



## Phillis Carey Cooks!!

**July, August, September 2019**

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

**All classes are \$55. No need to pay ahead—Payment is due at the class!**  
Desserts are generally made ahead as a treat for the end of the class.

### Demonstration Classes held at:

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

**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

### CHICKEN HOT OFF THE GRILL

**Monday, July 22 at 6 pm in Encinitas 7 spots**

**Tuesday, July 23 at 11:30 am in La Jolla Full**

Salsa Verde Chicken with Grilled Onion and Cotija Cheese Relish;  
Balsamic Grilled Chicken with Italian Herbed Street Corn;  
Tandoori Rubbed Chicken with Masala Sauce and Yellow Rice;  
Saltimbocca Peach and Prosciutto Wrapped Chicken Breasts with Sage Wine Drizzle;  
Chocolate Tres Leches Cake.

### AMERICAN BBQ

**Monday, July 29 at 6 pm in Encinitas 1 spot available**

**Tuesday, July 30 at 11:30 am in La Jolla 3 spots available**

Memphis Baby Back Ribs with Brown Sugar Rub and Mustard Mop;  
Ancho Dry Rubbed Flank Steak with Cucumber Salsa Relish;  
Cilantro Lime Grilled Fish Tacos with Avocado Cabbage Slaw and Garlic-Lime Mayo Drizzle;  
Chili Brown Sugar Brined Boneless Pork Chops with Creamy Succotash with Bacon;  
Peachberry Buckle with Ice Cream.

### SAN DIEGO SUMMER CELEBRATION

**Monday, August 5 at 6 pm in Encinitas 3 spots available**

**Tuesday, August 6 at 11:30 am in La Jolla 4 spots available**

Orange Lime Ginger-Beer Margarita;  
Salsa Verde Queso Fundido (Melted Cheese) with Pico de Gallo and Corn Tortillas;  
Grilled Steak with Cowboy Butter (Mustard, Horseradish, Garlic and Chives);  
Dilly Green Bean and Yukon Gold Potato Salad with Smoked Paprika Dressing;  
Arugula Salad with Watermelon, Strawberries and Feta with Balsamic Vinaigrette;  
Chocolate Mousse Torte with Cookie Crust.

### **CALIFORNIA SUMMER HARVEST**

**Monday, August 12 at 6 pm in Encinitas (5)**

**Tues., Aug. 13 at 11:30 am in La Jolla (5)**

Tomato Basil Corn Pizza with Fresh  
Mozzarella and Balsamic Glaze;  
Stuffed Grilled Vegetable Bites with Ricotta  
and Sun-Dried Tomato Filling;  
Sicilian White Fish with Fresh Herbs and  
Pine Nut Topping and Salmoriglio Sauce  
and Charred Green Beans;  
Roasted Corn, Bacon and Scallion Corn  
Muffins;  
Arugula Pesto, Tomato and Fontina topped  
Balsamic Honey Chicken Breasts;  
Ginger Peach Mascarpone Galette.

### **ASIAN FUSION SUMMER FLAVORS**

**Monday, August 19 at 6 pm in Encinitas (4)**

**Tues., Aug. 20 at 11:30 am in La Jolla (Full)**

Sesame Lime Soy Skirt Steak with Scallion  
Peanut Salsa;  
Grilled Lemongrass Chicken with Spicy  
Honey Drizzle;  
Ponzu and Honey-Glazed Salmon with  
Asian Slaw with Miso-Ginger Dressing;  
Asian Cold Noodles with Spicy Grilled Hoisin  
Shrimp, Vegies, Jade cilantro Dressing and  
Chili Sauce Drizzle;  
Lychee Panna Cotta with Sugared  
Raspberries.

### **TWO SANGRIAS WITH SPANISH**

#### **TAPAS OFF THE GRILL**

**Monday, August 26 at 6 pm in Encinitas (8)**

Summer Fruit Red Wine Sangria;  
Rose Sangria with Peaches and  
Strawberries;  
Grilled Vegetable Gazpacho with Zucchini,  
Peppers and Corn;  
Serrano Ham Wrapped Grilled Asparagus;  
Grilled Tomato Bread;  
Pork Morunos (Kebabs) with Grilled Red  
Pepper and Garlic Dip;  
Clams with Spicy Tomato Broth and  
Garlic Aioli;  
Grille Shrimp and Chorizo with  
Smoked Paprika Oil;

### **MEDITERRANEAN FLAVORS**

**Monday, September 9 at 6 pm in Encinitas (3)**

**Tues., Sept. 10 at 11:30 am in La Jolla (Full)**

Leek and Potato Galette with Pistachio  
Crust;  
Sicilian Chopped Salad with Capers, Green  
Olives, Red Onion and Crispy Prosciutto;  
Grilled Chicken with Za'atar Rub (blend of  
dried herbs, Sumac, sesame seeds) with  
Sumac Mint Aioli and Tahini Spinach  
Greek Shrimp with Spiced Tomatoes and  
Feta on Orzo;  
Ricotta Cheesecake with Almond Crust,  
Citrus Filling and Cherry Sauce;

### **QUICK EVERYNIGHT COOKING**

**Monday, September 16 at 6 pm in**

**Solana Beach (5)**

**Tuesday, September 17 at 11:30 am in**

**La Jolla (1)**

Prosciutto Wrapped, Boursin Stuffed Baked  
Chicken Rolls with Roasted Parmesan  
Zucchini;  
Sweet Chili Roasted Salmon with Ginger  
and Lemongrass;  
Sesame Pork Burgers with Sweet Spicy  
Slaw on English Muffins;  
Creamy Lemon and Black Pepper Shrimp  
Pasta with Peas;  
Chocolate Fudge Sheet Cake with  
Chocolate Cream Cheese Frosting;

### **AUTUMN WINE COUNTRY COOKING**

**Monday, September 23 at 6 pm in Encinitas  
(12)**

**Tuesday, September 24 at 11:30 am in  
La Jolla (5)**

Cherry Jam Champagne Cocktail;  
Dilly Greek Feta Dip with Cucumber and  
Tomato Garnish;  
Easy Kalamata Olive Focaccia;  
Pork Tenderloin Marbella with Dried Plums,  
Capers and Green Olives;  
Polenta Cacio e Pepe;  
Roasted Brussels Sprouts with Garlic and  
Pancetta;  
Walnut Crepes with Raspberry and Dried  
Fig Filling with Honey Crème Fraiche.