



**PHILLIS CAREY COOKS!!**  
**Cooking Class Schedule**  
**October, November, December 2019**  
**and January 2020**

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

**All classes are \$55. No need to pay ahead—Payment is 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

**SHORTCUT COOKING—ROTISSERIE CHICKEN**

**Monday, October 7 at 6 pm in Encinitas**

**2 spots**

**Tuesday, October 8 at 11:30 am in La Jolla**

**Full**

Chicken and Bacon Pasta Carbonara with Peas;

Thai Yellow Pineapple Curry with Chicken, Red Pepper, Snap Peas and Mint;

White Chicken, Spinach and Artichoke Lasagna;

Chicken Tortilla Soup with Fire-Roasted Tomatoes, Corn and Black Beans;

Gingerbread Cookie Bars with Caramel Buttercream Frosting.

**SENSATIONAL SALMON**

**Monday, October 21 at 6 pm in Encinitas**

**Full**

**Tuesday, October 22 at 11:30 am in La Jolla**

**5 spots**

Smoked Salmon, Pea, Arugula and Crispy Prosciutto Salad with Lemon Vinaigrette;

Tropical Roasted Salmon with Ginger, Pineapple and Sesame Seeds;

Slow-Roasted Whole Salmon Fillet with Sicilian Olive, Lemon, Caper Sauce;

Creamy Lemon and Garlic Salmon Sauté with Fresh Dill;

Lemon Ricotta Cookies with Lemon Glaze.

**A BIT FANCY—HOLIDAY RECIPES**

**Monday, October 28 at 6 pm in Encinitas**

**Full**

**Tuesday, October 29 at 11:30 am in La Jolla**

**3 spots**

Butternut Squash Risotto Topped with Garlic Sage Shrimp;

Pear and Thyme Brined Turkey Breast and Gravy with Cranberry Sausage Dressing;

French Onion Chicken Breast Sauté with Crème Fraîche Mashed Potatoes;

Caramel Pecan Cheesecake with a Cinnamon Crumb Crust.

## **GREEK-INSPIRED FALL FLAVORS**

**Monday, November 4 at 6 pm in Solana Beach** **Full**

Baked Feta with Fresh Oregano, Tomatoes and Pita Wedges;

Zucchini Phyllo Pie with Yogurt Dill Sauce;

Sheet-Pan Roasted Greek Chicken with Potatoes, Artichokes and Tzatziki Sauce;

Roasted Salmon with Greek Feta, Cherry Tomato, Dill and Kalamata Olive Topping

and Lemon Dill Rice Pilaf;

Greek Yogurt Panna Cotta with Honey and Toasted Walnuts.

## **COMPANY'S COMING—LET'S CELEBRATE**

**Monday, November 11 at 6 pm in Encinitas** **Full**

**Tuesday, November 12 at 11:30 am in La Jolla** **Full**

Warm Brussels Sprout and Bacon Salad with Apples, Pecans and Manchego Cheese;

Spiced Beef Tenderloin with Cranberry Ginger Mango Chutney;

Yellow Sweet Potato Gratin with Parmesan Cheese;

Roasted Green Beans and Red Onions with Orange Gremolata;

German Chocolate Pecan Pie with Flaky Crust.

## **COCKTAILS AND HORS D'OEUVRES**

**Monday, November 18 at 6 pm in Encinitas** **Full**

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

Grand Marnier Champagne Cosmo; Apple Cider and Brandy Cocktail (Sidecar with Cider);

Creamy Greek Fondue with Feta, Dill, Olives and Tomatoes with Pita Crisps;

Holiday Bacon Wrapped Dates with Cream Cheese, Dried Cranberry and

Candied Pecan Filling;

Ham and Cheese Feuilleté (Ham and Cheese Stuffed Puff Pastry);

Artichoke and Shrimp Tiropetes (Phyllo Triangles);

Espresso Martini 4-Layer Chocolate Cake with an Espresso Cream Cheese Frosting and Kahlua Drizzle.

