

Sheri, Inc.  
4112 Stemmons Court  
Raleigh, NC 27613

voice: 787-7959  
fax: 787-7636  
email: shericastle@usa.net  
web: www.shericastle.com

# creative cooking with Sheri Castle

April – June 2003 Class Schedule

## About the Classes

When you come to a class, you sit in my kitchen with other students and watch me prepare 5-8 recipes. I give you copies of the recipes so that you can take notes. I also cover techniques, ingredients, equipment and shopping tips. After I've finished cooking, it's time to sample! We gather around the kitchen and dining room tables to eat and talk.

## Culinary Tours

Join me on a 90-minute tour of a local Whole Foods Market or A Southern Season. We'll tour the store at your pace, so you can get answers to all of your questions. (How do I choose an olive oil? What are some healthy snacks? How can I choose the freshest produce?) This is the most fun when you come with a group of friends, so why not create your own tour group? \$30 per person.

## Give the gift of creative cooking!

Gift certificates for cooking classes make great gifts. The certificates are printed in color on card stock, so they look very nice. You can give certificates for particular classes, but I recommend that you give open certificates that let the recipients make their own selections.

I can send the certificate to you, or directly to the recipient. All I need from you is a check (\$45 per class), where to mail the certificate, and the greeting you'd like to appear on the certificate.

## Brunch

**Sunday, April 13<sup>th</sup>, 1 pm *or* Wednesday, May 28<sup>th</sup>, 10:30 am**

Lots of people have asked for this topic, so here it is. Brunch is a delightful way to entertain guests or treat your family to something special. In this class, I'll cover easy but elegant entrees, baked goods, and salads that won't require you to start cooking at dawn. **The second section features all new recipes.** A gift certificate to this class would make a great Mother's Day present!

## Fish and Seafood

**Sunday, April 27<sup>th</sup>, 1 pm *or*  
Wednesday, May 21<sup>st</sup>, 6:30 pm**

This topic has sold out six times. That tells me that folks want to learn more about cooking and eating fish. It also tells me that it's time to come up with new recipes so that all of those people can come back again. I'll cover several cooking techniques, plus I'll talk about how to select and store fresh fish.

## Farmers' Market Tour

**Saturday, May 3<sup>rd</sup>, 7:30 am (market tour) and Sunday,  
May 4<sup>th</sup>, 1 pm (the class)**

This is my most popular spring and summer topic. There are two parts: a tour and a class. Because some people might be more interested in one part, I'm pricing them separately. The market tour is \$15.00, while the class is the usual \$45.00.

We'll tour the Carrboro Farmers' Market, which I think is the best market in the state. You won't believe the freshness and variety of this truly local food. The tour lasts about an hour. We start early when there's the best selection and smaller crowds. On Sunday, we'll meet at my house as usual, where I'll prepare a meal based on the items we selected on the tour.

**Watch this space** – I'll have another market tour later this summer, when tomatoes are at their peak!

## Entrée Salads

**Tuesday, May 13<sup>th</sup>, 6:30 pm *or* Sunday, June 22<sup>nd</sup>, 1 pm**

When the weather is warm and time is short, salads are a welcome option, but they can be more than just side dishes. I'll share several recipes for creative, crunchy, colorful salads that make an elegant meal.

## 30-Minute Meals

**Sunday, May 18<sup>th</sup>, 1 pm**

This class is for cooks who want quick, tasty, healthy meals. In this class we'll cover two menus that illustrate the difference between quick food and fast food.

## Registration

**The fee for each class is \$45.00.**

To reserve your space, please return the registration form. Full payment must accompany each form; make your checks payable to Sheri, Inc. Additional registration forms can be printed from my web site, [www.shericastle.com](http://www.shericastle.com).

## Directions

I teach the classes in my house at 4112 Stemmons Court in Raleigh. If you're not sure how to get here, you can call me or check my Web site for door-to-door directions.

## Cancellation Policy

If you cancel 14 or more days before a class, you can choose a full refund or credit for a future class. If you cancel 8 to 13 days before a class, you will receive a credit for a future class.

I **cannot** issue refunds or credits for cancellations less than 7 days in advance. If you have a last-minute cancellation, you are welcome to send someone in your place.

I reserve the right to cancel any class due to instructor illness. If I cancel a class, all students receive full refunds.

---

## Registration Form

To register for a class, fill out this form and mail it to Sheri, Inc., 4112 Stemmons Court, Raleigh, NC 27613. Enclose a check payable to Sheri, Inc. *Full payment for classes is due at registration.*

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Nighttime Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

Check the classes you want to attend now (\$45.00 per class):

You don't have to sign up for all your choices at once; you can register for classes individually if you like. However, to confirm your spot, you must pay for the class at least seven days in advance.

- ☐ **Brunch**, Sunday, April 13<sup>th</sup>, 1 pm
- ☐ **Fish and Seafood**, Sunday, April 27<sup>th</sup>, 1 pm
- ☐ **Farmers' Market Tour** (\$15.00), Saturday, May 3<sup>rd</sup>, 7:30 am
- ☐ **Farmers' Market Class**, Sunday, May 4<sup>th</sup>, 1 pm
- ☐ **Entrée Salads**, Tuesday, May 13<sup>th</sup>, 6:30 pm
- ☐ **30-Minute Meals**, Sunday, May 18<sup>th</sup>, 1 pm
- ☐ **Fish and Seafood**, Wednesday, May 21<sup>st</sup>, 6:30 pm
- ☐ **Brunch**, Wednesday, May 28<sup>th</sup>, 10:30 am
- ☐ **Entrée Salads**, Sunday, June 22<sup>nd</sup>, 1pm