NewYork-Presbyterian
Hudson Valley Hospital

Harvest for Health™

Teaching Kitchen Calendar
September 2017

Essentials Of Thai Cooking
Friday, September 1, 11:00am-12:30pm
Thai cooking is demystified in this simple cooking class featuring Pad Thai, green papaya salad, steamed fish and more. ($15)

Savory Spanish Tapas
Friday, September 8, 11:00am-12:30pm
Back by popular demand, join us for a special cooking class, in which we will make and enjoy savory Spanish tapas. ($15)

Physician in the Kitchen
Gluten Free Cooking: Frank Turchioe, MD
Wednesday, September 13, Noon-1:30pm
This class has been developed for those who are gluten intolerant. Join Dr. Frank Turchioe, Gastroenterologist, and Chef Emilie Berner to learn more about the gluten-free diet. Together we will prepare a delicious lunch that highlights naturally gluten-free foods. (No Charge.)

Tuesday, September 5th & 19th
11AM -4PM
Main Lobby

Homemade Pasta Workshop
Thursday, September 14, 5:30-7:00pm
Ever wondered how to make your own pasta? This class is for you! Learn how to prepare pasta that is light and healthy, with sauces to complement. ($15)

Essentials Of Tuscan Cuisine
Friday, September 15, 11:00am-12:30pm
Italian flavors abound in this class where we will teach simple Tuscan Fare such as risotto, crostini, Tuscan chicken, and more. ($15)

Plant Power: Anti-Inflammatory Cooking
Tuesday, September 19, 2:00-3:30pm
We will discuss root causes of inflammation and the various ways it manifests in the body. You will learn which foods to prioritize and which to avoid, while cooking dishes that highlight anti-inflammatory ingredients such as turmeric, garlic, ginger, and cinnamon. ($15)

Homemade Baby Food
Friday, September 22, 10:00-11:00am
When you're supporting a new baby in the family, it can be a challenge to get in the kitchen and cook. In this do-it-yourself baby food class you will learn the basics of making baby food that is nutritious, delicious, and also freezer-ready for those busy days and nights. ($10)

Chef Emilie Berner, MA, Coordinator
The Chef Peter X. Kelly Teaching Kitchen
1992 Crompond Rd, Cortlandt Manor, NY 10567
To register, call 914-734-3780 or email hvh-teachingkitchen@nyp.org

***Please advise of any food allergies or sensitivities when calling the number above**