## **HOLIDAY CHRISTMAS DINNER**

**Monday, December 2 at 6 pm in Encinitas** **Full**

**Tuesday, December 3 at 11:30 am in La Jolla** **Full**

Creamy Mushroom Soup with Fresh Thyme and Parmesan Crisps;

Dried Porcini and Black Pepper Rubbed Beef Rib Roast au Jus;

Creamy French Onion Mashed Potatoes;

Holiday Roasted Brussels Sprouts and Carrots with Balsamic, Fresh Herbs and Dried Cranberries;

Dark Chocolate Soufflé Roll with Candy Cane Cream Filling.

## **HOLIDAY BRUNCH DISHES**

**Monday December 9 at 6 pm in Encinitas** **10 spots**

**Tuesday, December 10 at 11:30 am in La Jolla** **4 spots**

Tequila Sunrise Mimosas;

Buttermilk Pancakes with Roasted Strawberries;

Baked Croque Madame with Ham and Gruyère Cheese;

Mid-Western Breakfast Pizza with White Sauce, Sausage, Hash Browns and Cheese;

Broccoli, Bacon and Cheddar Baked Frittata with Buttermilk Ranch Dressing Drizzle;

Chocolate Pecan Scones with Orange Butter.

## **GOOD LUCK ITALIAN NEW YEAR'S EVE PARTY**

**Monday, December 16 at 6 pm in Encinitas** **15 spots**

**Tuesday, December 17 at 11:30 am in La Jolla** **7 spots**

Antipasti Salad with Marinated Red Onions, Roasted Marinated Artichoke Hearts, Salami, Olives and Roasted Peppers with a Red Wine Vinegar and Oregano Dressing; White Risotto Cakes with Pesto Cream and Seared Shrimp; Big Pot of Lentils with Italian Sausage; Quick Rosemary and Garlic Focaccia; Sweet Wine and Grape Citrus Cake with Limoncello Cream.

## **COOL WEATHER SOUPS**

**Monday, January 6 at 6 pm in Encinitas** **Full**

**Tuesday, January 7 at 11:30 am in La Jolla** **Full**

Chicken Pot Pie Soup with Pastry Crust Crisps; Mexican Street Corn Soup with Shrimp and Bacon, Cotija Cheese and Cilantro; Chicken Cordon Bleu Chowder with Ham, Potatoes and Swiss Cheese; Creamy Tomato Tortellini Soup with Spinach and Parmesan Cheese; Snickerdoodle Cheesecake Cookie Bars.

## **WINTER COMFORT FOODS**

**Monday, January 20 at 6 pm in Encinitas** **9 spots**

**Tuesday, January 21 at 11:30 am in La Jolla** **4 spots**

Bacon and Onion Focaccia Tart; Chicken Cordon Bleu Lasagna with Ham and Swiss; Pork Tenderloin with Creamy Mustard and Bacon Sauce on Cheesy Grits; Chicken Chile Verde with Tomatillos, Poblano Chilies and White Beans; Nutella Mascarpone Pie with Chocolate Crumb Crust and Hazelnuts.

## **SIMPLE AND DELICIOUS ENTREES FOR 2020**

**Monday, January 27 at 6 pm in Solana Beach** **2 spots**

**Tuesday, January 28 at 11:30 am in La Jolla** **4 spots**

Roasted Poblano, Sausage and Corn Soup; Mediterranean Fish en Papillote (Wrapped in Parchment) with Artichoke Hearts, Kalamata Olives and Capers; "Tastes like Porchetta" Sautéed Fennel Chicken Breasts with Bacon Herbed Topping; Italian Braised Pork Tenderloin with Quick Tomato Sauce on Polenta Cacio e Pepe; Salted Caramel Sheet Cake with Brown Sugar Buttercream Frosting and Caramel Drizzle.

## **VALENTINE'S DAY DINNER**

**Monday, February 3 at 6 pm in Encinitas** **Full**

**Tuesday, February 4 at 11:30 am in La Jolla** **Full**

Warm Butter Poached Shrimp Salad with Tangelos, Butter Lettuce and Tarragon Citrus Dressing; Beef Wellington Tarts with Port Mushroom Sauce; Individual Potato Gratins with Garlic-Herb Cheese; Asparagus with Dijon Mustard and Fresh Thyme; Personal-Size Chocolate Pavlovas Filled with Dark Chocolate Pastry Cream.