







Culinary Calendar

December 2019

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat	
1 Food For Life: Kick-Start Your Health with Granetta Coleman 12-2pm \$40 for members \$50 for non-members	2 	3 Meridian Cooks 3:30-5:00pm Sprout your Seeds and Eat 'Em with Jes Godinez 6:30-8:30pm \$30 for members \$40 for non-members	4 Pre-K Cooks 10-11a Seniors Cook 12-1p FREE for Fit & Well Seniors Amazing Events on a Budget with Pam Coleman 6:30-8:30pm \$30 for members \$40 for non-members	5 Meridian in the Kitchen 1:30-3:00p & 3:30-5:00p	6 Meridian Cooks 3:30-5:00pm  Biscuits and Scones with Mike Greene 6-8pm \$30 for members \$40 for non-members	7 Cheesemaking with Three Shephards Farm 9:30-3:30pm \$180 for members \$210 for non-members	
8 Cheesemaking and Pasta with Three Shephards Farm 9:30-3:30pm \$180 for members \$210 for non-members	9 	10 Meridian Cooks 3:30-5:00pm Feast of 7 Fishes with Clara Bishop 7-9pm \$30 for members \$40 for non-members	11 Pre-K Cooks 10-11a Seniors Cook 12-1p FREE for Fit & Well Seniors Fish Fabrication and Poached Fish with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	12 Meridian in the Kitchen 1:30-3:00p & 3:30-5:00p Vegetarian Turkish Cooking with Amanda Erickson 7-9pm \$30 for members \$40 for non-members	13 Meridian Cooks 3:30-5:00pm Sausages from Tunisia, Spain and China with Marianne Tshihamba 6-8pm \$40 for members \$50 for non-members	14 Green Things Work with Kendra Hazel 12-2pm \$30 for members \$40 for non-members	
15 Food for Life: Cancer Project with Granetta Coleman 2-4pm \$40 for members \$50 for non-members	16 Yegi's Persian Feast 6:00-8:00pm \$40 for members \$50 for non-members	17 Meridian Cooks 3:30-5:00pm Mediterranean Diet 101 with Avi Harouch 6:30-8:30pm \$50 for members \$60 for non-members	18 Pre-K Cooks 10-11a Seniors Cook 12-1p FREE for Fit & Well Seniors Filipino Food for the Holidays with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	19 Meridian in the Kitchen 1:30-3:00p & 3:30-5:00p Holiday Cookies with Clara Bishop 6:30-8:30pm \$30 for members \$40 for non-members	20 Meridian Cooks 3:30-5:00pm	21 Green Things Work with Kendra Hazel 12-2pm \$30 for members \$40 for non-members	
22 Muffins with Mike Greene 1-3pm \$30 for members \$40 for non-members	23	24 No classes	25 No Classes	26 No Classes	27 Meridian Cooks 3:30-5:00pm	28 Quick Breads with Mike Greene 10am-12pm \$30 for members \$40 for non-members	
29	30 Muffins with Mike Greene 6-8pm \$30 for members \$40 for non-members	31 No Classes	 <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.

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 Tessa.Mork@ymcadc.org