

Phillis Carey Cooks!!

July, August, September And October 2018

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! 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

Summer Chicken Hot Off the Grill

Monday, July 30 at 6 pm in Encinitas Tuesday, July 31 at 11:30 am in La Jolla \$53 3 spots \$55 Full

Strawberry, Bacon and Grilled Chicken Salad with a Ginger-Orange Dressing, Pecans and Goat Cheese:

Grilled Salsa Verde Chicken Breasts with Creamy Black Beans;

Indian-Spiced Yogurt Marinated Grilled Chicken Thighs with Mango Raita;

Buffalo-Style Grilled Chicken Tenders with Blue Cheese Sauce and Cooling Watermelon and Jicama Salad with a Citrus Dressing;

Fresh Raspberry Ricotta Cake.

Fresh Summer Cooking

Monday, August 6 at 6 pm in Encinitas \$53 Tuesday, August 7 at 11:30 am in La Jolla \$55

Grilled Eggplant and Tomato Parmesan with Fresh Basil and Fontina; Bacon and Fresh Tomato Tart with Cheddar Topping and a Buttery Crust; Lemony Brined Chicken Breasts with Fresh Tarragon Blackberry Relish; Cowboy Shrimp, Pinto Beans and Bacon on Fresh Corn Grits; Cinnamon Sugar Cheesecake Quesadillas with Strawberry Sauce.

Labor Day Party Time

Monday, August 13 at 6 pm in Solana Beach \$55 Full Tuesday, August 14 at 6 pm in La Jolla \$55

Watermelon Sangria with Blueberry Float;

Cheesy Shrimp Garlic Bread;

Greek Marinated Grilled Skirt Steak with Garlic Yogurt Sauce;

BLT Salad with Grilled Corn and Buttermilk Parmesan Dressing;

Grilled Potato Salad with Red Onion-Parsley Vinaigrette Topped with Salt and Vinegar Chips; Coconut Cream Chocolate Ice Box Cake with Almonds.

Country Cooking Around the USA

Monday, August 20 at 6 pm in Encinitas \$54 Full Tuesday, August 21 at 11:30 am in La Jolla \$55 Full

Tex-Mex Rubbed Flank Steak with Chili Lime Cowboy Caviar and Crunchy Fritos;

Grilled Chicken Breasts with Alabama White BBQ Sauce:

Maine Blueberry Pinot Noir BBQ Sauced Pork Tenderloin;

Kansas City Baby Back Ribs with a Brown Sugar Rub and Smoky BBQ Sauce;

St. Louis Chocolate Gooey Butter Cake.

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 Rotisserie Chicken

Monday, September 24 at 6 pm in Encinitas \$55 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.