

# News Release

South Seattle Community College

6000 16th Avenue, SW, Seattle, WA 98106-1499 • [www.southseattle.edu](http://www.southseattle.edu) • (206) 764-5300

FOR IMMEDIATE RELEASE

January 9, 2009

## **ITALY: CULTURE & CUISINE**

*Your Italian culinary adventure begins here!*

Continuing Education

South Seattle Community College

6000 16th Ave. SW, Seattle, WA 98106-1499

(206) 764-5339

[www.learnatsouth.org](http://www.learnatsouth.org)

Tuesday & Thursday, March 3-19 (six sessions)

6-8:30 pm, Alhadeff Grill Dining Room

Cost: \$150 + \$150 materials fee

(Seattle, WA) – Immerse yourself in Italian culture and cuisine, while learning to create and present popular, traditional dishes you can replicate at home. South Seattle Community College's non-credit, continuing education course – ***Italy: Culture & Cuisine*** – takes food, wine and travel enthusiasts on a fun, informative and tasty, six-session, Italian adventure.

The course, the first in a series of ***Culture & Cuisine*** offerings, features hands-on cooking lessons in a small group setting, taught in the college's state-of-the-art kitchens. Award-winning Chef James Best will share his techniques, special ingredients and recipes. Each session features wine tasting and instruction on the best food and wine pairings. Students will hone culinary skills while learning about Italian history, geography, customs and traditions, and how they are reflected in the cuisine.

This is Italian cooking at its best!

Session 1 – The Basics / Regional Cheese & Wine Tasting, Bruschetta, Crostini

Sessions 2 & 3 – Appetizers / Traditional Antipasti, Neapolitan Seafood, al dente Pasta, Pesto

Sessions 4 & 5 – Entrees / Fresh Egg Pasta, Potato Gnocchi, Pheasant Ragu, Veal with Truffles,  
Pollo Valdostano

Session 6 – Desserts / Zabaglione, Tiramisú, Cannoli

(Note: Session menus subject to change.)

Bring home the flavors of Italy! Class size is limited and early enrollment encouraged. Enroll online at: [www.learnatsouth.org](http://www.learnatsouth.org), or call (206) 764-5339.

Support for this course is provided by Metropolitan Market at Admiral.

### ***Pre-Course Demonstration***

Join Chef Best at the Metropolitan Market at Admiral (West Seattle) where he will demonstrate one of the items that will be featured in the upcoming class. For date and time, visit:

<http://metropolitan-market.com/happenings/index.php>.

### ***Chef James Best***

Chef Best is a culinary veteran with more than 20 years executive-level experience in establishments from the Bay Area to Boston. An Italian cuisine specialist, he was the original chef at Seattle's *Mamma Melina Ristorante Italiano*, where he trained with Italian Master chef Antonio Mancuso and learned the subtleties of creating authentic, traditional Neapolitan cuisine using the freshest Northwest ingredients. He later assumed the chef's post at *Leo Melina Ristorante di Mare* and, most recently, *Barolo* in the Metropolitan Tower, whose Piedmontese cuisine is known as "comfort food for the jet set." While at *Sun Mountain Lodge*, he regained the restaurant's 4-Diamond status and received the DiRona Award. Chef Best is currently an instructor in South Seattle Community College's award-winning, ACF-Certified Culinary Arts Program. He is passionate about hospitality and sharing his knowledge with the community.

### ***South Seattle Community College***

The college's Continuing Education division offers 150 classes each quarter, ranging from computer skills to cooking to home repair. Designed to fit into busy schedules, these classes offer the lifelong learner variety and flexibility, with online and classroom instruction. South Seattle Community College is a leader in culinary arts education, with a highly regarded and award-winning Culinary Arts program accredited by the American Culinary Federation. The program offers degree and certificate programs in Restaurant & Food Service Production, Catering & Banquet Operations, and Pastry & Specialty Baking. The college is also site of the Northwest Wine Academy, a first-of-its-kind program in Western Washington that offers certificate programs in Wine Making, Wine Marketing & Sales, and Food & Wine Pairing. In addition, the college offers a four-year Bachelor of Applied Science (BAS) degree in Hospitality Management.

### ***Metropolitan Market***

As the Northwest's premier independently owned and operated grocer, Metropolitan Market has brought Seattle, Tacoma, and Federal Way an extraordinary shopping experience since 1971. Each of its stores are rooted in their respective communities and exceed customer expectations through attentive and friendly service, excellent products, a commitment to supporting local people and businesses, and a warm, welcoming environment. Metropolitan Market currently operates six locations including the Queen Anne, Uptown, Admiral, Proctor, Sand Point and Dash Point neighborhoods. More at <http://www.metropolitan-market.com>

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