



# SEASONing

TEMPERATURE | TASTE | TEXTURE  
seasoning-sonoma.com



## SEASONAL SOUPS

the latest in a series of seasonal cooking classes

Are you used to thinking salads and smoothies are the healthiest foods you can eat? Overdoing them can leave your body cold, dry, and depleted — learn how warm, soothing soups nourish your body and aid digestion.

In this fun, Ayurveda-inspired, interactive class, explore how to create simple, delicious soups as a complete meal in a relaxed, intimate setting.

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

### Sample Menu | subject to change

**Tourshee & Tanabour**  
*pickled veggies and  
yogurt-barley soup*

**White Bean & Rosemary**  
*porcini mushroom base with  
fennel & garlic*

**Tomato Coconut soup**  
*spicy and naturally  
sweetened with carrot*

**Mexican Tortilla**  
*with all the fixin's*

**Thai Coconut**  
*with mushrooms and rice  
noodles*

**Roasted Winter Fruit  
Compote**  
*pear, persimmons and raisins  
with rosemary*

### 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](mailto:seasoning.sonoma@gmail.com) OR (707) 408-2668