



Phillis Carey Cooks!!

February, March, April 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**

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