

News Release

South Seattle Community College

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FOR IMMEDIATE RELEASE

February 10, 2009

SNEAK TASTE – ITALY: CUISINE & CULTURE

Chef Best presents free demonstration.

Friday, February 27

6 pm - Metropolitan Market at Admiral
2320-42nd Ave. SW
Seattle, WA 98116

(Seattle, WA) – Bring home the flavors of Italy! Join award-winning Chef James Best as he presents a free “sneak taste” of *Italy: Cuisine & Culture*, South Seattle Community College’s upcoming non-credit, continuing education course. The demonstration at Metropolitan Market at Admiral will focus on cooking seafood the Neapolitan way, with Chef Best preparing his recipe for Linguine Pescatore, an easy-to-do approach to cooking mollusks and crustaceans in a style that can be adapted to a variety of dishes.

The Metropolitan Market at Admiral demo is an appetizer for the six-session *Italy: Cuisine & Culture* course that takes food, wine and travel enthusiasts on a fun, informative and tasty Italian adventure. Featuring hands-on cooking lessons in a small group setting, sessions are taught in the college’s state-of-the-art kitchens where participants will learn to create and present popular, traditional dishes that can be replicated at home.

Chef 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.

Class meets Tuesday and Thursday, 6-8:30 pm, from March 3-19. Class size is limited and early enrollment encouraged. Cost: \$150 + \$150 materials fee. Enroll online at: www.learnatsouth.org, or call (206) 764-5339.

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

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Media Inquiries

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