



www.thecreativefeast.com

603.321.5011

### **Feasting with Flavor: Spices**

#### **Cooking demonstration and tasting**



Celebrate the spice of life by adding a little spice to your recipes. Join Chef Liz Barbour and learn about some of the health benefits of spices and how to combine them to enhance the flavor of any recipe. Cumin, turmeric, cayenne pepper, star anise, cinnamon, and coriander are just a few of the spices you will learn how to cook with. Add in Liz's easy cooking technique tips and you are on your way to creating great meals you can prepare at home. Enjoy a cooking demonstration of two delicious recipes and samples. Recipes and paper goods included.

[Knives and knife sharpeners](#) will be available for purchase.

### **Program Fees**

#### **Private Parties, Clubs, Retail Shops, Markets:**

\$350 plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person

#### **Public Libraries:**

First Booking: \$150 plus .50 per mile travel.

Repeat Bookings: \$200 each plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person