



SEASONing

TEMPERATURE | TASTE | TEXTURE
seasoning-sonoma.com



seasonal
cooking
classes

SUPERBOWLS

Layers of ultimate goodness.

Eating off plates is sooooo 20th Century. Back then, we had a plate for everything: bread, salad, entrée, dessert. But the paradigm is shifting ... bowls invite layering, starting with a base of grains or greens, adding a protein and topped with vegetables and garnishes. Bowls truly express SEASON-ing's philosophy of temperature/taste/texture. In this class you'll discover how to work with stock pantry items, repurpose leftovers and elaborate with more exotic ingredients.

Change up the flavor with sauces from different flavor profiles and finish by adding savory, sweet or pungent toppings. Each element can be made in advance to make every day cooking easier, healthier and palate-pleasing.

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

Sample Menu | subject to change

Smoothie Pudding Bowl

Fruit & greens blended in a luscious pudding topped with a sweet nut sprinkle.

East-West Noodle/Zoodle

Cool rice/veggie noodle with warm protein and crunchy topping

California Dreamin'

Ancient grains with grilled portobellos, avocado and sprouts

Fruitful Bowl

Hollowed out fruit (orange, pomegranate) filled with grilled fruit & sorbetto/sherbet

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