Paulette Bruce
3340 11th Street
Sacramento, CA 95818

Farm-to-Fork Classes!
Healthy Keto Classes!

Good Eats
A Cooking Class with Paulette

August–December, 2019
Class Schedule

gooderatscookingclasses.com
THERE’S ALWAYS SOMETHING DELICIOUS cooking in my classes, and I’m excited to share my passion and cooking skills with you. My promise to you is whether you’re a novice or an experienced home cook, you’ll learn something new while sharing your time with me in the kitchen. Each class includes three hours of hands-on instruction in a professional kitchen, coffee, fresh-baked breakfast treat, and a recipe booklet to take home.

FARM-TO-FORK CLASSES Sacramento is America’s Farm-to-Fork Capital, and once a month I offer a Saturday morning class featuring the freshest ingredients from our local farmers markets. The recipes and ingredients are seasonal, fresh, and tasty!

GIFT CERTIFICATES & CUSTOM CLASSES Cooking classes make great gifts for birthdays or special occasions! Gift certificates are available on my website. In addition to these scheduled classes, I can create a special class just for you and your friends. Ask about menu options and available dates.

RESERVE YOUR SEAT TODAY Each class is $85 per person. Visit GoodEatsCookingClasses.com and use the handy PayPal button to order your class(es). Or send a check with a note indicating which class(es) you would like to attend to: Paulette Bruce, 3340 11th Street, Sacramento, CA 95818. Your check is your reservation. Refunds given only with a 48-hour notice!

Bring your favorite knife and apron (if you choose) to class – everything else is provided for you. Ladies with long hair, please bring a hair tie to use during class.

Please come to class fragrance-free.

LOCATION Classes are held in the Culinary Center at East Bay Restaurant Supply/Chefs First, 522 North 12th St. (at the end of Richards Blvd.), Sacramento 95811.

FOR MORE INFORMATION Call Paulette at 916-498-9804 or email her at paulette@goodeatscookingclasses.com.

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IF YOU HAVE A GIFT CERTIFICATE, PLEASE EMAIL OR CALL PAULETTE TO RESERVE YOUR SEAT.
**Good Eats**  
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**August–December, 2019 Class Schedule**

**Summer Farm-to-Fork**  
**Saturday, August 17, 10 a.m.**
- Spicy Watermelon Skewers
- Shrimp & Cucumber Salad
- Swiss Chard Tart with Goat Cheese, Currants & Pine Nut Relish
- Fresh Corn Queso Fundido with Tortilla Chips
- Grilled Eggplant with Greek Yogurt
- Seared Skirt Steak with Peach Chimichurri

**Greek Table**  
**Sunday, September 29, 10 a.m.**
- Leek & Cheese Pie
- Chilled Baked Gigantes with Celery, Onions & Tomatoes
- Roasted Lemon-Garlic Chicken with Potato-Olive Stew
- Grilled Lamb Chops with Greek Garlic Sauce
- Chickpea Rice

**Date Night**  
**Friday, October 4, 6 p.m.**
Couples are invited to bring a bottle of wine.
- Crostini with Creamy Leeks & Tarragon
- Goat Cheese & Marjoram Ravioli in Marinara Sauce
- Roasted Salmon & Fennel with Pistachio Gremolata
- Sauteed Broccolini & Garlic
- Crepes Suzette

**Fall Farm-to-Fork**  
**Saturday, October 5, 10 a.m.**
- Corn Pancakes with Bacon & Maple Syrup
- Farro & Vegetable Soup with Cannellini Beans
- Whole Baked Side of Salmon with Horseradish Cream
- Butternut Squash Gratin
- Meyer Lemon Pudding Cakes

**Cooking with Kids**  
**Sunday, October 6, 10 a.m.**
Special fee of $135 includes 1 adult and 1 child. Additional children, $50 each.
- Watermelon Gazpacho
- Salmon with Vegetables Baked in Paper Hearts
- Ziti Baked with Cream & Parmigiano-Reggiano
- Vietnamese Fried Rice
- Chocolate Bowls with Ice Cream
- Lori’s Cake Mix Cookies

**Salad for Dinner & Sides**  
**Sunday, August 25, 10 a.m.**
- Wild Rice with Artichoke, Peaches & Pine Nuts
- Ricotta, Parmesan & Lemon Zest Terrine
- Orzo Salad with Shrimp & Feta
- Steak Taco Salad with Handmade Tortilla Bowls
- Roasted Beef with Rosemary, Mint & Tarragon

**Cooking for Keto**  
**Saturday, September 21, 10 a.m.**
- Coconut Shrimp
- Pistachio-Crusted Cod with Lemon Dill Tartar Sauce
- Almond Meal Crusted Chicken Fingers
- Mongolian Beef with Cashew Fried Cauliflower Rice
- Meatballs in Marinara and Spaghetti Squash Alfredo

