



# Culinary Calendar

January 2020

| Sun       | Mon  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|-----------|--|---|--|---|---|---|
|           |  |   | <b>1</b><br><br>Happy New Year!   | <b>2</b>  | <b>3</b>  | <b>4</b>  |
| <b>5</b>  | <b>6</b>   | <b>7</b><br><b>Meridian Cooks</b><br>3:30-5:00pm  | <b>8</b>   | <b>9</b><br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p  | <b>10</b><br><b>Meridian Cooks</b><br>3:30-5:00pm | <b>11</b>   |
| <b>12</b> | <b>13</b>  | <b>14</b><br><b>Meridian Cooks</b><br>3:30-5:00pm   | <b>15</b>  | <b>16</b><br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p<br><br><a href="#">KAMA: Thai Snacks and Dessert with Bess</a><br>6:30-9:00pm<br>\$30 for members<br>\$40 for non-members | <b>17</b><br><b>Meridian Cooks</b><br>3:30-5:00pm | <b>18</b>   |
| <b>19</b> | <b>20</b>  | <b>21</b><br><b>Meridian Cooks</b><br>3:30-5:00pm   | <b>22</b><br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors<br><br><a href="#">Home Cooking from Spain with Carmen Altes</a><br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members | <b>23</b><br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p<br><br><a href="#">Yegi's Persian Feast</a><br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members                    | <b>24</b><br><b>Meridian Cooks</b><br>3:30-5:00pm | <b>25</b><br><br><a href="#">Bread Baking 101 with Mike Greene</a><br>1-3pm<br>\$30 for members<br>\$40 for non-members |
| <b>26</b> | <b>27</b><br><br> | <b>28</b><br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><a href="#">Community Class</a><br>6:30-8:00pm<br>\$10 for all | <b>29</b><br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors   | <b>30</b><br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p<br><br><a href="#">Pasta Making</a><br>7-9pm<br>\$30 for members<br>\$40 for non-members                                  | <b>31</b><br><b>Meridian Cooks</b><br>3:30-5:00pm |   |



# Class Descriptions

January 2020

Classes Open to the Public:

**Bread Baking 101 January 25th** with Mike Greene : Learn the basics of making yeast breads, including mixing, kneading, proofing, shaping, baking and of course, eating. *Menu: Bread!*

**Yeqi's Persian Feast:** Many people have heard that cooking Persian food is complicated and too time consuming to try. That has left it mostly unknown to non-Iranians. Come cook with me to unlock the magic of this wonderful ancient cuisine. You will learn the special rice steaming technique, unique to Persians that is the base to so many of our favorite recipes, including how to make the bottom of your pot of rice into the legendary, crispy golden brown known as tahdig. I'll also teach you some delicious and easy to make side dishes that are great for any party. In the process, I'll introduce you to the simplest, yet most vital ingredients and spices, you'll need to have in your kitchen so you too can make Persian food at home! *Menu: Tahdig and seasonal sides*

**KAMA: Thai Snacks and Dessert with Bess:** This class is in partnership with KAMA DC, an organization that brings together diverse groups of people and immigrants to learn from one another in fun, interactive classes geared toward creating inclusive communities. Born and raised in Thailand, Bess has traveled throughout Asia, including living in China for 4 years while studying for her Master's degree. It was in China when she started cooking regularly in order to have some of the comforts she missed from home, and then here in the U.S. when she relocated to be with the love of her life. *Menu: Ta Ko (Thai Pudding with Coconut Topping)* is a mildly sweet Thai dessert with two layers, made from corn flour, mung bean flour, topped with coconut cream...served in a fresh pandan leaf or banana leaf case. *Chor Muang* is a traditional appetizers in Thailand. With the flavor of pork, shrimp, or chicken filling stir-fried with coriander root, garlic and pepper. It is steamed dumpling which is made into flower-shaped forms that contain salty or sweet fillings. The name Cho Muang means 'violet bouquet'.

