







# Culinary Calendar

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
<b>3</b> <a href="#">Bread Baking 101 with Mike Greene</a> 2-5pm \$30 for members \$40 for non-members	<b>4</b> <a href="#">Nut Milks with Jes Godinez</a> 6:30-8:30pm \$30 for members \$40 for non-members	<b>5</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Asian Street Food with Clara Bishop</a> 6:30-8:30pm \$30 for members \$40 for non-members	<b>6</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Main Entree Vegetables with Gabriel Concordia</a> 7-9pm \$40 for members \$50 for non-members	<b>7</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <a href="#">KAMA: Afghan cooking with Shakila</a> 7-9pm \$20 for members \$30 for non-members	<b>8</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Quince for Days with Marianne Tshihamba</a> 6-8pm \$40 for members \$50 for non-members	<b>9</b> No Classes
<b>10</b> No Classes	<b>11</b> No Classes	<b>12</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Vegetable Broth and Beyond with Jes Godinez</a> 6:30-8:30pm \$30 for members \$40 for non-members	<b>13</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Filipino Food for the Winter with Gabriel Concordia</a> 7-9pm \$40 for members \$50 for non-members	<b>14</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <a href="#">Vegetarian Pasta Making with Amanda Erickson</a> 7-9pm \$30 for members \$40 for non-members	<b>15</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>16</b> <a href="#">Bread Baking 101 with Mike Greene</a> 12-3pm \$30 for members \$40 for non-members
<b>17</b>	<b>18</b>	<b>19</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Italian Piattini with Clara Bishop</a> 7-9pm \$30 for members \$40 for non-members  	<b>20</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Ancient Grain Cooking with Gabriel Concordia</a> 7-9pm \$40 for members \$50 for non-members	<b>21</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <a href="#">From Store Bought to Homemade with Pam Coleman</a> 7-9pm \$30 for members \$40 for non-members	<b>22</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>23</b> <a href="#">Vegan Dishes for the Holidays with Jes Godinez</a> 1-3pm \$30 for members \$40 for non-members
<b>24</b> <a href="#">Food For Life: Cancer Project with Granatta</a> 12-2pm \$40 for members \$50 for non-members	<b>25</b> <a href="#">Raw Vegan Pies with Jes Godinez</a> 6:30-8:30pm \$30 for members \$40 for non-members  	<b>26</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Holiday Pies with Mike Greene</a> 5-8p \$30 for members \$40 for non-members	<b>27</b> No Classes			<b>30</b> <a href="#">Holiday Pies with Mike Greene</a> 1-4pm \$30 for members \$40 for non-members

Look at all our brand new chefs instructors! Learn more about them on our Instagram!



# Class Descriptions

November 2019

## Classes Open to the Public:

**Bread Baking 101** with Mike Greene: Learn the basics of how to make bread. We'll be learning how to work with yeast, how to tell when bread is fully cooked, how to gauge rise time, and how to knead. We'll be making two basic loaves of bread.

**Italian Piattini** with Clara Bishop

**Ancient Grain Cooking** with Gabriel Concordia: Farro risotto, mushrooms, pickles

**From Store Bought to Homemade** with Pam Coleman. Friends and family will never know that you didn't start your dish from scratch! Utilizing at least one store-bought item participants will learn how to create dishes with homemade goodness. Menu-spicy seasoned wings, twice baked potato casserole, roasted vegetables and pineapple and peach upside-down cakes.

**Vegan Dishes for the Holidays** with Jes: When you eat a plant-based diet, it's so hard to be around your loved ones during holiday meals without cooking for yourself! *Menu: cauliflower mash with a mushroom gravy, mac & "cheeze," and roasted brussels sprouts.*

**Food For Life: Cancer Project** with Granetta Coleman – In this cooking and nutrition class you will learn the latest nutrition science about the power of vegan foods for cancer prevention and survival, learn cooking skills, and taste three delicious and satisfying vegan dishes.

**Raw Vegan Pies** with Jes: Come learn how to make a pie that you can eat for breakfast, lunch, and dinner! It's full of protein and vitamins and fills you up and gives you energy. There's no need to bake this pie, and eating it raw actually provides you with nutrients. We'll be making a raw vegan apple pie, and a pie of another seasonal fruit (pear?). This pie is so tasty, folx who eat regular pie will be impressed!

