

# Cara's Cooking Classes

## Gain kitchen wisdom from a farm home cook

7-8:30PM Fallsington Friends Meetinghouse – 9300 New Falls Rd. Fallsington, PA

Snipes Farm's own Cara Eisley, has been passionate about food, farming and cooking for over a decade. She delights in experimentation, authenticity, creating nutritious, delicious and affordable meals with whole foods, working with inspiring herbs and spices.

### Wednesday March 10<sup>th</sup> - Indian Cooking 101

\$30 per class

Fare included

10 person limit

Overview: Making Indian food at home is not as hard as it may seem. The class will cover the basics including: spices and spice grinding, traditional oils like ghee, making the perfect rice and where to find ingredients. We'll make Saag Paneer (Spicy creamed spinach) from start to finish. We'll grind our spices, prepare the saag, make Paneer (farmer cheese) out of local raw, organic, milk from pastured cows and make great steamed basmati rice. Finishing with Mango Lassi (made with mango puree and yogurt made with local, raw, organic milk from pastured cows).

### Thursday March 25<sup>th</sup> - Old World Food Preservation 101 Fermentation

\$20 class

Samples (meal not included)

10 person limit

Overview: Fermentation has been used in every culture since ancient times to preserve food as well as enhance nutritional quality of food items. Even if you have never fermented food yourself, more than likely, daily you eat a fermented product or a product that has in the past traditionally been fermented. Beer, Wine, tea, coffee, bread, cheese, sauerkraut, yogurt, and miso are all examples. Learn the basics of fermentation and discover its benefits and enjoyment. You'll prepare a batch of sauerkraut and vinegar and sample other ferments.

### Thursday April 8<sup>th</sup> - Nourishing Traditions 101 Maximizing Nutrition on a Budget

\$30 per class

Meal included

10 person limit

Overview: Learn the basics of traditional diets that have kept our ancestors healthy and vibrant for generations. Rich meat stocks; fruits and vegetables; nutrient rich "super foods;" pastured meats and eggs; raw milk from pastured cows; fermented veggies, dairy and beverages are all a part of a diet that can maximize your health. In the class you will learn the basics of maximizing nutrition on a budget. You will prepare a rich chicken stock from organic pastured poultry. Learn how to make yogurt.

*Fare is coconut chicken soup with Snipes Farm organic vegetables, organic pastured chicken and homemade bread and Superfood smoothie with homemade yogurt from local pastured Jersey cow raw milk.*

**FOR MORE INFORMATION AND TO REGISTER CONTACT: Melanie Douty-Snipes  
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