



May Street Market and Fraîche Kitchen
Present
Lunch and Learn

Saturday, November 08, 2008
11:30 AM
At May Street Market
1132 W. Grand Ave, Chicago

The first in a series of events to inspire with the best of the season



Dennis Ryan

Megan Munitz

Enjoy a special seasonal menu created by chef/owner Alex Cheswick and get excited about healthy farmers' market eating with Fraîche Kitchen! Dennis Ryan and Megan Munitz, the dynamic culinary duo of a farmers' market expert and a gourmet chef, will empower you to make the best sustainable food choices. Through a delicious series of four seasonal lunch and learns at May Street Market, discover seasonal cooking and storage tips, decode key food terms, and embrace the importance of eating local. Learn how to how to Eat Well, Have Fun & Make a Green Difference! For more information about sustainable eating education with Fraîche Kitchen, please visit:

www.fraichekitchen.com

Join *ChicaGourmets!* Membership is \$45 per year per household.

Please reserve online at www.ChicaGourmets.org Discover, MasterCard and Visa accepted.

Prepaid reservations must be received by November 4, 2008 - no refunds after that date.

Reservations are secured with receipt of payment on a first-come basis. Events often sell out early!

Contact info: Sharon Meyers - Email: smeyerscomm@aol.com Tel: 847-571-1499 Web Site: www.chicagourmets.org

For non-internet reservations, mail to: ChicaGourmets! Premier Bank, 1210 Central Ave., Wilmette, IL 60091

Fraîche Reserve _____ at \$39 per person, inclusive = \$_____ enclosed.
11/08 _____ Membership/Renewal payment (\$45) enclosed. See expiration (exp) date on mailing label.

Name(s) _____

Address _____ Email: _____

City/State _____ Zip _____ Phone # _____



Chef Alexander Cheswick
three course lunch paired with wines

Appetizer

Jonah Taffy Apple Salad, Little Darling Cheese Fondue, Frissee Salad, Candied Pecans and Lemon Truffle Oil Vinaigrette

Or

Roasted Pumpkin Soup with Lemon Grass and Black Mussels

Entrée

Grilled Hangar Steak, Arugula, Blue Cheese, Sun dried Cherries, Onion Rings, and Coca Cola Orange Sauce

Or

Seared Golden Trout Filet with Heirloom Potatoes, Green Beans, and Brown Butter Caper Sauce

Or

Organic Three Grain Risotto, Carnoroli Rice, Farro, Marscapone Cheese, Roasted Pistachios, and Fried Shallots, Served in Roasted Pumpkin

Dessert

Mini Cupcakes
Coffee and Tea

ChicaGourmets! Hosts: Sharon Meyers, Ryan Marino