**Home Cooking from Spain with Carmen Altes:** Join Carmen to learn how to cook home food from Spain, not from Mexico, or from Latin-America. Think of delicious tapas, black rice, Spanish omelette and more. Carmen is a neighborhood resident. She is from Spain and she grew up there eating fresh food prepared at home every day from scratch. You will have the opportunity to learn about Spain, its food culture, and even practice Spanish. *Menu: Spanish omelette, Baked red peppers with anchovies, Bread with tomato*

**Pasta Making:** Just in time for the winter, learn how to make your own ravioli along with several tasty fillings. *Menu: an easy, fool-proof dough that you can replicate again and again with your own fillings, including a lobster filling, a kale and pine nut filling and a cheesy ricotta and red sauce.*

**Community Class:** Easy, affordable and healthy recipes from the American Heart Association! Only \$10 per class! *Menu: Acorn Squash Wedges with Walnuts, Apple Bread Pudding*

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!

- ◆ 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 [Tessa.Mork@ymcadc.org](mailto:Tessa.Mork@ymcadc.org)

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



# Culinary Calendar

February 2020

| Sun | Mon   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|-----|---|--|--|--|--|---|
|     |   |  |  |  |  | 1   |
| 2   | 3<br>    | 4<br><b>Meridian Cooks</b><br>3:30-5:00pm  | 5<br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors   | 6<br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p  | 7<br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br> | 8<br><a href="#"><u>Breakfast for Supper with Mike Greene</u></a><br>1:00-3:00PM<br>\$30 for members<br>\$40 for non-members  |
| 9   | 10<br>   | 11<br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><a href="#"><u>Home Cooking from Spain with Carmen Altes Part 1</u></a><br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members | 12<br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors<br><br><a href="#"><u>From Store Bought to Home-made with Pam Coleman</u></a><br>6:30-8:30pm<br>\$30 for members<br>\$40 for non-members | 13<br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p<br><br><a href="#"><u>Treat Yo Self: Luscious, Luxurious Meals for One</u></a><br>7:00-9:00pm<br>\$30 for members<br>\$40 for non-members | 14<br>  | 15  |
| 16  | 17  | 18<br><b>Home Cooking from Spain with Carmen Altes Part 2</b><br>6:30-8:30pm<br>Contd.   | 19<br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors  | 20<br><a href="#"><u>Community Class</u></a><br>6:30-8:00pm<br>\$10 for all  | 21   | 22<br><a href="#"><u>Breakfast for Supper with Mike Greene</u></a><br>1:00-3:00PM<br>\$30 for members<br>\$40 for non-members |
| 23  | 24<br> | 25<br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><a href="#"><u>Mediterranean Fare with Clara Bishop</u></a><br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members             | 26<br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors<br><br><a href="#"><u>Yeqi's Persian Feast</u></a><br>6:30-8:30pm<br>\$40 for members  | 27<br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p   | 28<br><b>Meridian Cooks</b><br>3:30-5:00pm   | 29  |



# Class Descriptions

February 2020

Classes Open to the Public:

**Breakfast for Supper February 8th** with Mike Greene, **Breakfast for Supper February 22nd with Mike Greene:** Easy and hearty breakfast dishes that can double for supper; breakfast casseroles, frittatas, burritos

**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.*

**Home Cooking from Spain with Carmen Altes:** Join Carmen in this **2-part series** to learn how to cook home food from Spain, not from Mexico, or from Latin-America. Think of delicious tapas, black rice, Spanish omelette and more. Carmen is a neighborhood resident. She is from Spain and she grew up there eating fresh food prepared at home every day from scratch. You will have the opportunity to learn about Spain, its food culture, and even practice Spanish. *Menu: Arroz negro (black rice with squid ink), Allioli, Mussels marinera*

**Treat Yo Self: Luscious, Luxurious meals for one:** Valentine's Day is right around the corner. What better way to celebrate than by cooking a fabulous meal for yourself. Bring your friends and cook something decadent and delicious together. *Menu: Caesar salad, pesto risotto with shrimp, clementine chocolate lava cake*

**Community Class:** Easy, affordable and healthy recipes from the American Heart Association! Only \$10 per class! *Menu: Pan-Fried Pork-Chop with Mashed Sweet Potatoes*

**Yeqi's Persian Feast:** Many people have heard that cooking Persian food is complicated and too time consuming to try. That has left it mostly unknown to non-Iranians. Come cook with me to unlock the magic of this wonderful ancient cuisine. You will learn the special rice steaming tech-nique, unique to Persians that is the base to so many of our favorite recipes, including how to make the bottom of your pot of rice into the leg-endarry, crispy golden brown known as tahdig. I'll also teach you some delicious and easy to make side dishes that are great for any party. In the process, I'll introduce you to the simplest, yet most vital ingredients and spices, you'll need to have in your kitchen so you too can make Persian food at home! *Menu: Tahdig and seasonal sides*

