








# Culinary Calendar

February 2020

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 	4 <b>Private Class 12-2p</b> <b>Meridian Cooks</b> 3:30-5:00pm	5 <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	6 <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p	7 <b>Meridian Cooks</b> 3:30-5:00pm 	8 <a href="#">Breakfast for Supper with Mike Greene</a> 1:00-3:00PM \$30 for members \$40 for non-members
9	10 	11 <b>Private Class 12-2p</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Home Cooking from Spain with Carmen Altes Part 1</a> 6:30-8:30pm \$40 for members \$50 for non-members	12 <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	13 <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <a href="#">Treat Yo Self: Luscious, Luxurious Meals for One</a> 7:00-9:00pm \$30 for members \$40 for non-members	14 <b>Meridian Cooks</b> 3:30-5:00pm  	15
16	17	18 <b>LAYC in the Kitchen</b> 10a-12p  <b>Home Cooking from Spain</b> with Carmen Altes Part 2 6:30-8:30pm Contd.	19 <b>LAYC in the Kitchen</b> 10a-12p  <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  Samples from Granetta Coleman in the Lobby 5-6pm	20 <b>LAYC in the Kitchen</b> 10a-12p  <a href="#">Community Class</a> 6:30-8:00pm \$10 for all	21 <b>LAYC in the Kitchen</b> 10a-12p	22 <a href="#">Bread Making 101</a> 1:00-3:00PM \$30 for members \$40 for non-members  <a href="#">No Boundaries Cuisine: Brazil with Marianne Tshihamba</a> 6:00-8:00pm \$40 for members \$50 for non-members
23	24 	25 <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Mediterranean Fare with Clara Bishop</a> 6:30-8:30pm \$40 for members \$50 for non-members	26 <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Yegi's Persian Feast</a> 6:30-8:30pm \$40 for members \$50 for non-members	27 <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p	28 <b>Meridian Cooks</b> 3:30-5:00pm	29 <a href="#">Kickstart Your Health with Granetta Coleman Part 1</a> 6:00-9:00pm \$60 for members \$70 for non-members (2-part series)



# Class Descriptions

February 2020

Classes Open to the Public:

**Bread Baking 101 February 22:** with Mike Greene : Learn the basics of making yeast breads, including mixing, kneading, proofing, shaping, baking and of course, eating. *Menu: Bread!*

**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*

**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*

**Mediterranean Fare with Clara Bishop:** Join us as we prepare a family-style menu with interesting ingredients and flavors from a variety of countries that make up the Mediterranean. The Chef will help guide you through cooking the meal, which you will be able to sit, eat, and enjoy at the end of the class. *Menu: Roasted Red Pepper Hummus & Pita, Braised Lemon Chicken, Curried Israeli Couscous, Garlic Roasted Romanesco, Semolina Sponge Cake Steeped in Syrup*

**Food For Life: KickStart Your Health (2/29 & 3/7) with Granetta Coleman:** In this Plant-Based Cooking & Nutrition class you will learn the SCIENCE of eating more fruits, vegetables, grains and beans, a SIMPLE way to maintain a healthy weight and prevent chronic disease. In addition, you will learn tips on plant-based eating out and meal planning. **Menu Day 1:** *Green Monster Smoothie, Braised Kale, Yes-You-Can Black Bean Chili, Green Apple and Cinnamon Oatmeal, and Chickpeas Salad with Orange Miso Dressing.* **Menu Day 2:** *Tofu Scramble, Mexican Kale & Blue Corn Salad, Ginger Noodles and Fruited Breakfast Quinoa.*

**No Boundaries Cuisine: Brazil with Marianne Tshihamba:** Join Marianne each month as she takes around the world. This month is Brazil. On the menu: Codfish Fritters – Brazilian classic made with mashed potatoes and salt cod; Brazilian Cheese Bread – these soft and gooey appetizers are made with tapioca flour ; Papaya Cream- Ripe papaya and ice cream make a refreshing dessert.