**Holiday Pies** with Mike Greene. Pumpkin, pecan, and apple.

## Classes for our Y Programs:

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

**Pre-School in the kitchen:** Welcome pre-schoolers to the kitchen!

**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.

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](http://ymcadc.org)

**Questions?** Contact [Kristy.McCarron@ymcadc.org](mailto:Kristy.McCarron@ymcadc.org) or [Tessa.Mork@ymcadc.org](mailto:Tessa.Mork@ymcadc.org)



# Culinary Calendar

## December 2019

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat	
<b>1</b> <a href="#">Food For Life: Kick-Start Your Health with Granetta Coleman</a> 12-2pm \$40 for members \$50 for non-members	<b>2</b> 	<b>3</b> <b>Meridian Cooks</b> 3:30-5:00pm <a href="#">Sprout your Seeds and Eat 'Em</a> with Jes Godinez 6:30-8:30pm \$30 for members \$40 for non-members	<b>4</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors <a href="#">Amazing Events on a Budget</a> with Pam Coleman 6:30-8:30pm \$30 for members \$40 for non-members	<b>5</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00p	<b>6</b> <b>Meridian Cooks</b>  3:30-5:00pm  <a href="#">Biscuits and Scones</a> with Mike Greene 6-8pm \$30 for members \$40 for non-members	<b>7</b> <a href="#">Cheesemaking with Three Shephards Farm</a> 9:30-3:30pm \$180 for members \$210 for non-members	
<b>8</b> <a href="#">Cheesemaking and Pasta with Three Shephards Farm</a> 9:30-3:30pm \$180 for members \$210 for non-members	<b>9</b> 	<b>10</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Feast of 7 Fishes</a> with Clara Bishop 7-9pm \$30 for members \$40 for non-members	<b>11</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors <a href="#">Fish Fabrication and Poached Fish</a> with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	<b>12</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00p <a href="#">Vegetarian Turkish Cooking</a> with Amanda Erickson 7-9pm \$30 for members \$40 for non-members	<b>13</b> <b>Meridian Cooks</b> 3:30-5:00pm <a href="#">Sausages from Tunisia, Spain and China</a> with Marianne Tshihamba 6-8pm \$40 for members \$50 for non-members	<b>14</b> <a href="#">Green Things Work with Kendra Hazel</a> 12-2pm \$30 for members \$40 for non-members	
<b>15</b> <a href="#">Food for Life: Cancer Project with Granetta Coleman</a> 2-4pm \$40 for members \$50 for non-members	<b>16</b> <a href="#">Yegi's Persian Feast</a> 6:00-8:00pm \$40 for members \$50 for non-members	<b>17</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Mediterranean Diet 101</a> with Avi Harouch 6:30-8:30pm \$50 for members \$60 for non-members	<b>18</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Filipino Food for the Holidays</a> with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	<b>19</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00p  <a href="#">Holiday Cookies</a> with Clara Bishop 6:30-8:30pm \$30 for members \$40 for non-members	<b>20</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>21</b> <a href="#">Green Things Work with Kendra Hazel</a> 12-2pm \$30 for members \$40 for non-members	
<b>22</b> <a href="#">Muffins with Mike Greene</a> 1-3pm \$30 for members \$40 for non-members	<b>23</b>	<b>24</b> <b>No classes</b>	<b>25</b> <b>No Classes</b>	<b>26</b> <b>No Classes</b>	<b>27</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>28</b> <a href="#">Quick Breads</a> with Mike Greene 10am-12pm \$30 for members \$40 for non-members	
<b>29</b>	<b>30</b> <a href="#">Muffins with Mike Greene</a> 6-8pm \$30 for members \$40 for non-members	<b>31</b> <b>No Classes</b>					
<p>We hope you are enjoying our new variety of classes! If there's something you'd like but aren't seeing, let us know!</p>							



# Class Descriptions

December 2019

## Classes Open to the Public:

**Food For Life: KickStart Your Health** with Granetta Coleman: This cooking and nutrition class you will learn a simple way to fight weight gain, high blood pressure and cholesterol, heart disease, diabetes and cancer. Participants will also learn cooking skills and the latest nutrition science, and taste three delicious and satisfying vegan dishes.

