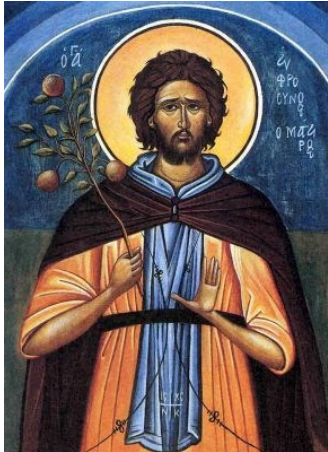


The Art and Science of Cooking

Give your children confidence in the kitchen and enroll today!



Cooking is an art and a science! Understanding the chemistry of cooking will make you a better cook. This short class will equip you with basic principles and practices that can be applied in many cooking scenarios. This five week course will couple in class experiments and outside of class cooking while we learn about the chemical interactions between ingredients. The class will feature both Lenten and non-Lenten recipes so that fasting considerations won't be an issue. Students of all ages are welcome but the outside of

class cooking will require assistance for younger students.

Week One: Focus on Emulsification

Week Two: Focus on Chemical Leavening

Week Three: Reverse Engineering Recipes

Week Four: Focus on Mechanical Leavening

Week Five: All About the Maillard Reaction

SCHEDULE

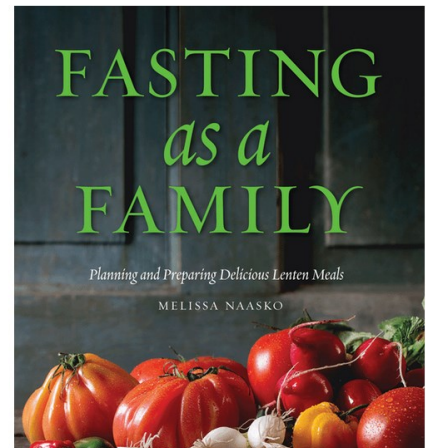
Tuesday/Thursday

1-2pm ET

June 18, 20, 25, 27

July 2, 9, 11, 16, 18

*No class on July 4th.



INSTRUCTOR

Melissa Elizabeth Naasko is the wife of Russian Orthodox priest with a small church in the Upper Peninsula. They have eleven children and a hobby farm where they raise their own meat and dairy. Melissa Elizabeth writes and speaks on Orthodox fasting and parenting and is the author of *Fasting as a Family* and a major contributor to *Seven Holy Women*, both from *Ancient Faith and Hospitality for Healing* published by *Parkend Books*. She is currently writing a personal memoir on moving to the farm entitled *Coming to Idyll Hands Farm*.

