



## 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

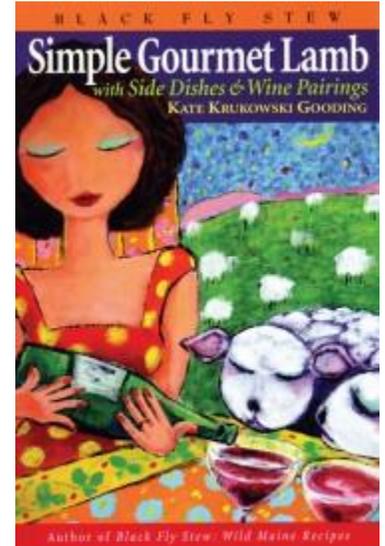
**5/16 6-8p**

### Gourmet Lamb Cooking Class Dinner

Cookbook Author: Kate Gooding

Kate will be cooking from her *Simple Gourmet Lamb Cookbook*, appetizer & dinner with wine-pairing. Class includes signed copy of *Simple Gourmet Lamb*, demonstration cooking, dinner, wine, and great stories about cooking healthy and wild meats. **Dinner included.** In addition to the wine included with dinner, beer and wine will be available for purchase.

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



### About Your Instructor



Kate was raised between Enfield, Connecticut and Jackman, Maine. Working and running restaurants, catering events and private parties, she put herself through college. A self-trained chef, Kate hostesses annual Solstice Parties, with 2013 marking her 25th year of creating culinary adventures for friends on the longest night of the year. Between writing cookbooks, Kate holds wild game cooking demonstrations from Maine-inspired dishes. She has appeared on Portland, Maine's WCSH-TV show 207 for an "In the Kitchen" feature with Rob Caldwell, Lee Nelson and Sharon Rose, as well as the Travel Channel's "Bizarre Foods with Andrew Zimmern," a Boston show "how2heroes.com", which is a video site specializing in cooking and food-related how-to videos, as well as George Smith's Wildfire and many radio shows. She was also a food columnist for Dancing Spoon, an online food magazine. She also participates in Maine events benefitting and supporting local farmers, fair trade, and food and wine. In addition to *Black Fly Stew: Wild Maine Recipes*, *Simple Gourmet Lamb with Side Dishes and Wine Pairings*, *50 Ways to Eat a Beaver* and *Free-Range Fish & Lobster*, Kate has also written two specialty cookbooks for private companies. Her next cookbook, in the Black Fly Stew series, will carry a local and international flair into your kitchen.

**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.