



Phillis Carey Cooks!! May, June and July 2019

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

No need to pay ahead—Payment's due at the class! All classes are \$55 each.

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**

MARVELOUS MAY ENTREES

Monday, May 6 at 6 pm in Encinitas

Tuesday, May 7 at 11:30 am in La Jolla

Roasted Chicken Breasts and Artichoke Hearts with Green Goddess Dressing;
Cajun Butter Bourbon Pork Tenderloin;
Sheet Pan Maple Dijon Salmon with Potatoes and Asparagus;
Balsamic Glazed Roasted Chicken Thighs and Broccoli;
Strawberries and Cream Sheet Cake with Strawberry Cream Cheese Frosting.

SENSATIONAL SHRIMP

Monday, May 13 at 6 pm in Solana Beach

Tuesday, May 14 at 11:30 am in La Jolla

Shrimp Bisque with Corn and Scallions;
Bloody Mary Shrimp Sauté with Bacon and Cherry Tomatoes;
Spring Green Pea Risotto with Lemony Seared Shrimp;
Shrimp with Tomatoes, White Beans and Roasted Garlic Herb Pesto;
Lemon Tiramisu with Lemon Curd and Limoncello.

MORE SURPRISE ITALIAN RECIPES FROM PHILLIS' TRAVELS IN BOLOGNA

Monday, May 20 at 6 pm in Encinitas or Tuesday, May 21 at 11:30 am in La Jolla

FLAVORFUL LOW CARB COOKING

Monday, June 3 at 6 pm in Encinitas

Tuesday, June 4 at 11:30 am in La Jolla

Zucchini Basil Soup with Prosciutto Crisps;
Grilled Spiced Skirt Steak with Avocado Chimichurri;
Loaded Cauliflower Salad with Eggs, Bacon, Pickles and Green Onions;
Fanfare Chicken Florentine with Spinach and Bacon;
Blueberry Cobbler with Lemon and Buttery Pecans.

CALIFORNIA FRESH

Monday, June 10 at 6 pm in Solana Beach

Tomato Strawberry Gazpacho with a Bit of Spice;
Fish Tacos with Watermelon Lime Salsa, Avocado and Chipotle Aioli;
California Avocado and Chicken Flatbread with Bacon, Tomatoes
and Feta Cheese with a Cilantro Crema Drizzle
Red-Wine Marinated Flank Steak with Grilled Zucchini, Balsamic Cherry Tomatoes
with a Basil Pesto Drizzle with Roasted Garlic-Parmesan Zucchini and Tomato Spiral Gratin;
Brown Sugar Blueberry Shortcakes with Russian Cream.

SUMMER SALAD SPECTACULAR

Monday, June 17 at 6 pm in Encinitas

Tuesday, June 18 at 11:30 am in La Jolla

Chopped Chicken and Bacon Caesar Salad Topped Pizza with Creamy Caesar Dressing;
Stetson Tossed Cobb Salad with Grilled Shrimp, Pearl Pasta, Grilled Corn, Pepitas and
Pesto Buttermilk Dressing;
Grilled Pork Al Pastor Spinach Salad with Grilled Pineapple, Black Beans, Red Onions,
Avocado, Crispy Tortilla Strips and Chili Lime Vinaigrette;
Lemony Shortcakes with Blackberry Cassis Compote and Lemon Whipped Cream.

SUMMER SAUCES ON GRILLED ENTREES

Monday, June 24 at 6 pm in Encinitas

Tuesday, June 25 at 11:30 am in La Jolla

Artichoke Bearnaise Sauce on Grilled Steak;
Creamy Shiitake Mushroom and Rosemary Sauce on Garlic Herb Chicken with Creamy Grits;
Ancho Cherry BBQ Sauce on Grilled Pork Tenderloins with California Cole Slaw;
Green Mustard and Arugula Cold Sauce on Orange Marinated Salmon;
Strawberry Bavarian Cream Mousse.

FUN OUTDOOR GRILLING IDEA FOR INDEPENDENCE DAY

Monday, July 1 at 6 pm in Solana Beach

Blackberry Pomegranate Sangria;
Red Wine Marinated Flank Steak Stuffed with Prosciutto, Fontina and Basil with a
Pesto Cream Drizzle;
Basil Caper Salmon Burgers with Caesar Slaw Topping;
Southern Style Smoky BBQ Ribs with Smoked Paprika Rub and Molasses BBQ Sauce;
Bacon and Macaroni Salad with Sweet Pickle Relish and Roasted Red Peppers;
One Bowl Buttermilk Milk Chocolate Sheet Cake with Chocolate Caramel Frosting.

SPEEDY SUMMER ENTREES

Monday, July 8 at 6 pm in Encinitas

Tuesday, July 9 in La Jolla

Avocado Chimichurri Bruschetta;
Grilled Flank Steak topped with Roquefort Bacon Butter and Rice-Vermicelli Pilaf with Walnuts;
Moroccan Spiced Scallops on Saffron Creamed Corn;
Balsamic Soy Butterflied Grilled Pork Tenderloin with Garlic Soy Aioli;
Greek Lemon and Oregano Grilled Chicken Breasts with Tomato, Olive and Feta Salsa;
Raspberry and Peach Melba Tiramisu.