

Pomfret Recreation sponsors a cooking class!

Make your own Spring Roll Class!



Saturday, March 18th starts at 10:30 am (2 hour class)

Pomfret Senior Center (207 Mashamoquet Rd)

Fee: \$10.00 per person Instructor: Ms. Tina Kelly

SPRING ROLLS ARE: Fresh vegetables, rice noodles and optional cooked protein wrapped in rice paper. *Gluten free too!*

We will use lettuce, shredded carrots, cucumbers, sprouts, scallions, cilantro, mint and avocado.



Cooked chicken breasts and cooked shrimp will be available to be added to the rolls. We will also make the dipping sauces (Clear Dipping Sauce & Peanut Dipping Sauce)

Spring Rolls make for an awesome packed lunch that is light and healthy. A bonus is that you can find these ingredients year round, so you make these any time you'd like. They also make for a pretty appetizer and lovely for entertaining. It's like having a healthy salad in a wrap!

MUST REGISTER EARLY, WE CAN NOT TAKE WALK INS FOR THIS CLASS

Spring Roll Class on 3/18/17. Please mail and make your checks payable to: Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423. Or email: Barbara.Gagnon@pomfretct.gov

Name: _____ Email address: _____

Home Address: _____

Home Phone # _____ Emergency Phone # or Cell # _____

Do you have any allergies or illnesses that we need to be aware of that may interfere with preparing or eating the food prepared in this class? Yes or NO If Yes, please explain _____

\$10.00 paid on ck. # - _____ or paid in cash

Please note: There are certain risks involved with participating in any Pomfret Recreation activity or event and I am willingly to assume these risks for myself/my child. I hereby waive and release all other participants, the Town of Pomfret, Pomfret Senior Center, Class Instructors, any and all others involved from all claims and/or damage incurred with this program. Please be aware that by signing this form you are releasing the Town of Pomfret and its instructor, from any and all responsibility or liability for any injury or illness resulting from touching or consumption of any food or beverage. No refunds unless there is a wait list for the program.

Signature _____ Date: _____

Summer Rolls/Spring Rolls

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We will use lettuce, shredded carrots, cucumbers, sprouts, scallions, cilantro, mint and avocado.

Cooked chicken breasts and cooked shrimp will be available to be added to the rolls. We will also make the dipping sauces.

cook the rice noodles

prepare the protein

shred and cut the vegetables

techniques to wrapping with rice paper

Dipping sauces

Clear Garlic sauce

2 cloves of garlic, minced

1 C cider vinegar

1 C fish sauce

1 C sugar

1 T chili garlic sauce

4 C cold water

Peanut Dipping Sauce

1 C creamy peanut butter

1 C cider vinegar

2 T soy sauce

1 t sesame seed oil

1 C warm water