



FEBRUARY 2010

Summer Berry Charlotte

Thursday 4th 10am-12pm

This class is about creating a dessert using your favourite sponge, liquor and fresh seasonal berries. It is a royal treat.

Crowned Fish

Tuesday 9th 10am-12pm

It is a whole snapper baked with herbs and nut filling, then dressed in spices. At the end it is beautifully garnished with parsley, red capsicum as well as lemon wedges. The presentation is a feast for the senses.

How to Create Tabouleh

Friday 12th 10am-12pm

This humble and traditional dish has become internationally renowned due to the ease of preparation but this does not compromise the simplicity and greatness of the flavours. Especially as the major two ingredients are fresh Italian parsley and tomatoes which bath in lemon juice and extra virgin olive oil.

What a refreshing treat for summer!

Gourmet Delight

Wednesday 17th 1-3pm

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 children can learn about the importance of fresh vegetables for their health.

Veg it Out

Tuesday 23rd 2:30-4:30pm

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.

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