**Mediterranean Fare with Clara Bishop:** Description coming soon!

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.
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# Culinary Calendar

March 2020

| Su | Monday  | Tuesday  | Wednesday  | Thursday   | Friday                                     | Saturday  |
|----|---|--|--|--|--|---|
| 1  | 2   | 3  | 4<br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors   | 5<br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p  | 6<br><b>Meridian Cooks</b><br>3:30-5:00pm  | 7   |
| 8  | 9<br><b>Singapore Street Food</b><br>with Clara Bishop<br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members | 10<br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><b>Yegi's Persian Feast</b><br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members                                       | 11<br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors  | 12<br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p   | 13<br><b>Meridian Cooks</b><br>3:30-5:00pm | 14<br><b>Homemade Stock and Soup</b><br>with Mike Greene<br>Part 1<br>1:00-3:00pm<br>\$30 for members<br>\$40 for non-members |
| 15 | 16  | 17<br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><b>Baking for Beginners: Pies, and Tarts</b><br>with Clara Bishop<br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members | 18<br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors<br><br><b>Rotisserie Chicken 5 Ways</b><br>with Pam Coleman<br>6:30-8:30pm<br>\$30 for members<br>\$40 for non-members | 19<br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p<br><br><b>Pasta Making</b><br>6:30-8:30pm<br>\$30 for members<br>\$40 for non-members | 20<br><b>Meridian Cooks</b><br>3:30-5:00pm | 21  |
| 22 | 23  | 24<br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><b>Yegi's Persian Feast</b><br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members                                       | 25<br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors  | 26<br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p   | 27<br><b>Meridian Cooks</b><br>3:30-5:00pm | 28<br><b>Homemade Stock and Soup</b><br>with Mike Greene<br>Part 2<br>1:00-3:00pm<br>\$30 for members<br>\$40 for non-members |
| 29 | 30<br><b>Freezer Magic</b> with Pam Coleman<br>6:30-8:30pm<br>\$30 for members<br>\$40 for non-members            | 31<br><b>Meridian Cooks</b><br>3:30-5:00pm   |  |  |  |   |



# Class Descriptions

March 2020

## Classes Open to the Public:

**Homemade Stock and Soup** with Mike Greene (2 part series): Learn to make stock, both meat and vegetable, from scratch and then use it as the basis for a variety of soups; will need some combo of beef bones, whole chicken, pork bones, carrots, onions, turnips, celery, garlic for the stocks. And then for soups, some mix of dried beans, pasta, rice, fresh or frozen veggies, barley, mushroom, tomato paste, etc. depending on what soup. I'd actually prefer to leave the soups up to the class, since we will make stock first and then do the soup next.

**Pasta making:** Learn how to make your own ravioli along with several tasty fillings. You will learn how to make an easy, fool-proof dough that you can replicate again and again with your own fillings, including a lobster filling, a kale and pine nut filling and a cheesy ricotta and red sauce.

**Rotisserie Chicken 5 Ways** with Pam Coleman: Do you want to get your money's worth from a home roasted or store-bought rotisserie chicken or just want some variety? Participants will explore new recipes and learn how to create BBQ roll-ups,, chicken pasta casserole, chicken quesadillas, chicken turnover and chicken stir fry

**Freezer Magic** with Pam Coleman: If you can't get to the store, order dinner or groceries online your freezer may have the answer. Utilizing items found in the freezer section and everyday basic staples participants will learn ways to create delicious dishes. Menu: Shrimp and rice, roasted vegetables and ice cream sundae pie.

**Community Class:** Easy, affordable and healthy recipes from the American Heart Association! Only \$10 per class! *Menu: Turkey and Kale Stuffed Spaghetti Squash Boats with Savory Tomato Sauce*

**Yegi's Persian Feast:** Many people have heard that cooking Persian food is complicated and too time consuming to try. That has left it mostly unknown to non-Iranians. Come cook with me to unlock the magic of this wonderful ancient cuisine. You will learn the special rice steaming tech-nique, unique to Persians that is the base to so many of our favorite recipes, including how to make the bottom of your pot of rice into the leg-endary, crispy golden brown known as tahdig. I'll also teach you some delicious and easy to make side dishes that are great for any party. In the process, I'll introduce you to the simplest, yet most vital ingredients and spices, you'll need to have in your kitchen so you too can make Persian food at home! *Menu: Tahdig and seasonal sides*

