

Sheri, Inc.  
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# creative cooking with Sheri Castle

## September – December 2002 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 Consulting

Something new! Have you (or your doctor) decided that you need to eat more healthfully? Are you overwhelmed or confused about what's out there for you to eat? Let me help you. I can't give you medical advice, but I can help you find and eat the healthiest food possible. For more info, visit my Web site: [www.sheri-inc.com](http://www.sheri-inc.com).

### 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.

### 30-Minute Meals

Sunday, September 29<sup>th</sup>, 1 pm

We love home-cooked dinner, but we are often rushed for time. That's where these meals come in. I'll go through 2 menus that you can prepare in about half an hour. I love to help people see the difference between quick food and fast food.

### Gifts from the Kitchen

**2 Sections:** Sunday, October 27<sup>th</sup>, 1 pm – *or* –  
Sunday, November 10<sup>th</sup>, 1pm

This is a new topic that many of you have requested. I'll show you how to create a number of delicious and delightful homemade treats, along with creative ways to package them. I'll also suggest items to go with the homemade goodies so that you can create wonderful gift baskets and boxes for all the "foodies" on your holiday list.

### Holiday Side Dishes and Desserts

**2 sections:** Sunday, November 3<sup>rd</sup>, 1 pm – *or* –  
Thursday, November 7<sup>th</sup>, 7 pm

This class has become an annual tradition. I'll teach a series of side dishes and desserts that are perfect for holiday meals. You can add some of the dishes to your traditional menu, or use all of them together so that you don't have to plan anything other than the entree (and we'll talk about those a bit, too). I'll also help you decide how much food you need to prepare for your guest list. Planning a fabulous holiday feast will be easier than ever.

### Hors d'Oeuvres

**3 sections:** Sunday, November 17<sup>th</sup> – *or* – Sunday,  
December 1<sup>st</sup> – *or* – Sunday, December 8<sup>th</sup>, all at 1pm

This class is perhaps the most popular topic I teach! I'll guide you through a group of hors d'oeuvres from casual to elegant. I'll also share creative ideas on how to serve the hors d'oeuvres and give you tips on what you can prepare ahead. Whether you are planning a holiday party or simply need to take something to a holiday potluck, you'll love this class.

## 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.sheri-inc.com](http://www.sheri-inc.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.

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## 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.)

☐ **Gifts from the Kitchen**

Sunday, October 27<sup>th</sup>, 1:00 p.m.

☐ **Holiday Side Dishes & Desserts**

Sunday, November 3<sup>rd</sup>, 1:00 p.m.

☐ **Holiday Side Dishes & Desserts**

**Thursday**, November 7<sup>th</sup>, **7:00 p.m.**

☐ **Gifts from the Kitchen**

Sunday, November 10<sup>th</sup>, 1:00 p.m.

☐ **Hors d'Oeuvres**

Sunday, November 17<sup>th</sup>, 1:00 p.m.

☐ **Hors d'Oeuvres**

Sunday, December 1<sup>st</sup>, 1:00 p.m.

☐ **Hors d'Oeuvres**

Sunday, December 8<sup>th</sup>, 1:00 p.m.