

FUTURE CHEF SERIES

Kids in the Kitchen!

ages 11 -15 ♦ \$ 25.00/Class

JULY 6
TUES.

LAURIE BETH GILLS
11:00 AM - 1:00 PM

“Breakfast - Best Meal of the Day!”

- Eggs - 3 ways
- Perfect Bacon (with no splatter)
- Hash Brown Potatoes
- Banana Pancakes

JULY 13
TUES.

SUSAN WORRELL
11:00 AM - 1:00 PM

“Fitness, Food & Fun”

- Watermelon Slushy
- Blueberry & Apple Squares
- Funky K-Bobs

JULY 20
TUES.

LAURIE BETH GILLS
11:00 AM - 1:00 PM

“Street Style Mexican”

- Tacos
- Fresh Pico De Gallo Relish & Salsa
- Easy Guacamole
- Roasted Plantains with Almonds & Mexican Cream

JULY 27
TUES.

DAVID ALLEN
11:00 AM - 1:00 PM

“Easy Italian”

- No Cook Tomato Sauce
- Focaccia Sicilian Flatbread with Veggies & Italian Toppings
- Homemade Cannoli with Chocolate Nuts & Dried Fruit

INSTRUCTORS

DAVID ALLEN is a native of Charlottesville and has worked as a chef at Symphony Hall in Boston, as well as Granite on Grove, The Tobacco Company and The Berkeley Hotel in Richmond.

LAURIE BETH GILLS is a professional Chef, Baker and Culinary Instructor at Laurie Beth's Classic & Contemporary Cooking, a Personal Chef and Catering Service. Chef Laurie Beth holds great passion for the art of eating well, with an emphasis on Mediterranean Cuisine. She is also the founder of Fredericksburg's First Dining Group.

SUSAN WORRELL is the Special Assistant to the President for University Events and Conferencing at UMW, having expertly honed her culinary skills at Marriott, the Wood Company, Sodexo USA and her own catering concern. Susan's expertise covers many styles, with Asian cookery as her first love.

QUESTIONS?

Give us a call at (540) 374-0443.

THE KITCHEN

AT WHITTINGHAM



COOKING CLASSES

THURSDAYS AT NOON

&

FUTURE CHEF SERIES

July - October, 2010

1021 Caroline Street
Fredericksburg, Virginia
(540) 374-0443
www.shopwhittingham.com

Thursdays in The Kitchen at Noon

Join Chefs Laurie Beth Gills & David Allen in The Kitchen for a 1-hour course in fast & easy dishes. Eat as you learn!

\$ 17.00 per class

JULY 1 **DAVID ALLEN**

“Picnic Pizza”

- White Pizza with Olives & Chicken
- Basic Tomato Sauce with Fresh Mozzarella
- Pizza alla Putanesca

JULY 8 **LAURIE BETH GILLS**

“Easy Elegant Lunch”

- Poached Eggs & Parmesan Cheese over Toasted Brioche with Pistou
- Smoked Salmon Rolls with Creme Fraiche
- Mixed Berry Cobbler - Toffee Bites

JULY 15 **DAVID ALLEN**

“Cold Salads”

- Rotini with Summer Vegetable Salad & Lemon Dressing
- Toasted Rice & Cucumber Salad
- Sweet Garlicky Potato Salad

JULY 22 **LAURIE BETH GILLS**

“Splendid Summer Fare”

- Cool Arugula Vichyssoise
- Olde Towne Butcher’s Fresh, Spicy Sausage with Mussels
- Fuzzy Melbas with Farmer’s Market Peaches & Rum

JULY 29 **DAVID ALLEN**

“Seashore Lunch”

- Cold Seafood Salad
- Linguini with Clam Sauce
- Passion Fruit Granita

AUGUST 5 **LAURIE BETH GILLS**

“Summer Gold!”

New recipes for fresh, sweet corn

- Chilled, White Corn Soup with Scallop Ceviche
- Grilled Polenta with Fresh Corn & Parmesan
- Sweet Corn & Coconut Pudding

AUGUST 12 **DAVID ALLEN**

“Cool Summer Soups”

- Watermelon with Ginger & Basil
- Roasted Yellow Pepper
- Watercress Soup

AUGUST 19 **LAURIE BETH GILLS**

“Deliciosa!”

- Portobello Pasta Bowls
- Tomato Bread Pudding
- Afternoon Coffee Vodka Cooler

AUGUST 26 **DAVID ALLEN**

“Hot Chili Dishes to Cool You Off”

- Tuna Salad with Charred Mango Chili Sauce
- Smokey Chipotle Chicken Tacos
- Poached Eggs with Spicy Green Chili Sauce

SEPT. 2 **LAURIE BETH GILLS**

“Final Days of Summer!”

- Yellow Tomato Gazpacho with Cilantro Oil & Avocado
- Shrimp Skewers with Tzatziki Yogurt Sauce
- Berry-Lemon Napoleon

SEPT. 9 **DAVID ALLEN**

“5 Minute Dinners”

- Chicken Enchiladas with Red & Green Salsa
- Pasta Gorgonzola
- Curry Chicken with Rice

SEPT. 23 **DAVID ALLEN**

“Potatoes - A Feel Good Favorite”

- Roasted Garlic Gratin
- Twice-Baked with Horseradish Cheddar
- Potato Chips with a Variety of Seasonings

SEPT. 30 **LAURIE BETH GILLS**

“Quick Indoor Grill Recipes”

- Bunless Burger & Peach Chutney
- Herbed Ricotta & Grape Tomato on Grilled Pepper Toasts
- Grilled Green Beans

OCT. 7 **LAURIE BETH GILLS**

“Quick-Change Chowder”

- Chicken with Peas & Carrots
- Crab, Artichoke & Basil
- Salmon with Sweet & Spicy Red Pepper

OCT. 14 **DAVID ALLEN**

“Quick Party Favors”

- Philly Steak Stuffed Zucchini
- Fennel Corn & Crab Dip
- Boneless Hot Wings with Blue Cheese Sauce

OCT. 21 **LAURIE BETH GILLS**

“Apple-icious!”

- Roasted Apple Pecan Salad
- Apple-Sausage Rigatoni
- Chunky Applesauce Flavored with Thyme