



## Phillis Carey Cooks!!

**February, March, April 2019**

To register for classes,  
email to [philliscarey@aol.com](mailto: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

### VALENTINE'S DINNER PARTY FOR 2 OR MORE!

**Monday, February 4 at 6 pm in Encinitas**

**FULL, waiting list available**

**Tuesday, February 5 at 11:30 am in La Jolla**

**FULL, waiting list available**

Strawberry Lillet Cocktail;

Caramelized Bacon and Fennel Salad with Honey Lemon Vinaigrette;

Herb-Crusted Filet Mignon and Brown Butter Scallops with

Pan Roasted Grapes and Shallots;

Parmesan Risotto with Asparagus;

Caramel Apple Rose Tarts with a Strawberry and Vanilla Ice Cream.

### COOL WEATHER DINING

**Monday, February 11 at 6 pm in Solana Beach**

**3 spots available**

Black Bean Chili Verde Soup with Cumin-Spiced Pork Meatballs;

Beef and Bacon Stew with Red Onions and Carrots in a Miso Wine Sauce;

Garlic Herb Pork Tenderloin on a Bed of Baked Polenta with Roasted Mushrooms;

Blackened Chicken Breasts with Mashed Sweet Potatoes and Andouille Sausage Sauce;

Warm Apple Cake with Caramel Glaze.

### SAVORY SALMON

**Monday, February 18 at 6 pm in Encinitas or**

**2 spots available**

**Tuesday, February 19 at 11:30 am in La Jolla**

**1 spot available**

Mascarpone Spinach Stuffed Salmon with Butter Crumb Topping;

Cajun-Seasoned Lemony Garlic Roasted Salmon;

Slow-Roasted Salmon with Asian Sesame Glaze on a bed of Carrots, Bok Choy and Edamame;

Coconut-Crusted Pan-Roasted Salmon with Maui Mustard Sauce;

Crystalized Ginger and Orange Brownies.

### TASTY LOW CARB DISHES

**Monday, February 25 at 6 pm in Encinitas or** **6 spots available**  
**Tuesday, February 26 at 11:30 am in La Jolla** **3 spots available**  
Baked Spaghetti Squash Carbonara with Bacon, Ricotta, Parmesan and Cream;  
Cauliflower Parmesan Crust Pizza with Cheese, Olive and Pepperoni Toppings;  
Creamed Spinach Stuffed Salmon;  
Bacon Cheeseburger Pie with Dill Pickles;  
Magic Cookie Bites with Chocolate, Coconut and Walnuts.

#### **ONE PAN SUPPERS—One Sheet Pan or One Skillet**

**Monday, March 4 at 6 pm in Encinitas** **FULL, waiting list available**  
**Tuesday, March 5 at 11:30 am in La Jolla** **FULL, waiting list available**  
“Better Than Lasagna” 5-Cheese and Sausage Ziti al Forno;  
Sheet Pan Chicken Parmesan with Spaghetti Squash;  
Skillet Sour Cream Chicken Enchiladas;  
Sheet Pan Ranch-Seasoned Pork Tenderloin, Potatoes and Green Beans;  
Donut Bread Pudding with Rum Sauce.

#### **WINE COUNTRY COOKING**

**Monday, March 11 at 6 pm in Encinitas or** **FULL, waiting list available**  
**Tuesday, March 12 at 11:30 am in La Jolla** **FULL, waiting list available**  
Strawberry Basil Margaritas; Roasted Tomato Tart with Goat Cheese and Black Olives;  
Spinach Bacon Salad with Strawberry Poppyseed Dressing, Strawberries, Blueberries & Feta;  
Chicken Supremes and Asparagus in Lemony Saffron Sun-Dried Tomato Sauce on Orzo;  
Broiled Salmon with Thyme Mustard Glaze and Blackberry Wine Sauce;  
Nutella and Frangelico Mousse with Hazelnut Candy Topping.

#### **MEDITERRANEAN FAVORITES WITH A TWIST**

**Monday March 18 at 6 pm in Solana Beach** **2 spots available**  
Saffron Chicken Bouillabaisse with Smoky Rouille Toasts;  
“Rosa di Parma” Pork Tenderloin Stuffed with Prosciutto and Parmesan in a Marsala Sauce;  
Sheet Pan Paella with Shrimp, Tomatoes, Peppers and Peas;  
Chermoula Broiled Salmon with Pistachio and Chickpea Couscous;  
Orange Catalana Cream with Burnt Sugar and Sweet Oranges.

#### **SPRING HIGH TEA (or a Luncheon or Cocktail Party)**

**Monday, March 25 at 6 pm in Encinitas or** **12 spots available**  
**Tuesday, March 26 at 11:30 am in La Jolla** **3 spots available**  
**Sandwiches:** Shrimp Salad Finger Sandwiches with Capers; Benedictine (Cucumber and Dilly Cream Cheese) Sandwiches; Almond Bacon Cheese Crostini; Caramelized Onion, Gruyere and Walnuts Tarts;  
**Scones:** Apricot Ginger Cream Scones with Mock Devonshire Cream;  
**Sweets:** Mini Lemon Tarts with Cream Cheese Pastry; Glazed Raspberry Shortbread Strips; Fresh Strawberry Cheesecake-Filled Bites.

#### **SURPRISE RECIPES FROM MY TRAVELS IN ITALY** **Lots of room**

**Phillis will prepare several recipes she learns on her April travels through Italy.**  
**Monday, April 29 at 6 pm in Encinitas or Tuesday, April 30 at 11:30 am in La Jolla**