

Kathryn's Kuisine:
Cajun and Mediterranean Classes
Lucia Mar Adult Education: Fall 2019
Location: Arroyo Grande High, Room 202
Fee: \$50 per class, plus \$10 materials fee
Register: luciamarschools.asapconnected.com (805) 474-3756

In these interactive classes, you will learn about the history and culture of the meal you selected. You will learn the beauty of the dish's ingredients and the comfort it brings. Be prepared to stand, cook, have fun and have a delicious meal. And, you will leave with recipes to share with your loved ones at home.

August 28: Sicily Night (Wednesday, 5:30 to 8:30)

Location: Arroyo Grande High School, Room 202

Time: 5:30 to 8:30

- Fennel Salad with Oranges (traditional summer salad)
- Arancini (plump stuffed rice balls filled with ragu, peas, mozzarella that is fried)
- Almond Pasticcini (Almond pastry)

September 11: Traditional Cajun, (Wednesday, 5:30 to 8:30)

Location: Arroyo Grande High School, Room 202

Time: 5:30 to 8:30

- Shrimp Croquettes
- Creole Coleslaw
- Chicken and Sausage Jambalaya

October 16 Lebanese Night: (Wednesday, 5:30 to 8:30)

Location: Arroyo Grande High School, Room 202

Time: 5:30 to 8:30

- Kibbeh with Yogurt-Garlic Sauce (mixture of bulgur wheat, onions and ground beef croquettes)
- Fattoush Salad
- Semolina Cake

November 13: Holiday Appetizers (Wednesday, 5:30 to 8:30)

Location: Arroyo Grande High School, Room 202

Time: 5:30 to 8:30

Cost: \$50 per person, plus \$10 material fee

- French Bread Brochette (seasonal tomatoes with fresh herbs and spices)
- Algerian Bourek (minced beef rolled in filo dough and fried to perfection)
- Spiced Potato Cakes
- Garlic Chili Coriander Yogurt Sauce