



Lessons Menus

SUSHI FIX

Miso soup with shitake Mushroom and Tofu
Making various sushi and Rolls
Green Tea Ice Cream

MORE THAN KOREAN BBQ

The Secret to Korean Marinade Sauce
Korean Style Marinated Beef (Bul-Go-Gi)
Shrimp and Scallion Pan Cakes
Jap Chae (Stir-Fried Glass Noodles with Vegetables)

CHINESE 101

Hot and Sour Soup
Ginger Chicken
Stir Fri Beef & Broccoli
Fried Rice
Coconut Sorbet

A TASTE OF THAI

Coconut Chicken Curry Soup or Fresh Spring Roll
(Mango & Shrimp)
Spicy Mint-Basil Beef
Lemongrass Chicken (kaffir lime leaves, garlic, soy,
chili sauce)
Herbed Jasmine Rice
Lychee Sorbet

PASTA AL DENTE

Garlic Noodle with Asparagus, Shrimp
Fusili with Bacon and Scallion
Meatball Pasta with Spicy Tomato Sauce
Baked Penne with Spinach, Ricotta Cheese and
Tomato

SOUP AND SALAD ENSEMBLE (SUMMER VERSION)

Caprese Salad - Tomato and Mozzarella Salad with
Fresh Basil
Lemon chicken Soup
Asparagus Soup
Baby Greens with Orange, Avocado and Shrimp

SOUP AND SALAD ENSEMBLE (WINTER VERSION)

Creamy Corn Chowder
Pumpkin Soup
Salad with Caramelized Pear and Gorgonzola Cheese
Wild Mushroom Tart with Baby Greens

VEGETARIAN DISHES

Curry Coconut Tofu Pasta
Stuffed Portobello Mushroom Steak
Spicy Tofu Black Bean Sauce and Brown Rice
Spring Roll with Cucumber, Mango and Avocado

FOUL PLAY

Fabulous Chicken Curry with Jasmine Rice
Chicken Breast stuffed with Prosciutto, Spinach
and Ricotta Cheese
Garlic chicken
Chicken Breast Sauté with Wild Mushroom and
Balsamic Sauce

MEAT LOVERS

Pork Loin with Cherry Sauce
Korean BBQ Beef
Thai Spicy Beef
Steak with Gorgonzola Cheese and Roasted Garlic

FRESH FROM THE SEA

Seared Ahi Loin Salad with Wasabi Cream
Pan-Roasted Salmon with Cilantro Sauce
Roasted cod with thyme Beurre Blanc
Sautéed Shrimp with Garlic, Tomato and Feta Cheese