

Sheri, Inc.
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creative cooking with Sheri Castle

Winter 2004 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!

Culinary Tours

Join me on a 90-minute tour of the Carrboro Farmers' Market, a local Whole Foods Market or A Southern Season. 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. 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.

We've moved!

My family and I have moved to Chapel Hill's Southern Village neighborhood. I'm thrilled with our new space and think you'll really enjoy cooking classes in the new location. Visit the Web site for all the details.

Carb-Conscious Cuisine

Sunday, February 1st, 1:00 pm

-or- Thursday, February 5th, 11:00 am

With the current the low-carb craze, I worry that people are simply exchanging fat-free processed junk food for carb-free processed junk food. Let's cover recipes that have nutritional integrity, are interesting, and also happen to be low in carbohydrates. I'll give special attention to creative side dishes, snacks and desserts to go along with the hunk of protein in the center of the plate.

Crock-Pot Gourmet

Sunday, February 8th, 1:00 pm

-or- Thursday, February 12th, 6:30 pm

-or- Thursday, February 26th, 11:00 am

All new recipes for 2004! Slow cookers have soared back into popularity, and for good reason—with just a little preparation and planning, you can have dinner ready and waiting for you. I'll show you recipes that are ideal for the slow and steady cooking that crock-pots do best. This food is elegant, attractive (no glop factor here!) and delicious, with nary a can of cream-of-anything involved.

Soups

Sunday, February 22nd, 1:00 pm

I teach this class every winter because I simply love to make soup. It requires some soul. I'll cover the basics of making simple stock, the basis of so many good recipes, along with my principles of soup making. You'll learn techniques that you can apply to any favorite soup recipe.

Dinners for Giving and Sharing

Sunday, February 29th, 1:00 pm

Many people have asked for ideas for meals they can share with friends, such as a girlfriend who just had a baby, a church potluck, a book club social—you get the idea. That's what we'll cover in this class. Some of these one-dish wonders can be made ahead, so they're ready to share or ready for your own family on those rushed evenings.

30-Minute Meals

Sunday, March 14th, 1:00 pm

-or- Sunday, March 28th, 1:00 pm

This class always challenges and motivates me. How can we make a delicious, nutritious, interesting meal in less time than it takes the pizza delivery guy to arrive? Let me show you how to combine ingredients from your creatively stocked pantry with fresh items to create great food in a hurry. As I always say, there is a huge 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.

Directions & Parking

I teach the classes in my house at 310 Westside Drive in Chapel Hill. If you're not sure how to get here, you can call me at 919-967-5067 or visit **shericastle.com** for directions.

Also visit my Web site for information about parking; Chapel Hill has strict regulations about parking for home-based businesses.

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., 310 Westside Drive, Chapel Hill, NC 27516. 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 (\$45.00 per class):

- ☐ **Carb-Conscious Cuisine**, Sunday, February 1st, 1:00 pm
- ☐ **Carb-Conscious Cuisine**, Thursday, February 5th, 11:00 am
- ☐ **Crock-Pot Gourmet**, Sunday, February 8th, 1:00 pm
- ☐ **Crock-Pot Gourmet**, Thursday, February 12th, 6:30 pm
- ☐ **Soups**, Sunday, February 22nd, 1:00 pm
- ☐ **Crock-Pot Gourmet**, Thursday, February 26th, 11:00 am
- ☐ **Dinners for Giving and Sharing**, Sunday, February 29th, 1:00 pm
- ☐ **30-Minute Meals**, Sunday, March 14th, 1:00 pm
- ☐ **30-Minute Meals**, Sunday, March 28th, 1:00 pm

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.*