



## **Kathryn's Cuisine: Cajun & Mediterranean Cooking Classes**

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In my interactive class, you will learn about the history and culture of the meal you select. You will fully participate in learning how to prepare each course of your meal. And you will leave with recipes to share with your loved ones at your home. All ingredients, materials, lesson plan and recipes are included in your learning experience along with spice lesson and knife safety. Please be prepared to stand, cook, clean and have fun☺

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### **Cajun Classes**

#### Old Fashion New Orleans

- French Bread Brochette
- Cabbage and Carrot Coleslaw
- Red Beans with Andouille Sausage with rice
- Fresh Berries with Cream

#### Cajun Sunday Dinner

- Old Fashioned Creole Cornbread
- Fresh Cucumber and Tomato Salad
- Chicken Fricassee with rice
- Sweet Potato & Pecan Pie

#### Mardi Gras Time Y'all (\$5 more)

- Shrimp Croquettes
- Arugula, Pomegranate and Walnut Salad
- Chicken and Sausage Jambalaya
- Cajun Bread Pudding with Sweet Meringue

### **Mediterranean Classes**

#### Spanish Tapas

- Granny smith apples with Gorgonzolas cheese and fresh chives in an apple cider vinaigrette
- Seared peppers stuffed with young swiss-style cheese
- Tortilla de Camarones (Spanish spiced battered shrimp with chickpea flour fried to perfection)
- Basque tapa of Bonito (tuna) with carmelized onion and tomato
- Fresas con Vino (Fresh sliced strawberries drizzled with a sweet Tempranillo wine reduction sauce)

### Morocco Evening

- Spicy Garlic, Chili and Coriander Yogurt source with Pita Bread
- Carrot & Chickpea Salad
- Chicken Couscous
- Milk Pudding with Raisins and Coconut

### Modern Greek

- Spanakopita (spinach pie in filo dough)
- Greek Salad with red wine vinaigrette
- Kotopoula Stifado (chicken stew with tomatoes, onions and sweet)
- Melitina (sweet cheese pastries)

### Syrian Family Meal

- Spiced Potato Cakes
- Syrian Salad with tomatoes & cucumbers
- Fasolia Blahmi (green bean stew with ground beef and sweet spices)
- Syrian Rose Flavored Rice Pudding (serves 6)

### Lebanese Night

- Tabbouleh (bulgar wheat with parsley, mint and olive oil)
- Hummus & Pita
- Grape leaves/Dolmas
- Semolina Cake