

# What's Cooking

with Chef & Master Gardener Cynthia Triolo  
at The Frelinghuysen Arboretum

Chef and Master Gardener Cynthia Triolo has cooked and baked at many New Jersey restaurants and has been teaching children and adults the joys of food for just about two decades. A wide range of topics will be covered but the focus of Cynthia's Cooking Series will be on seasonal, locally-grown food. Recipes will be given as well as a tasting of each of the items made in class.

**Time:** 1pm—3pm • **Cost per Class:** \$15 members / \$20 non-members

**Saturday, January 30**

### *Chili Three Ways*

Just in time for Super Bowl Sunday, we will demonstrate how to make 3 different types of chili. We will make our own chili powder for you to take home as well. Recipes and samples accompany every class.



**Sunday, February 28**

### *Puff Pastry - Savory and Sweet*

In this cooking demonstration, learn how to make your own puff pastry and discover its versatility. We will use it to make both savory and sweet dishes like palmiers, cheese straws, apple tartlets and puff pastry cups filled with chicken and mushrooms. Samples and recipes accompany every class.



**Sunday, March 28**

### *Pate au choux*

Éclairs, profiteroles, gougere, paris-brest... these are all the things we will demonstrate how to make using one simple dough. Samples and recipes accompany each class.

*The Friends of The Frelinghuysen Arboretum*



[www.arboretumfriends.org](http://www.arboretumfriends.org)

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