



## Workshop Series For Couples!

Series includes four Tuesday evenings  
from 7:00-9:00

Class dates will be determined upon  
registration in order to better accommodate  
our clients.

Week one: Beautiful Breakfasts

Week Two: Luscious Lunches

Week Three: Delicious Dinners

Week Four: Delectable Desserts



Cost per series

**\$425 including materials**

**Registration**

Fax, email or mail the following information to  
register:

Names, prior cooking experience, home and cell  
phone, home and email address, any food  
allergies or aversions

Vanilla Beans

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## About the Directors

**Carrie Shankweiler**, a former elementary school teacher, has been cooking with children for over ten years. She recently filmed thirty episodes of a new television show cooking with kids for Comcast on Demand, which will air in January. Carrie also works as a supervisor to student teachers at Swarthmore College.

Over the last six years, Carrie has become keenly aware of our nation's poor eating habits, particularly with regards to children. Carrie values the time she spends teaching adults and children, knowing that she can help them become better aware of their own food choices and the difference those choices will make in the quality of their lives.



**Debbie Sloman** is a long-time resident of Wallingford. She is the owner of By Request, Inc., a unique catering company providing beautifully prepared gourmet creations to Swarthmore College events and private parties in Delaware County. For over twenty years, Debbie has enjoyed teaching both children and adults the joys of preparing and serving beautiful food. Friends and colleagues regularly seek Debbie's expertise when faced with any food challenge.

For Debbie, food is love. One of Debbie's trademark skills is whipping up a gourmet feast in under an hour. She knows the power of providing nourishment when most people are too busy and involved to provide healthy and delicious meals for themselves. Her fearless approach to cooking inspires even the most timid to walk into the kitchen with confidence.



## Cooking Workshops For COUPLES! (and friends!)



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## Our Mission

We are dedicated to empowering and inspiring couples to experiment, explore and create healthful, beautiful and balanced meals together in their kitchens. We believe that couples who share in the responsibility and delight of creating wonderful food are committed to a lifetime of wellness together.



*"My husband and I have learned how to buy the right food at the market and turn it into an amazing meal. We're having a blast in the kitchen together!" Joanna*

*"Katherine and I now love to spend time in the kitchen preparing a great dinner together. Now we can cook for our friends with more confidence." Rick*

## About the Workshops

Vanilla Beans workshops are the perfect way for you and your partner or you and a friend to unwind after work. We spend two hours preparing beautiful sweet and savory dishes. The complexity of the recipes will vary from week to week. We will sample, enjoy and learn how to prepare a variety of vibrant, healthy dishes from many different cuisines, using only the finest, freshest ingredients.

Couples and friends will not only learn how to follow a recipe, they will learn how to make substitutions with ingredients and use their own creativity to enhance the dishes they create. Couples will also learn:

- Cooking techniques and tips!
  - the science of food
  - garnishing
  - "plating like a pro"



## Goals of the Workshops

- give couples heightened skills and confidence in cooking
- ignite interest in sharing responsibilities in the kitchen
- learn how to read and interpret food labels
  - learn important knife skills
- experience the joys of cooking with fresh ingredients from the garden

OUR KITCHEN IS PEANUT FREE. WE WILL NEVER USE ARTIFICIAL COLORS, ARTIFICIAL FLAVORS, OR TRANS FATS. WE ARE COMMITTED TO USING ONLY THE FINEST, FRESHEST INGREDIENTS.

### More Vanilla Beans Tasting Possibilities:

Children's birthday celebrations • Care packages to college students • Home baked goodies at the Swarthmore Co-op • Special orders: birthday cakes and cupcakes, cookie trays • Holiday Workshops • Teacher In-Service Day Workshops • Summer Camp for kids 8-15