



Phillis Carey Cooks!!

July, August, September 2019

To register for classes,
email to 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, Veggies, 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 Fraîche.