**Mediterranean Table**  
**Sunday, September 22, 10 a.m.**
- Catalan Clams with Ham
- Arancini with Pecorino, Porcini & Mozzarella
- Tomato Tabbouleh
- Chicken Thighs in Tomato & Olive Sauce
- Panzanella
- Kebobs in Pita Bread with Yogurt, Cucumber & Garlic Dressing

**Date Night**  
**Friday, September 27, 6 p.m.**
Couples are invited to bring a bottle of wine.
- Salty & Sweet Pretzel Nut Mix
- White Bean Hummus & Roasted Pita Bread
- Steamed Salmon Wrapped in Grape Leaves with Bulgur Salad
- Grilled Prawns with Spinach-Rice Pilaf
- Goat Cheese Cake with Berries & Amaretti Cookies

**Sauce Making**  
**Saturday, September 28, 10 a.m.**
- Ham in Marsala Sauce
- Seared Loin Lamb Chops with Red Wine Sauce
- Vegetable Patties in Marinara Sauce
- Poached Chicken in Onion-Vermouth Sauce
- Pan-Seared Steak with Pizzaiola Sauce
- Lamb Meatballs with White Sauce

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Baking for Keto  
Saturday, October 19, 10 a.m.

Please bring a microwaveable mug to class.
- Lemon Ricotta Cake
- Almond Cake
- Coconut Macaroons
- Walnut Brownies
- Chocolate Fat Bombs
- Lemon-Coconut Fat Bombs
- Chocolate Mug Cake

French Bistro with Madame Taylor  
Sunday, October 20, 10 a.m.

Madame Taylor, French teacher, will join us for this class offering her French highlights.

Class fee is $95 per person.
- Ham, Blue Cheese & Pear Quiche
- French Lentil Salad with Goat Cheese & Walnuts
- Scalloped Potatoes with Blue Cheese & Roasted Garlic
- Green Beans with Garlic Butter
- Chicken with Mustard
- Individual Chocolate Cakes with Dulce de Leche and Fleur de sel

Winter Farm-to-Fork  
Saturday, November 2, 10 a.m.

- Pumpkin Soup with Harissa
- Pear, Blue Cheese, Fennel, Endive & Salted Almond Salad
- Roasted Carrots with Burrata & Salsa Rustica
- Potato Pie with Prosciutto & Smoked Mozzarella
- Best Meat Loin with Garlic-Roasted Brussels Sprouts Chips

How to Cook Pork  
Sunday, November 3, 10 a.m.

- Grilled Herb-Stuffed Pork Skewers with Bay Leaves
- Spiced-Coated Pork Loin with Sweet & Spicy Butternut Squash
- Pork Cutlet with Broccoli Rabe
- Ranch-Crusted Baby Back Ribs with Buttermilk Ranch Dipping Sauce
- Individual Baguette with Pork & Fennel Sausage and Onion Relish
- Pork & Beans

90+ Points Red Winemakers’ Dinner  
Friday, November 8, 6 p.m.

Paul Schmitz, owner and winemaker at 24 BRIX Winery in Plymouth, will be returning to class. Paul will pour and discuss his award-winning wines throughout the evening. Recipes have been paired to his wines.

Class fee is $115 per person (additional $30 per person for the wines.)
- 2013, 93 points, Zin, Root Vegetable Tagine with Cauliflower Couscous
- 2013, 98 points, Petite Sirah, Breaded Pork Loin with Apple Salad
- 2013, 90 points, Cab Sauv, Rack of Lamb with Roasted Garlic Fingerling Potatoes
- 2015, 95 points, Cab Sauv, Butternut Lamb Chili
- 2012, 92 points, Winemaker’s Red Blend, Delicata Squash Crostata with Fennel Sausage, Ricotta & Buckwheat Honey, Warm Chocolate Cake with Salted Butter Caramel Sauce

Baked!  
Saturday, November 9, 10 a.m.

- Goat Cheese Galette
- Fresh Ginger Cake
- Rich & Creamy French Lemon Tart in a Lemon Pastry Shell
- Cherry Gateau Basque
- Individual Lemony Semolina Jam Cake

Thanksgiving Table  
Sunday, November 10, 10 a.m.

- Panzanella Stuffing Salad
- Oven-Roasted Cranberry Sauce
- Sweet Potatoes with Spicy Ginger-Soy Herb Sauce
- One-Pan Cheddar Mac ‘N’ Cheese
- Hoisin BBQ-Glazed Turkey Breast
- Pumpkin Mousse with Gingersnaps & Marshmallow Whipped Cream

Italian Dinner  
Friday, December 20, 6 p.m.

- Shrimp with Garlic, Lemon & White Wine
- Pancetta & Fennel Tart
- Pasta Gratin with Leeks, Sausage & Mushrooms
- Pork Medallions with Grapes & Pearl Onions
- The Nuns’ Rice Pudding with a Blessing

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