



Here's what's COOKIN' AUGUST- OCTOBER

Learn healthy cooking techniques in these demonstrations and hands-on classes, where global flavors and fresh whole foods from farm to table are the inspiration!

Join Chef Jarred for

MEDITERRANEAN COOKING

In these demonstrations and hands on classes, the rich imagery of Mediterranean cuisine has crystallized into an introduction to regional cooking, where you'll learn the tools you need to make these healthful and flavorful culinary traditions as part of your everyday meals. You'll also explore ingredients, flavor profiles, and a variety of exciting dishes representative of typical Mediterranean cuisine.

Purchase all three classes for \$130

August 17, Thursday
10a-1p (hands on)—\$75

Falafel, Baba Ganoush and Hummus with Micro Green Salad, Spanish Fish Gratin with Polenta Fries, Roasted Vegetable Couscous, Fig, Goats Cheese and Honey Tart

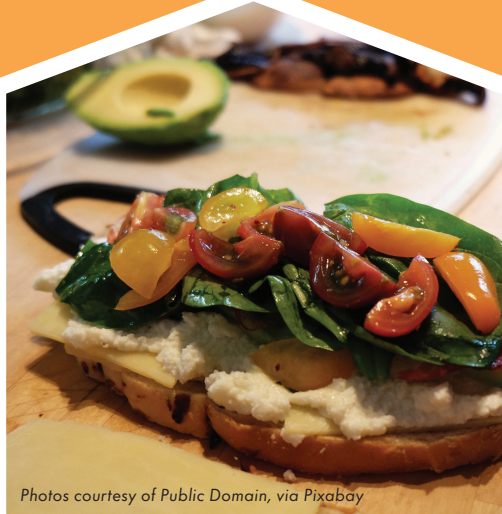
August 24, Thursday
5-7p (Chef demo)—\$35

Andalusian Gazpacho, Tomato, Olive and Artichoke Salad, Salt Crust Snapper with Zucchini and Quinoa Stuffed Peppers, Almond and Cherry Cake with Sherry Syrup

August 27, Sunday
4-6p (Chef demo)—\$35

Taramasalata with Pita Crisp, Grilled Halloumi Cheese and Watermelon Salad with Basil and Mint Dressing, Pan Roasted Grouper with Tarragon, Spinach and Pancetta, Bacon Raisin Polenta and Olive Oil Cake

Hands-on is full meal. Chef demo is lite meal.



Photos courtesy of Public Domain, via Pixabay

THE FLAVORS OF ASIA

Continue to learn healthy cooking techniques, as well as explore the intricacies of Asian cookery, including the cuisines of Vietnam, Thailand, China, Japan, Korea, and India. You'll discover intriguing new ingredients and techniques unique to the Eastern world.

Purchase all three classes for \$130

October 5, Thursday
10a-1p (hands on)—\$75

Tropical Fruit Salad with Crispy Tofu and Basil, Shrimp and Crab Summer Rolls with Soy and Ginger Dipping Sauce, Tea Smoked Duck and Noodle Salad, Thai Green Curry with Grilled Bok Choy and Sticky Rice

October 12, Thursday
5-7p (Chef demo)—\$35

Chicken and Rice Balls in Shrimp Broth, Yellowfin Tuna, Avocado and Crab Parfait with Caviar, Whole Roasted fish with Ginger, Soy and Chili Szechuan Style Vegetables and Rice Noodles

October 15, Sunday
4-6p (Chef demo)—\$35

Mulligatawny Soup with Vegetable Samosas, Zucchini and Onion Bhaajis, Chicken Tikka Masala with Basmati Rice, Vegetable Korma

Sponsored by:

THE
SANIBEL CAPTIVA
TRUST COMPANY
PRIVATE WEALTH MANAGEMENT



COMMUNITY POTLUCKS

August 23, Wednesday
6-8p Reggie Mathai sharing Indian Culture & Cuisine—Samples

September 27, Wednesday
6-8p Welcome Three Suns Ranch—Local, clean meat—Samples



Resident Chef—Jarred Harris
Building Community by joining education, health awareness and social activity through food

To register,
call 239-472-2155
or visit our website calendar and click on the event.



The Community House

SANIBEL COMMUNITY ASSOCIATION

2173 Periwinkle Way | Sanibel, FL 33957
sanibelcommunityhouse.net