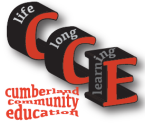


Already back by popular demand....



CHINESE COOKING 101



Instructor Chef Peter H. Kwong

A local chef, author, and 30-year veteran of the hospitality industry. A native of Hong Kong Peter most recently has lived in St Croix Falls, Wisconsin.

(For more bio info on Peter please visit: <http://www.phkwong.com/>)

Participants of this 3-evening course will learn to cook authentic Chinese foods and cooking fundamentals in the hands-on series. Different styles of regional cooking - Cantonese, Szechuan, Hunan, Shanghai and Peking - and use of local ingredients will be covered. Dishes made and sampled will include pot stickers, egg rolls, lemon chicken, Kung Pao chicken, fried rice and more.

Peter will also share his positive world view and gentle wisdom through his classes

Classes will be held in the Cumberland High School Face Room
Tuesday Evenings: February 12, 19, 26 from 5:30 to 7:30 p.m.

Cost for instruction and class materials for all 3 nights is

\$60 per participant

Class size is limited to 15.

To register for this great culinary opportunity please contact:

Susan Bridger CCE Director

HS 715-822-5121 ext. 403/ sbrid@csdmail.com