



OCTOBER 2009

Art of Tarts

Tuesday 13th 5:30-7:30pm

Lemon tartlets

No need to bake my pastry a Blanc. Filling and pastry go together in the oven. The results are tantalising for your taste buds.

Pear Comtoises

These bundles of sweetness flavored with almonds are great for an afternoon tea. You may end up creating your own tart, you will never know until you try.

Gourmet Delight

Friday 16th 3-5pm

Each person selects a lettuce. The different lettuces are washed then piled up on a big serving plate. Then comes the steamed asparagus, fresh avocados, cherry tomatoes grated carrots and the list goes on. This is a signature dish from Jean-Claude's best seller *Legendary Cuisine*. It is called *Gourmet Delight*.

Adults and children adore it. In this class the children will learn about the importance of fresh vegetables for their health.

Veg it Out

Monday 19th 10am-12pm

This vegetable feast is a celebration of colours and flavours. A wide selection of fresh vegetables with different fillings, gathered around a mound of vermicelli butter rice.

Meat lovers do not despair you could use these dishes to accompany any kind of meat, fish or chicken.

On the Skewers

Wednesday 21st 3-5pm

This class is suited for adults and children. We will take you back in time to show you how the ancient people across the Mediterranean used the woody part of herbs as skewers to grill vegetables and meats. You will be mixing spices adding herbs from South France to Italy, from Constantinople to Greece and from North Africa to Spain.

What a fascinating journey!

Cost \$100 per adult and \$15 per person if market tour is required. Tours start 30 minutes before marked times.

Cost \$40 per child – includes market tour.

**EXPLORE CULTURE - LOCATED AT ADELAIDE CENTRAL MARKET
LEVEL 1/22-60 GOUGER STREET - ACCESS VIA CARPARK LIFT
T: 8212 9669 E: info@explorecc.com.au W: www.explorecc.com.au**

ABN: 36 847 527 433



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Mediterranean Party

Friday 23rd 5:30-7:30pm

The secret of a delicious chicken marinated in smoked paprika accompanied by roasted potatoes flavoured with lemon and garlic. This dish will be served with fresh wild thyme, feta and onion salad with a mysterious dressing.

Pyramid cake

Tuesday 27th 3-5pm

Yes it is a piece of cuisine genius when anyone one can learn how to build a Pyramid cake filled with low fat ricotta cream. This class is suited for children and adults.

It is great fun for the entire family.

The cake is made out of fruit juice and grape seed oil can you believe it?

Out of North Africa

Friday 30th 5:30pm-7:30pm

Pearl Couscous or Moghrabieh

Learn the secrets and historical facts of couscous. This dish is presented in a tagine style.

This dish is great to entertain an army of friends. It will bring back to life the ancient Phoenician feasts.

It is couscous at its best dressed with flavors and aromas you have never experienced before.

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