



Cooking Class Series 2015

JUNE 2015

June 4th

Summer Grilling for City Dwellers (Demo Class)

- Nothing beats grilling outdoors, but what if your backyard's fire escape and the nearest grass in Central Park? Don't Worry, we'll help you find the right tools and provide helpful tips that will have you grilling like your brother in the burbs, in no time.

June 25th

East Like a Locavore (Hands On)

- Highlighting Grace's wide range of locally supplied meat, fish and produce, locavore cooking is all about using foods that are grown within a 100 miles of your home. Celebrate the city's exciting local bounty with this wonderful meal that's all locally sourced.

JULY 2015

July 16th

How to Become a Great Home Cook (Demo Class)

- Simple shopping and cooking techniques to help you create stress-free meals. From learning about pantry staples that help make the most of your meals, to timing techniques and endless variations on some basic recipes, you'll discover how to create dozens of fantastic weeknight family meals.

AUGUST 2015

August 6th

Pan Sauces to Pump Up Your Meals (Hands On)

- A delicious pan reduction can take even the simplest sautéed meat or fish to new levels. These simple sauces are a great staple for any cook.

August 27th

Low Salt and Heart Healthy Techniques (Demo Class)

- Everyone is looking to prepare healthier options. This class will teach you simple techniques to maintain great flavor, while also cutting down on extra salt and additional fats.

Reservations Required 212.876.0200 (Ext.108) or GracesMarketplaceEast@gmail.com
Grace's Marketplace 1299 2nd Ave. (68th St) New York, NY 10065
[www. GracesMarketplace.com](http://www.GracesMarketplace.com)

SEPTEMBER 2015

September 17th

Italian Cooking From the Puglia Region of Italy (Hands On)

- In the Southern Italian region that borders the Adriatic Sea, simple yet refined flavors are everywhere. It is this influence that has inspired many of Grace's favorite dishes. If you've enjoyed some of the many delicious dishes at Grace's Trattoria, now you can learn how to make them yourself.

OCTOBER 2015

October 8th

Kitchen Basics (Hands On)

- Whether you dream of cooking like a chef, or you simply want to learn how to create some new hearty dishes, its always helpful to take a refresher course on fundamental skills to be a success in the kitchen. This class will demonstrate basic knife skills, provide tips to preparing meat and vegetables, and include a few simple recipes that will impress your family and friends.

HAPPY COOKING and BUON APPETITO

With Love,
Grace

Please note: Reservations are required for all classes. A credit card must be provided to hold all seats. We can accommodate single reservations or parties with multiple participants. Private classes are available. A Cancellation policy is in effect for all classes within 48 hours of the class date.

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