



www.thecreativefeast.com

603.321.5011

**Improving Flavor**  
**Cooking demonstration and tasting**



The single most important goal when preparing food is to make it taste good. Understanding the importance of a variety of ingredient combinations and proper seasoning techniques using herbs, spices, and healthy oils is key to preparing consistently good tasting dishes. Join Chef Liz Barbour of The Creative Feast and learn how to improve your cooking with the addition of flavor enhancing ingredients. 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