo each Wednesday!



Wondering where we are? Any date with this symbol denotes a class at the National's Youth Baseball Academy. Join us for classes at 3675 Ely Place SE.

YMCA Anthony Bowen Teaching Kitchen
1325 W Street NW, Washington DC 20009

- ◆ Registration closes 2 business days before class.
- ◆ No walk-ins allowed.
- ◆ All payments are final and non-refundable. However, if you cannot attend we would be happy to transfer your spot to someone else.
- ◆ Classes may be cancelled based on low enrollment. In this case you will be contacted in advance and reimbursed.
- ◆ Please bring Tupperware and a reusable bag to pack leftover food.

Proceeds from these classes support the YMCA feeding program which provides over 150,000 meals annually.

Register for all classes at the front desk or online at ymcadc.org

Questions? Contact Kristy.McCarron@ymcadc.org or Tessa.Mork@ymcadc.org



Culinary Calendar

June 2019

Sunda	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 	4 Culinary Basics 6:30-8:30pm Contd. (make up class)	5 Seniors in the Kitchen 12pm-1pm FREE for Fit & Well Seniors	6	7 	8
9	10 	11 Culinary Basics 6:30-8:30pm Contd. (make up class)	12 Seniors in the Kitchen 12pm-1pm FREE for Fit & Well Seniors	13 HOW TO: Fish 6:30-7:30pm \$20 for members \$30 for non-members	14	15
16	17 Summer Camp in the Kitchen 9am-3pm 	18 Summer Camp in the Kitchen 9am-3pm	19 Summer Camp in the Kitch- en 9am-3pm <u>\$5 Community Class</u> 6:30-8:30pm \$5 for all	20 Summer Camp in the Kitchen 9am-3pm	21 Summer Camp in the Kitch- en 9am- 3pm	22 <u>Cheesemaking with Three Shepherds Farm</u> 9:30am-3:30pm \$180 Members \$210 Non-Members
23	24 Summer Camp in the Kitchen 9am-3pm 	25 Summer Camp in the Kitchen 9am-3pm <u>HOW TO: Kombucha</u> 6:00-7:00pm \$20 for members \$30 for non-members	26 Summer Camp in the Kitch- en 9am-3pm	27 Summer Camp in the Kitchen 9am-3pm <u>Cook the Book: My Lisbon, A cookbook from Portugal's City of Light</u> 6:30-8:30pm \$50 for members \$60 for non-members	28 Summer Camp in the Kitch- en 9am- 3pm	29

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Class Descriptions

June 2019

Classes Open to the Public:

Cheesemaking with Three Shepherds Farm: We are very pleased to announce that we will be teaching our 1-day hands-on cheesemaking workshop on Saturday, June 22 at the Anthony Bowen YMCA. The class will be from 9:30 am until 3:30 pm and will include a day of hands-on cheesemaking, a delicious class-prepared lunch, an wonderful cheese tasting, and your own Three Shepherds Artisan Cheesemaking Manual. More info on Three Shepherds cheese making classes can be found [here](#).

****HOW TO: Fish:** Join us as we do a deep dive into the easy ways of cooking fish in our newest How-To series!

****HOW TO: Kombucha:** Learn how all about Kombucha and the SCOBY that's required to make it. You'll leave with the start to your very own batch!

\$5 Community Class: Grilled Cuban Mojo Marinated Pork Tenderloin with Fried Plantains

Cook the Book: My Lisbon, A cookbook from Portugal's City of light: In this groundbreaking cookbook, Lisbon native and internationally renowned chef Nuno Mendes reveals the alluring food of one of the great undiscovered culinary centers of Europe. Sharing recipes inspired by the dishes that he grew up eating, Mendes takes you to his beloved Lisbon, revealing the secrets for creating the city's most vibrant dishes. Via evocative essays and luminous photography, Mendes gives recipes for delicious *bolas de Berlim* (fluffy doughnuts often sold on the beach), sizzling squid with coriander, and roasted orange-rub pork belly with fennel. re-

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