

## **Flavor Profile World Tour – September 2024**

Virtual Cooking Classes for John C. Campbell Folk School

Join Chef Christy on a tour of cuisines from around the world! In this 4-session class, you'll learn the significant seasonings and ingredients that typify the flavors of the cuisine and lifestyle of each area. This time around we'll be visiting ,Oceania, Mexico, and round out the tour with a celebration of Oktoberfest and German food! Cook along from the comfort of your home kitchen, and customize the ingredients lists to suit your individual needs! Bonus Recipes, Drink Suggestions and more will be included. Please note any food allergies or dietary considerations so the menus can be tailored to your needs.

### **September 2024**

**8<sup>th</sup>**

Greece

Greece is the birthplace of the original Mediterranean Diet, where the fresh tastes of fragrant herbs evoke the Foods of the Gods. Discover the history of this rich ancient land and the foods it has contributed to the world.

Menu:

Avgolemono Soup

Souzoukaklia (seasoned meat baked or grilled on skewers)

Tsatziki Sauce with Pita Points

Mizithropita (sweetened cheese pie)

Maroulosalata (fresh romaine salad with spring onions, dill, and oregano)

**15<sup>th</sup>**

Tour of Oceania

Oceania is a region that spans the vast expanse of the southern Pacific Ocean, stretching from Australia and New Zealand, up through Melanesia, Micronesia, and Polynesia, and across even to Hawaii. The foods of the Polynesian explorers, combined with European, Asian, and American influences create a vibrant cuisine full of tropical flavors.

Menu:

Anzac Biscuits

Torres Straits Sop Sop (Coconut-Stewed Yams and Root Vegetables)

Lomi-Lomi Salmon

Teriyaki-Grilled Pineapple and SPAM

Tahitian Banana Po'e (Banana Arrowroot Pudding)

**22<sup>nd</sup>**

**Mexico**

Mexican cuisine shows the deep history of the food forests of the Aztec Nation, the influences of European culinary traditions and the mutual love of well-developed, rich flavors.

Menu:

Sopa Azteca  
Calabaza en Tacha (Caramelized Pumpkin)  
Conquistadore's Pollo en Pipián (Spanish/Pueblo Fusion Chicken in Pumpkin Seed Molé Sauce)  
Oaxacan Radish Salad  
Mexican Spicy Hot Chocolate

**29<sup>th</sup>**

**Germany**

German cuisine has been shaped by forests and mountains, neighboring France, Austria, Poland, and Scandinavia, as well as a national fondness for all things involving beer, pork, and sausages. We'll finish our World Tour with a celebration of Oktoberfest and some favorite Bier Garten foods! \*German beer pairings will be suggested to accompany the menu\*

Menu:

Brotzeit (Pretzels, Mustard, and Wurst)  
Obatzda (Spiced Cheese-Butter Spread)  
Sausages and Sauerkraut  
Hunter's Style Game Hen  
Hot German Potato Salad  
Baked Apple w/Vanilla Sauce

**24<sup>th</sup>**

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### **Bio**

**Christine Seelye-King** is a professional Chef Instructor, teaching culinary skills to students of all ages from small children through senior citizens. She is a certified ServSafe instructor and proctor for the National Restaurant Association, and has been teaching at the Folk School since 2015.

Chef Christy is an avid Food Historian and the Co-Founder of the Culinary Historians of Atlanta, so you can count on interesting bits of food history and odd information in every class she teaches. She is the co-author of "Easy Gluten-Free Entertaining" and "42 Plates".