



SEASONING

TEMPERATURE | TASTE | TEXTURE
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seasonal
cooking
classes

MEDITERRANEAN SMALL PLATES

Sharing Health through Heritage

In the Mediterranean, many meals start with an assortment of local dishes or what can be called small plates. Eating and sharing is part of the tradition, and lends itself to taking the time to reflect and experience flavors and surroundings. We'll feature vegetables, whole grains, legumes ... all inspired by the availability of seasonal produce. The emphasis will be on easy and healthy preparation.

Two hour class for up to 6 people: \$500
(ask us about cost and options for any size group)

Sample Menu | subject to change

Hummos Trio

Carrot, beet and traditional spreads with a twist

Deconstructed Kofta

Armenian-spiced roasted eggplant over cracked wheat pilaf

Haricot Verts

Prize-winning tender green beans simmered with sweet and savory spices.

Stuffed Dates

Goat cheese stuffed with toasted nuts

YOUR SEASON-ING CHEFS:

TERI ADOLFO is a certified Ayurveda practitioner, an East Asian nutrition and cooking instructor, acupuncture and massage practitioner. She specializes in digestive disorders, herbal medicine and women's issues.

KARA ADANALIAN is an accomplished contest cook, winning numerous regional and national cooking contests, holding the title of "America's Best Home Cook" awarded by *Fine Cooking* magazine and Sur La Table.

OFFERED AT YOUR HOME OR ALTERNATIVE SITE. CONTACT US: seasoning.sonoma@gmail.com OR (707) 408-2668