



Wine Education at Savvy Cellar Wines!

2048 Broadway St., Redwood City, 94063

Must be 21 to attend. Please bring ID to class.

All classes taught by Certified Sommelier, Jennifer Ayre & Master Sommelier, Catherine Fallis, aka grape goddess® (the fifth woman in the world to have earned the MS title of only 150 in the world!)

Erotic Foods

\$35 • 1 class



25.317 M 7-9pm 6/11

Stimulate your senses and learn about erotic foods and wines, their true aphrodisiac powers, their history and origins, why they work, and what will work best for you and your partner. You'll learn tips on how to plan a Sensual Feast of your own on any budget and for any taste including one for vegetarians, and we'll have plenty of Sensual Experience Exercises. This program includes a tasting of six wines and small plates! **Lab fee: \$30 payable to instructor.**

Advanced Wine - the Nine Noble Grapes

\$35 • 1 class



25.318 M 7-9pm 7/9

Deepen your knowledge and focus on and taste the most important wine grapes on earth: Riesling, Chardonnay, Chenin Blanc, Semillon, Sauvignon Blanc, Cabernet Sauvignon, Merlot, Pinot Noir, and Syrah. Origins, where they grow best, styles and types of wines, how they taste, and the foods they flatter will all be addressed. **Lab fee: \$20 payable to instructor.**

Pinot Noir

\$35 • 1 class



25.319 M 7-9pm 6/25

We'll take a look at, and taste several examples of the world's most sensuous wine - Pinot Noir. Viticultural challenges, the character and essence of Pinot Noir, traditional vs. trendy styles, buying, aging, serving, and food compatibility will all be addressed. **Lab fee: \$15 payable to instructor.**

The Cancer Project: Food for Life Nutrition and Cooking Classes

with Kristin Doyle RN, CNC, The Cancer Project



FREE • Please pre-register, 4 classes

28.310 Tu 6-8pm 7/31-8/21

28.311 Th 6-8pm 8/2-8/23

Cooking Class Demonstration series for Cancer Prevention and Survival. This class will help you better understand the connection between healthy nutrition and cancer prevention and survival, and teach you how to prepare a number of delicious, healthful meals. *Classes are Free, and sponsored by the Cancer Project, a non-profit organization.*

Classes are held at the Whole Foods Market in Redwood City. Two identical sessions of 4 weeks each are offered.

Location: Whole Foods Market, Redwood City
corner of Jefferson & El Camino



Cooking with Namita at Sandpiper

Age 16+

with Namita Kurdekar, Award winning Chef, contributing author to cookbooks and websites and culinary instructor for several years.

Authentic Indian Cuisine



\$75 (SR \$58) • 2 classes

28.320 W 7:15-9:30pm 6/20 & 6/27

The Cuisine of India is as diverse as its population and is related by the significant usage of spices, aromatic herbs and large variety of vegetables. It is a fascinating amalgamation of the practices of many different cultures and religions, the best of each having been absorbed into the classic dishes of this great sub-continent. Come and learn an exotic full course meal which includes:- Aloo Bhujija (Crispy Batter Coated Potato Fritters), Kothimbir Chutney (Coriander Dip), Palak Paneer (Cottage Cheese cooked in a creamy spinach gravy), Zaffrani Chicken Biryani (A colorful rice preparation layered with Chicken), Papaya Coriander Raita (Yogurt based accompaniment) Tadkewali Dal (Lentils tempered with aromatic ingredients) and Aam ki Lassi (Curd Based Mango Beverage). **Lab Fee: \$25 payable to instructor at 1st class.**

Authentic Thai Cuisine

\$75 (SR \$58) • 2 classes

28.321 W 7:15-9:30pm 7/18 & 7/25

Thai food is gaining a lot importance these days and is a combination of many cuisines, most notably those of India and China, though it's very distinct from them. Essential ingredients for Thai cooking are Basil, Coconut Milk, Galangal, Kaffir Lime Leaves, Lemon grass, Thai Curry Pastes etc. Come and explore an array of vibrant and exotic dishes full of fragrant flavour and variety like Tom Kha Ghai Soup, Thai Fish cakes, Chicken Satay with Peanut Sauce, Chicken with Lemon Grass, Prawns in Red Curry and Thai Fried Rice. **Lab Fee: \$25 payable to instructor at 1st class.**

Indo-Chinese

\$75 (SR \$58) • 2 classes

28.324 W 7:15-9:30pm 8/15 & 8/22

Chinese Cuisine is all about cooking in jiffy. Learn to prepare an Indo Chinese meal- which is a blend of Chinese cooking in a wok using Indian and Chinese ingredients. The results are widely popular Indo Chinese dishes that include Sweet corn chicken soup, Chicken Gold Coins, Chinese fried rice, Sichuan Noodles and Chilly Chicken. **Lab Fee: \$25 payable to instructor at 1st class.**