



Gourmet Convenience & Upscale Catering

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Cooking Classes for 2016

Chefs Secrets-

Knife maintenance, proper cutting, searing and ratios.

Comfort foods-

Favorite feel good foods with a super food twist

Italian-

Traditional Italian food, as I learned it in Italy .Pasta, sauce, meats and fish, risotto

Warm Soups-

healthy natural soups that taste great, every time.

Spanish Tapas-

great with wine and house parties, all with a healthy kick

Super foods-

The ultimate class, great tasting food and all healthy, my favorite!

Heart smart-

Healthy Food and dishes that go along with heart smart directions.

Fine print, \$92 per class, needs 10 people to run each class, call early to book your class. Credit card needed to book charges at time of class. 48 hour cancellation fee is \$20 otherwise full price is charged, you may send someone in your place.