



**Phillis Carey Cooks!!**  
**November & December 2018**  
**January & February 2019**

To register for classes,  
email to [philliscarey@aol.com](mailto:philliscarey@aol.com) (best method)  
or call (760) 942-1756

**No need to pay ahead—Payment's due at the class!**  
Desserts are generally made ahead as a treat for the end of the class.

**ENCINITAS** Boys and  
Girls Club's Center for a  
Healthy Lifestyle  
1221 Encinitas Blvd.  
Encinitas, CA 92024

**Demonstration Classes held at:**

**SOLANA BEACH** Boys  
and Girls Club's Center  
for a Healthy Lifestyle  
533 Lomas Santa Fe Dr.  
Solana Beach, CA 92075

The **LA JOLLA**  
Community Center  
6811 La Jolla Blvd.  
La Jolla, CA 92037

**MEDITERRANEAN FAVORITES FROM MY CRUISE**

**Monday, November 12 at 6 pm in Encinitas**

**Tuesday, November 13 at 11:30 am in La Jolla**

Join Phillis at this class filled with Surprise Recipes for dishes she enjoyed while Cruising the Mediterranean in October.

**LOW CARB AND LOVING IT!**

**Monday, November 26 at 6 pm in Solana Beach**

**Tuesday, November 27 at 11:30 am in La Jolla**

Coconut Chicken Soup with Lemongrass, Straw Mushrooms and Thai Lime Leaves;  
Magic Mozzarella Gnocchi with Bacon and Spinach;  
Sesame Spring Roll Bowls with Ground Pork, Shiitake Mushrooms and Cabbage and more;  
Chicken Stuffed with Rosemary, Ham and Manchego Cheese in a Balsamic Sauce on  
Creamy Mashed Cauliflower;  
Chocolate Cake with Chocolate Buttercream Frosting.

**LET US ENTERTAIN YOU!**

**Monday, December 3 at 6 pm in Encinitas**

**Tuesday, December 4 at 11:30 am in La Jolla**

Brandy Lemon Sidecar Cocktail; Pimiento Cheese Toasts;  
Arugula and Roasted Squash Salad with Lemon Dressing, Pomegranate Seeds,  
Pine Nuts and Pecorino Shavings;  
Spinach and Mushroom Stuffed Beef Tenderloin Roast with Port Red Wine Sauce;  
Corn Pudding with Scallions and Red Peppers;  
Maple Roasted Brussels Sprouts with Hazelnuts;  
Almond Pear Cheesecake Torte with Almond Scented Whipped Cream.

## **BUBBLY COCKTAILS AND HOLIDAY APPETIZERS**

**Monday, December 10 at 6 pm in Encinitas**

**Tuesday, December 11 at 6 pm in La Jolla**

Mojito Champagne Cocktail with Lime and Fresh Mint;  
Holiday Mule with Roasted Pumpkin Spice Infused Vodka;  
Puff Pastry Christmas Tree with Cheesy Spinach Filling;  
Baked BLT Dip with Crostini;  
Salami Cups with Pesto Cheese Filling and Roasted Pepper Topping;  
Layered Crab Rangoon Wreath with Won Ton Crisps;  
Black Forest Chocolate Pound Cake with Cherry Sauce, Whipped Cream  
and Chocolate Shavings.

## **HOLIDAY SOUP PARTY!**

**INVITE YOUR FRIENDS TO STOP BY WITH THEIR OWN BOWL AND SPOON!**

**Monday, December 17 at 6 pm in Encinitas**

**Tuesday, December 18 at 11:30 am in La Jolla**

Seafood Chowder with Shrimp, Crab, Fish, Potatoes, Corn and Dry Sherry;  
Creamy Parmesan Tomato Tortellini Soup with Spinach and Prosciutto Crisps;  
Smoked Sausage, Butternut Squash and Wild Rice Soup;  
Creamy Chicken and Mushroom Soup with Asiago Toasts;  
Updated Tunnel of Fudge Cake with Chocolate Glaze.

## **LOW CARB COOKING FOR THE NEW YEAR**

**Monday, January 7 at 6 pm in Encinitas**

**Tuesday, January 8 at 11:30 am in La Jolla**

Loaded Cauliflower Soup with Bacon, Cheddar and Chives;  
Lemony Baked Salmon Cakes with Capers, Old Bay Seasoning and Mustard Aioli;  
Chicken Tiki Masala Bowls with Broccoli, Coconut Milk and Garam Masala;  
Quick Beef and Bacon Chili with Cheddar Cheese and Sour Cream;  
Creamy Chocolate Mousse with Whipped Cream and Chocolate Shavings;

## **TUSCAN COOKING FROM LUCCA AND FLORENCE**

**Monday, January 14 at 6 pm in Solana Beach**

Negroni Cocktail;

Ricotta and Roasted Grape Crostini with Crispy Prosciutto and  
Tuscan Arugula Salad with Green Beans, White Beans, Olives and Lemon Vinaigrette;  
Spinach Sformato (Vegetable Custard) with Parmesan Sauce;  
Matuffi—Layered Polenta and Sausage Mushroom Tomato Sauce;  
Schiacciata alla Fiorentina—Orange Sponge Cake filled with Ricotta Cream.

## **EASY NEW YEAR'S ENTREES**

**Monday, January 21 at 6 pm in Encinitas**

**Tuesday, January 22 at 11:30 am in La Jolla**

Super Easy Lentil Salad with Feta and Olives;  
Honey Garlic Glazed Salmon Fillets with Lemon;  
Pork Tenderloin with Hot Pepper Jelly and Mashed Sweet Potatoes;  
Fanfare Greek Stuffed Chicken Breasts with Dill, Zucchini, Tomatoes and Feta;  
One-Step German Chocolate Cake Roll.

## **WINTER COMFORT FOODS**

**Monday, January 28 at 6 pm in Solana Beach**

**Tuesday, January 29 at 11:30 am in La Jolla**

Loaded Tater Tot Cup Bites with Bacon, Cheddar and Ranch Dressing;  
Creamy White Chicken Caprese Lasagna;  
Shrimp and Grits with Mushrooms, Bacon and Cheddar Cheese;  
Chicken Fricassee with Mushrooms and Mashed Potatoes;  
Fanny Farmer's Original Boston Cream Pie (Cake with Custard Filling and Chocolate Glaze).

## **VALENTINE'S DINNER PARTY FOR 2 OR MORE!**

**Monday, February 4 at 6 pm in Encinitas**

**Tuesday, February 5 at 11:30 am in La Jolla**

Strawberry Lillet Cocktail;  
Caramelized Bacon and Fennel Salad with Honey Lemon Vinaigrette;  
Sher-Crusted Filet Mignon and Brown Butter Scallops with  
Pan Roasted Grapes and Shallots;  
Parmesan Risotto with Asparagus;  
Caramel Apple Rose Tarts with a Strawberry and Vanilla Ice Cream.