## Classes for our Y Programs:

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

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# Culinary Calendar

April 2020

| Sun | Mon | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|-----|-----|---|---|---|---|--|
|     |     |   | 1   | 2   | 3   | 4  |
| 5   | 6   | <b>7</b><br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><b>Yegi's Persian Feast</b><br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members                  | <b>8</b><br><b>Amazing Events on a Budget: Showers and Special Celebrations</b> with Pam Coleman<br>6:30-8:30pm<br>\$30 for members<br>\$40 for non-members | <b>9</b><br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p  | <b>10</b><br><b>Meridian Cooks</b><br>3:30-5:00pm | <b>11</b><br><b>Brownies, Blondies, and Dessert Bars</b> with Mike Greene<br>1-3pm<br>\$30 for members<br>\$40 for non-members |
| 12  | 13  | <b>14</b><br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><b>Tacos from Scratch</b> with Clara Bishop<br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members | <b>15</b><br><b>Cook your CSA: A Meal Prep Class</b> with Amanda Erickson<br>6:30-8:30pm<br>\$30 for members<br>\$40 for non-members                        | <b>16</b><br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p   | <b>17</b><br><b>Meridian Cooks</b><br>3:30-5:00pm | <b>18</b>  |
| 19  | 20  | <b>21</b><br><b>Meridian Cooks</b><br>3:30-5:00pm<br><br><b>Yegi's Persian Feast</b><br>6:30-8:30pm<br>\$40 for members<br>\$50 for non-members                 | <b>22</b><br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors  | <b>23</b><br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p<br><br><b>Baking for Beginners: Cupcakes</b> with Clara Bishop<br>6:30-8:30pm<br>\$40 for members | <b>24</b><br><b>Meridian Cooks</b><br>3:30-5:00pm | <b>25</b><br><b>Brownies, Blondies, and Dessert Bars</b> with Mike Greene<br>1-3pm<br>\$30 for members<br>\$40 for non-members |
| 26  | 27  | <b>28</b><br><b>Meridian Cooks</b><br>3:30-5:00pm   | <b>29</b><br><b>Pre-K Cooks</b> 10-11a<br><br><b>Seniors Cook</b> 12-1p<br>FREE for Fit & Well Seniors  | <b>30</b><br><b>Meridian Cooks</b><br>1:30-3:00p & 3:30-5:00p   |   |  |



# Class Descriptions

April 2020

## Classes Open to the Public:

**Cook your CSA: A Meal Prep Class** with Amanda Erickson: Turn your Community Food Works CSA into a week of delicious, wholesome meals in just 2 hours. We'll prepare three dinners, five individually packaged lunches and snacks in just two years. This class is in partnership with the Columbia Heights Community Food Works CSA, you must register and pay for the CSA through them. *Menu: varies based on CSA contents.*

**Brownies, Blondies, and Dessert Bars** with Mike Greene : Learn the basics of brownies and their cousins, blondies and dessert bars. *Menu: Classic brownie, blondie, lemon bars, pecan bars.*

**Amazing Events on a Budget: Showers and Special Celebrations** with Pam Coleman : Do you want to celebrate a special occasion but need to watch your pennies? Participants will learn how to provide refreshments that will stretch the party budget and create décor to impress their guests. *Menu: Salad on a stick, hot crab casserole, hash brown cups, donut trees and specialty non-alcoholic beverages.*

**Yegi's Persian Feast:** Many people have heard that cooking Persian food is complicated and too time consuming to try. That has left it mostly unknown to non-Iranians. Come cook with me to unlock the magic of this wonderful ancient cuisine. You will learn the special rice steaming technique, unique to Persians that is the base to so many of our favorite recipes, including how to make the bottom of your pot of rice into the legendary, crispy golden brown known as tahdig. I'll also teach you some delicious and easy to make side dishes that are great for any party. In the process, I'll introduce you to the simplest, yet most vital ingredients and spices, you'll need to have in your kitchen so you too can make Persian food at home! *Menu: Tahdig and seasonal sides*

**Tacos from Scratch** with Clara Bishop: Menu and description coming soon!

**Baking for Beginners: Cupcakes** with Clara Bishop: Menu and description coming soon!

## Classes for our Y Programs:

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

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