



## Midcoast Maine Holistic Health Event Center - 2018

### Event Venue:

**Belfast Breeze Inn, 192 Northport Ave., Belfast, ME 04915**

**Call: 207-505-5231** [www.belfastbreezeinn.com](http://www.belfastbreezeinn.com)

*Practitioners and service providers scheduled are professionals certified/trained/experienced in their respective fields. A biography for each provider is included on our Facebook and Brown Paper Tickets event descriptions.*

## 2018 Healthy Living Cooking Classes

### April

4/27 6-9p

### Chinese Home-style Cooking

Enjoy cooking at home the Chinese dishes common to families living in China – including cold dishes (appetizers), main dishes, hand-made pot-stickers, and soup. These are not dishes you will find on most restaurant menus – including Chairman Mao's favorite dish: Hunan La Rou.

**Hand-on class with dinner included.** Beer and Wine available for purchase.

**Book your seat at:** <https://healthycooking.bpt.me/>



### About Your Instructor



Dr. Jane Liedtke has been learning to cook a variety of foods and experiencing global cuisine since she was a child in NJ. She has lived and worked in Europe and Asia, spending 10 years in China. She has taken dozens upon dozens of cooking classes herself from a range of culinary schools, gourmet shops, and professional chefs domestically and abroad. Her specialties include Euro-German, Chinese-Thai, and Seafood. Jane is a retired university professor and corporate executive coach/trainer by profession and owns the Belfast Breeze Inn and Bay Leaf Cottages & Bistro. She regularly teaches cooking classes at Bay Leaf Cottages, cooks and caters functions at both hotels.

**General Information:** Classes will be demonstration-style as well as hands-on in format. Recipes, tips, tastes, and dinners are guaranteed to delight! If we make it in class, we're all eating it! Classes are held in the large commercial kitchen at the Belfast Breeze Inn. A demonstration area as well as a long communal dining table make it ideal for cooking with groups. Bring your friends, partners, couples, "guys-night out", "girl-friends escapes", parent/teen, or just come on your own and meet like-minded people seeking to learn more about food! Private dinners and private cooking classes can be arranged by calling 207-505-5231, ask for Jane. Cooking classes are open to ages 14 and up unless specified otherwise. Ages 14-18 must be accompanied by a parent with their own ticket.