



S O U L

~ Sustainable. Organic. Unprocessed. Local. ~

COOKING CLASSES

WEDNESDAY JULY WORKSHOPS

7/7 - **GLUTEN-FREE DESSERTS & BREADS**

A growing number of people avoid gluten because of an allergy or sensitivity, or because they feel its absence promotes digestive health. Once you taste how good gluten-free baked goods can be, you'll be amazed. Join Gluten-Free Guru Monica Witanen for an adventure in baking without gluten. Class will feature Millet-Sorghum bread, Rosemary Focaccia Brownies, Ginger-Pecan Scones, and much more. From 10:00 am to 2:00 pm. \$40 includes Brunch.

7/14 - **ON A FLOURED BOARD: ITALIAN RAVIOLI & HOMEMADE PASTA**

Pastiola Jim Brett, Leader of Slow Food Western Slope will teach you how to make old Italian favorites—Ravioli and Herb Flavored Pastas. Roll in the dough with these versatile home-made pastas on your menu. From 10:00 am to 2:00 pm. \$40 includes lunch.

7/21 - **WOOD-FIRED PIZZAS**

Artisan wood-fired pizza will be on the menu, with master oven-builder and wizard (pizza) pie-maker Rick Stelter. Pizzas from a wood-fired oven are sheer, melt-in-your-mouth combos of crisp crust and succulent toppings. Get tips from Rick on how to build your own oven and the art form of baking in them. From 10:00 am to 2:00 pm. \$40 includes lunch.

7/28 - **RELLENOS AND TAMALES**

Those little packages of Mexican delights will be de-mystified in this class on traditional and specialty tamales and rellenos. Join Chef Maria Hodkins for a corn-husk party with Chicken Tomatillo and Veggie Tamales, then reach the summit of Southwest cooking with Goat Cheese and Mushroom Rellenos. From 10:00 am to 2:00 pm. \$40 includes lunch.

fresh & wyld

1978 HARDING ROAD · PAONIA, CO 81428 970-527-4374 DAVAPARR@TDS.NET

Cooking Classes are every Wednesday, 10 to 2, year-round except during October. Please visit our web site for detailed class descriptions, upcoming events & to sign up for our NEWSLETTER.

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