



LET'S GET COOKING

Adult Cooking Workshops at the Andover/North Andover YMCA

Adult Cooking Workshops
SEPTEMBER 18 – OCTOBER 23
\$65/members • \$75/community

FARM STAND COOKING WITH CHEF LIZ

Monday, September 18th • 6:00-8:00PM

Mixed kale, fennel, local apples, toasted walnuts and gorgonzola salad with a white balsamic vinaigrette. Roasted butternut squash risotto with leeks, wild mushrooms and fresh thyme. Fall local apple and cranberry crostata.

CHINESE DUMPLINGS WITH YONGXIANG

Wednesday, October 18th • 6:00-8:00PM

Join us in making authentic Chinese dumplings with Yongxiang. Learn how to make dumpling dough and then create your own homemade steamed dumplings and Yongxiang's secret dipping sauce too!

HARVEST SOUPS WITH CHEF LIZ

Monday, October 23rd • 6:00-8:00PM

Learn how to chop, sauté, simmer and turn the harvest into a delicious lunch or light supper this Fall! Tuscan ribollita with Parmesan-Reggiano and garlic crostinis, wild mushroom and faro soup local squash and apple bisque with Vermont blue cheese garnish.

AUTHENTIC CHINESE COOKING WITH YONGXIANG

Wednesday, September 27th • 6:00-8:00PM

Yongxiang arrived here 10 years ago from China and has worked with Chef Liz at Eurostoves as well as the Ebsco kitchen in Ipswich. She will teach us how to work with some of her native vegetables to make a delicious Chinese meal using ginger, eggplant, lotus root, bok choy, daikon, tofu and shrimp. The art of the Wok!!



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