**Sprout your Seeds and Eat 'Em** with Jes Godinez: Take dried lentils and mung beans and turn them into a protein-packed sprout that you can throw in your salads, sandwiches, soups, rice, almost anything! Sprouting seeds, awakens different vitamins and minerals than the cooked version has. In this class, we'll be learning how to start the sprouting process, throwing in your love, and take a look at some already on their way.

**Amazing Holiday Events on a Dollar Store Budget** with Pam Coleman: Do you want to celebrate a special occasion or holiday but need to watch your pennies? Participants will learn how to provide refreshments that will stretch the holiday party budget and create décor that will impress their guests for winter seasonal events like Hanukkah, Christmas, Kwanzaa and New Year's Eve. *Menu: Salad on a stick, hot crab casserole, hash brown bites, smooth pumpkin soup with walnuts, fall fruit medley and hot fruit tea punch.*

**Biscuits and Scones** with Mike Greene

**Cheesemaking** with Three Shephards Farm Join us in the Washington D.C. area for a wonderful day of cheesemaking. This class provides students with a more in-depth knowledge of the history and principles of cheesemaking through hands-on creation of several delicious soft cheeses and a semi-hard cheese. Lunch is part of the class, there is a cheese tasting and you will take home cheese you make in class!

**Cheesemaking and Pasta** with Three Shephards Farm Create some new holiday food traditions and wow your friends and family with your fresh, homemade pasta & cheese meal!

Learn to make some of the most beloved pasta like Cavatelli, Orecchiette, Gnudi, and Gnocchi. With a little instruction and hands-on experience, you will master the art of creating these delicious, handmade pasta in your own home. Your instructors, Dr. Larry & Linda Faillace, have taught cheesemaking and cooking classes for over 23 years to thousands of students from around the world. They will teach you how to make various pastas using several types of flour, and other pasta ingredients (some traditional Italian regional ingredients, and several truly unique ones). And, you will make amazing fresh Ricotta to be incorporated into one of your Cavatelli and Gnudi dough recipes, as well as for a pasta topping ingredient. In addition, you will make sauces that are perfect accompaniments to your homemade pasta, including one made with Larry and Linda's wild foraged Porcini mushrooms! The six-hour class includes your own imported Cavatelli/Gnocchi board, a complete instruction manual with recipes, and a delicious homemade lunch with wine and pasta you made in class, and most of all: lots of fun and hands-on experience!

**Feast of 7 Fishes** with Clara Bishop

**Fish Fabrication and Poached Fish** with Gabriel Concordia

**Vegetarian Turkish Cooking** with Amanda Erickson: Learn to make some savory Turkish classics that you can enjoy on your own or with friends. Turkish cuisine bridges the Europe and Asia divide, offering flavorful takes on traditional Mediterranean dishes. *Menu: Spinach gozleme, Stuffed eggplants, and Braised swiss chard*

**Sausages from Tunisia, Spain and China** with Marianne Tshihamba: Who doesn't love sausage? This class will explore three different cultural takes on this comfort food. Tunisian merguez, made with lamb; Spanish chorizo with chick peas; and Chinese sausage stir fry.

**Food For Life: Cancer Project** with Granetta Coleman – In this cooking and nutrition class you will learn the latest nutrition science about the power of vegan foods for cancer prevention and survival, learn cooking skills, and taste three delicious and satisfying vegan dishes.

**Sausages from Tunisia, Spain and China** with Marianne Tshihamba: Who doesn't love sausage? This class will explore three different cultural takes on this comfort food. Tunisian merguez, made with lamb; Spanish chorizo with chick peas; and Chinese sausage stir fry.

**Mediterranean Diet 101** with Avi Harouch: We will be learning how to make a variety of Mediterranean salads.

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**Questions?** Contact [Tessa.Mork@ymcadc.org](mailto:Tessa.Mork@ymcadc.org)