

COOKING CLASSES

# Let's Get SAUCY For A Cause

**Sunday, Sept 12  
11 am**

Cooking 11 am -2pm / Dining at 2pm



*Chef  
Greg  
Denter*



We're stirrin' it up on a Sunday in September and gettin' saucy for a cause. Chef Gregg Denter, Culinary Coach, is showing off his "saucier" skills to benefit Arts & Services for Disabled.

Sauteed Shrimp on Angel Hair Pasta with Three Sauces  
Alfredo Sauce, Pesto Sauce,  
Tomato Coulis

Fresh Green Salad  
Balsamic & Caesar Dressings  
Made Tableside

Filet of Beef & Poached Lobster  
Green Peppercorn & Bernaise Sauces and  
Champagne Lemon Butter

Family Style Broccoli Hollandaise Sauce

Warm Chocolate Lava Cake  
Creme Anglais & Raspberry Coulis



**Space is limited so make  
your reservations today!**

Cooking and dining is \$125 with 100% of the proceeds going to ASD

Event will take place at **PREP Kitchen Essentials**  
located at: 12207 Seal Beach Blvd, Seal Beach CA 90740  
562-430-1217 [www.prepkitchenessentials.com](http://www.prepkitchenessentials.com)



**Also available for purchase:** ASD Student art, Opolo Reserve Zinfandel 2009 from Remo Belli Vineyards & Belli Famiglia olive oil. 100% of proceeds will be donated to Arts & Services for the Disabled, Inc. All donations are tax deductible.

For reservations, contact:  
Arts & Services for Disabled, Inc.  
Call: (562) 982-0247  
Email: [info@artsandservices.com](mailto:info@artsandservices.com)

Visa and Mastercard accepted.

Mail in checks to:  
Attn: Culinary RSVP  
Arts & Services for Disabled, Inc  
3962 Studebaker Rd. Ste 206  
Long Beach, CA 90808

Make Checks payable to:  
Arts & Services for Disabled, Inc.

Or reserve on-line at:  
[www.artsandservices.org](http://www.artsandservices.org)