

Learn-a-Lunch—**Thursday, September 6 at Noon in Encinitas \$43****Fall is in the Air**

White Cheddar Cauliflower Soup with Chives;
Maple Balsamic Mustard Glazed Pork Tenderloin;
Warm Roasted Mushroom and Green Bean Farro Salad;
Snickerdoodle Cheesecake Torte.

Autumn in Wine Country**Monday, September 10 at 6 pm in Encinitas \$55 Full****Tuesday, September 11 at 11:30 am in La Jolla \$55 Full**

Sparkling Amaretto Sours;
Puff Pastries with Seared Pears, Prosciutto, Arugula and Blue Cheese;
Filet Mignon with Buttery Horseradish Mustard Sauce with
Green Beans with Caramelized Onions and Mushrooms;
Fennel Crusted Salmon with Pinot Noir Sauce with
Goat Cheese Potato Mash;
Toasted Almond Torte with Fresh Plum Compote.

Fast Everynight Fall Cooking**Monday, September 17 at 6 pm in Solana Beach \$55 1 spot****Tuesday, September 18 at 11:30 am in La Jolla \$55 1 spot**

Caprese Baked Fanfare Chicken Breasts with Balsamic Glaze;
Prosciutto Wrapped Salmon with Roasted Corn and Arugula Toss with
Honey Mustard Dressing;
Marinated Pork Tenderloin with Smoky Apricot-Soy Glaze and Roasted Sesame Baby Broccoli;
Tortillas Crusted Southwestern Salsa Chicken with Lime and Hot Pepper Cheese;
Pumpkin Sheet Cake with Cinnamon Cream Cheese Frosting.

Quick Meals Using**Monday, September 24 at 6 pm in Encinitas \$55****Rotisserie Chicken****Tuesday, September 25 at 11:30 am in La Jolla \$55 full**

Green Goddess Panzanella Chicken Salad with Celery, Roasted Red Peppers and Olives;
Quick Mole Chicken Enchiladas with Sour Cream, Scallions and Cotija Cheese;
BBQ Chicken Calzone with Smoked Gouda, Red Onions and Cilantro;
Quick Southwestern Chicken and Black Bean Stew with Frito and Crema Toppings;
Carrot Cake Blondies with Cheesecake Swirl.

Cruising the Mediterranean**Monday, October 1 at 6 pm in Encinitas \$55****Tuesday, October 2 at 11:30 am in La Jolla \$55 2 spots**

Spanish Shrimp with Garlic, Sherry and Crusty Bread;
Quick Sausage Cassoulet with White Beans and Herbes de Provence;
Spatchcocked Roasted Chicken with Chermoula Sauce and Warm Lentil Salad with Grapes,
Pistachio Nuts and Mint;
Sicilian Steak with Salmoriglio Sauce/Marinade and Orange and Red Onion Spinach Salad
with Castevetrano Olives;
Caprese Chocolate Almond Torta with Almond-Scented Cream.

Insta-Pot Cooking**Monday, October 8 at 6 pm in Encinitas \$55 Full**

Butternut Squash and Sausage Soup with Fried Sage Leaves
(Chicken Stock cooked in InstaPot);
Pulled Pork with Bourbon-Peach BBQ Sauce;
Italian Rosemary Chicken Stew with Ham, Mushrooms and White Beans
(beans cooked in InstaPot);
Ale Beef Stew with Potatoes, Carrots, Peas and a Mustard Kick;
Pumpkin Custard Cups.

Please note the Cancellation Policy: No payment is due if class is cancelled 72 hours ahead. If class is cancelled after that time the full fee is due. Exceptions to the full fee charge is for health or crisis situations when only \$25 is due to cover the class costs.