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

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# Culinary Calendar

March 2020

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			<b>Pre-K Cooks</b> 10-11a  <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	<b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p	<b>YFS Moms</b> 9:30-11:30 <b>Meridian Cooks</b> 3:30-5:00pm	<b>Kickstart Your Health with Granetta Coleman Part 2</b> 5:00-8:00pm Contd.
8	<b>9 Singapore Street Food</b> with Clara Bishop 6:30-8:30pm \$40 for members \$50 for non-members	<b>10 Meridian Cooks</b> 3:30-5:00pm  <b>Yegi's Persian Feast</b> 6:30-8:30pm \$40 for members \$50 for non-members	<b>11 Pre-K Cooks</b> 10-11a  <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	<b>12 Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p	<b>13 YFS Moms</b> 9:30-11:30  <b>Meridian Cooks</b> 3:30-5:00pm	<b>14 Homemade Stock and Soup</b> with Mike Greene Part 1 1:00-3:00pm \$30 for members \$40 for non-members
15	<b>16 Kickstart Your Health Part 1</b> with Granetta Coleman 6:00-9:00pm \$60 for members \$70 for non-members (2-part series)	<b>17 Meridian Cooks</b> 3:30-5:00pm  <b>Baking for Beginners: Pies, and Tarts</b> with Clara Bishop 6:30-8:30pm \$40 for members \$50 for non-members	<b>18 Pre-K Cooks</b> 10-11a  <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <b>Rotisserie Chicken 5 Ways</b> with Pam Coleman 6:30-8:30pm \$30 for members \$40 for non-members	<b>19 Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <b>Pasta Making</b> 6:30-8:30pm \$30 for members \$40 for non-members	<b>20 YFS Moms</b> 9:30-11:30  <b>Meridian Cooks</b> 3:30-5:00pm	<b>21 No Boundaries Cuisine: Senegal</b> with Marianne Tshihamba 10:00-12:30pm \$40 for members \$50 for non-members
22	<b>23 Kickstart Your Health Part 2</b> with Granetta Coleman 6:00-9:00pm Contd.	<b>24 Meridian Cooks</b> 3:30-5:00pm  <b>Yegi's Persian Feast</b> 6:30-8:30pm \$40 for members \$50 for non-members	<b>25 Pre-K Cooks</b> 10-11a  <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	<b>26 Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p	<b>27 YFS Moms</b> 9:30-11:30  <b>Meridian Cooks</b> 3:30-5:00pm	<b>28 Homemade Stock and Soup</b> with Mike Greene Part 2 1:00-3:00pm \$30 for members \$40 for non-members
29	<b>30 Freezer Magic</b> with Pam Coleman 6:30-8:30pm \$30 for members \$40 for non-members	<b>31 Meridian Cooks</b> 3:30-5:00pm				

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# 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*

**No Boundaries Cuisine: Senegal:** Cheb Ou Jen, Senegal's national dish is a crowd-pleasing rice and seafood dish that never disappoints. Think paella on steroids!

**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*

**Singapore Street Food with Clara Bishop:** Join us as we introduce you to some of the Singapore Street Food that has made the country's cuisine so popular. Learn how to prepare this menu, then sit and enjoy your creations when you're done cooking. *Menu: Curry Puffs w/ sweet Chili Dipping Sauce, Stir Fried Singapore Noodles, Satay with Peanut Sauce, Mango Pudding*

**Food For Life KickStart Your Health (3/16 & 3/23) with Granetta Coleman:** In this Plant-Based Cooking & Nutrition class you will learn the SCIENCE of eating more fruits, vegetables, grains and beans, a SIMPLE way to maintain a healthy weight and prevent chronic disease. *Menu Week 1: Green Monster Smoothie, Braised Kale, Yes-You-Can Black Bean Chili, Green Apple and Cinnamon Oatmeal, and Chickpeas Salad with Orange Miso Dressing. In addition, you will learn tips on plant-based eating out and meal planning. Menu Week 2: Tofu Scramble, Mexican Kale & Blue Corn Salad, Ginger Noodles and Fruited Breakfast Quinoa.*

- ◆ 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)

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# Culinary Calendar

April 2020

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

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# 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.*

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**Tacos from Scratch** with Clara Bishop: Join us for a class based on some of our favorite things: tacos! We will be making our own flour tortillas along with carne asada, and all of our favorite toppings! We will also have a dessert for those who have a sweet tooth. *Menu: Handmade Flour Tortillas, Guacamole, Salsa, Carne Asada, Dessert Tacos*

**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!

**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!



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