

*"The intense perfumes of the wild herbs as we trod them underfoot
made us feel almost drunk."*

- Jacqueline du Pre

Flavor Boosters: Herbs *A Hands-On Cooking Class*



Herbs are a way to add flavor to our meals without adding salt, fat, sugar, gluten, or oil. When we discover how to use sage, rosemary, basil, parsley, mint, thyme, cilantro, bay leaves, and other herbs in our cooking, we suddenly have a whole palette of flavors to play with.

You will learn:

- how to buy, store, dry, and grow herbs
- the best times of the year to find herbs in season
- how a few easy principles can greatly increase your repertoire

September 11, 3:00pm-6:00pm

Cookhouse
253 Columbus Avenue, San Francisco

\$71 (includes dinner and recipes)
all food is gluten, dairy, and soy free

Presented by Chef Tom,
Full Fridge Personal Chef Services

To register, email cheftom@fullfridge.com
or call 415-420-6300

