

SHARE CLASSES

*Mondays at 1 pm MST
with Elayne Prechtel,
Sharing Life, Love and Food,
along with featured guests*

- Join us for our virtual "Share Classes" where you will be set up for success in the kitchen with helpful tips and tried and true recipes.
- Bake along or sit back and watch.
- Invite your friends.
- Ask questions in real time and interact with host and other attendees as we learn together.
- Full recipe and measurements shared throughout class.
- If baking along, be sure to have plenty of each ingredient on hand in advance of class.
- Let us know if you ever have questions or would like to learn something specific.
- "Share" your results with the Pikes Peak Library District and "Sharing Life, Love and Food" on Facebook or Instagram

EVERYTHING BUT THE KITCHEN SINK

Join us for a Q & A

Let's talk mishaps, successes, what dishes or cuisines you are curious about, what's your favorite thing(s) to make, what's your least favorite, science behind baking, ingredients, etc.

Be prepared with questions and/or any recipes you have been struggling with or would like to share.

Feel free to email Elayne in advance at sharinglifeloveandfood@gmail.com to give her time to prepare for class.

MONDAY / MAR 15

MEMORY SOUP

Special guest: Rae van Seenus

Ingredients/Supplies Needed if Baking Along:

- Stock Pot, Large Pot w/ lid, Wood & Serrated Spoon, Ladle, Cutting Board, Chef Knife, Fine Mesh Sieve/Colander, Medium Bowl, Whisk/Fork, Measuring cup (glass) & spoons
- Vegetable Oil
- Garlic Cloves
- Yellow Onion
- Carrots
- Celery
- 1 Chicken Breast (about 3/4 lb.)
- Water
- Salt & Pepper
- Fresh Parsley
- 3 Large Eggs
- Matzo Meal (ethnic food aisle) - not the Matzo Ball Soup Mix
- Baking Powder
- 6 cups Chicken Stock (store bought or homemade)
- If using homemade chicken stock, will need: Olive Oil, 4 to 5 lbs. of chicken parts, Yellow Onion, Carrots; Celery, Fresh Parsley; Yellow Onion, Leek Greens, Whole Bay Leaf, Water, Salt

MONDAY / MAR 22

THAI INSPIRED SOUP

Special guest: Carrie Rigor

(Please note this will be a pre-recorded class.)

Ingredients/Supplies Needed if Baking Along:

- Sharp Knife & Cutting Board
- Tongs or Spatula
- Garlic Press (optional)
- Stock Pot
- Large Spoon
- Ladle
- Grape Seed Oil
- Salt
- Garlic Cloves
- Fresh Ginger
- Fresh Lemon Grass, 1 stalk
- Red or Green Curry Paste
- 4 cups Chicken Broth
- Soy Sauce or Non-Soy Substitute
- Fish Sauce
- 1 (13.5 ounce) can Coconut Milk (full fat)
- Fresh Mushroom, sliced (optional)
- 2 Chicken Breasts
- 2 Limes
- Avocado
- Fresh Cilantro
- 1 can Sliced Water Chestnuts

MONDAY / MAR 29

SHRIMP TACOS

Special guest: Jessica Eaves

(Please note this will be a pre-recorded class.)

Ingredients/Supplies Needed if Baking Along:

- Skillet, Cutting Board, Knife, Spoon, Food Processor or Blender, Bowl, Measuring Spoons
- Ripe Avocado
- Bunch of Fresh Cilantro
- 2 Limes
- White Onion
- 1 Jalapeño Pepper
- 3 Garlic Cloves
- 4 Fresh Tomatillos
- Salt
- Chipotle Seasoning
- Adobo Seasoning
- Olive Oil
- 12 Corn Tortillas
- Head, Purple or Green Cabbage
- 1 pound medium peeled and deveined Shrimp

MONDAY / APRIL 5

NOT YOUR MAMA'S PASTA

A new take on a classic.

Ingredients/Supplies Needed if Baking Along:

- Grill or grill pan for stove (or oven works too)
- Tongs
- Paper Towels
- Mild Italian Sausage Links up to 1.5 lbs. or browned ground beef or sausage (optional)
- 2-4 Bell Peppers, combination of red, orange and yellow
- 1 or 2 Spaghetti Squash
- Fresh Thyme
- Olive Oil
- Kosher Salt
- Jar Favorite Spaghetti Sauce (share your favorite)
- Fresh Basil and Oregano
- Fresh Parmesan

MONDAY / APRIL 12