



# The Good Life of Naples Cooking Class & Event Schedule

January/February

**COOK'S CORNER**

GoodLifeNaples.com

**December 21<sup>st</sup> (Tuesday): HOLIDAY APPETIZERS** w/Shelly Connors 6 PM - 8 PM \$50

- Mini Beef Tenderloin Wellingtons
- Chorizo-Cabrales wrapped dates with bacon
- Warm Camembert with Wild Mushroom and Dried Fruit Compote
- Sweet and Savory Chocolate Goat Cheese Bon-Bons

**December 28<sup>th</sup> (Tuesday): THE BEST RECIPES OF 2010!** w/Shelly Connors 6 PM - 8 PM \$50 **FULL**

Don't fret....for those of you who might have missed a class, we have prepared culinary "Cliff Notes" for the favorite recipes of 2010.

- Crunchy Goat Cheese-Stilton Croutons and Roasted Beet Salad
- Peppercorn Beef Tenderloin Crostini with Maytag Cream, Red Onion Marmalade
- Baked Phyllo Salmon with Thai Pesto and Sweet Chili Sauce



**HAPPY NEW YEAR!**



**January 6<sup>th</sup> (Thursday): Eat Your Vegetables! A Healthy Cooking Class** w/Shelly Connors 6 PM - 8 PM \$50

Here's to keeping your New Year's Resolutions. With these simple but delicious recipes, you'll be well on your way to a healthy new you!

**Italian Roasted Tomato and Fish Stew with Garlic Croutons**

*Local Florida tomatoes pair perfectly with seasonally fresh local seafood and shrimp.*

**Florida Farmer's Market "Tian"**

*Enjoy this gorgeous roasted "Florida" version of the French Tian from Provence. Local Florida produce is layered with local herbs, roasted to highlight their flavors.*

**Barley Stuffed Savory Cabbage Rolls with Tangy Tomato Sauce**

*A healthy twist on stuffed cabbage rolls that will become a family weeknight favorite.*

**January 8<sup>th</sup> (Saturday): Carrot Cake Squares** w/Bobbie Thompson (Demo: 12:30 PM - 1:00 PM)

Let me show you how to make a truly luscious cake. Come in for the demo and try a sample.

Bobbie will be signing copies of her book "Bobbie's Best Desserts"

**January 13<sup>th</sup> (Thursday): FANTASTIC FLORIBBEAN** w/Shelly Connors 6 PM - 8 PM \$50

Caribbean and Floridian ingredients fused to create creative and flavor-packed delights!

**Bermuda Fish Chowder**- A tomato based chowder that's spiced just right!

**Jerk Chicken Tacos with Tamarind-Pineapple Vinaigrette**

**Spiced Plantain Chips**

**Baked Lime and Rum Bananas over Coconut-Ginger Ice cream**



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**January 22<sup>nd</sup> (Saturday):** Jumbo Ginger Cookies w/Bobbie Thompson (Demo: 12:30 PM - 1:00 PM)  
Come in and find out how a real ginger cookie should taste. Bobbie will be signing copies of her book "Bobbie's Best Desserts"

**January 27<sup>th</sup> (Thursday):** **GLOBAL STREET FOOD** w/Shelly Connors 6 PM - 8 PM \$50

All though street food has its humble beginnings feeding the hurried masses in cities and towns across the globe; street food has found its way to New York, Los Angeles and now Naples, Florida!

### Indian Samosas

*Flaky pastry stuffed with potatoes, peas and herbs*

### Vietnamese Pho

*A flavorful spiced street soup features rice noodles and tender beef*

### Lamb Kaftas in Pitas with Thick Yogurt Sauce and Onion and Parsley Salad

*Sweet and savory spices enhance the flavors of ground lamb and sweet onions.*

**February 23<sup>rd</sup> (Wednesday):** **The Healthy Chinese Kitchen** w/Helen Chen 6 PM - 9 PM \$100

Preparing healthier and more balanced meals is often easier said than done. The Chinese home kitchen emphasizes easily available ingredients and quick cooking styles resulting in one of the world's healthiest and most delicious cuisines and a country with some of the world's lowest rates of heart disease and obesity. Learn how to make fool-proof brown rice; identify and use heart healthy cooking oils; incorporate more vegetables and less meat into your meals; make delicious fish dishes without a drop of oil. All this without sacrificing taste or flavor, with Helen Chen as your teacher and guide, healthy eating never tasted so good!

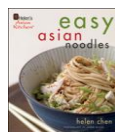
### Perfect Brown Rice

Bean Curd (Tofu) with Fresh Mushrooms and Snow Peas in Oyster Sauce

Steamed Salmon with Fermented Black Beans

Chicken with Broccoli and Bamboo Shoots

Quick Asparagus Salad



Complementary wine served at all paid classes.

**Private Cooking Parties Available (10 Person Minimum, 15 Max)**

**Cancellation Policy:** (All Classes are prepaid.) In order to keep our classes reasonable in size and to preserve our chef to participant ratio we must impose a cancellation policy. We appreciate your cooperation and understanding. All cancellations must be either in person or via telephone. Call 239-514-4663 if it becomes necessary to cancel. Cancellations must be made at least one week in advance in order to receive a FULL refund. Store Credit gladly issued on cancellations 5-6 days in advance. Store Credits may be applied to future classes or merchandise. No refund or store credit will be issued for cancellations of less than 5 days. Feel free to send a friend in your place.