



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

To register for classes,
email to 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 Souffle 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 Gruyere 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.