

Pomfret Recreation sponsors a cooking class!



Maki Rolls & Bowls Cooking Class!

Monday, April 29 2024 at 6:00 pm

Pomfret Community Center (207 Mashamoquet Rd)

Fee: \$35.00 per person Instructor: Chef Brian Dunn

MENU

Maki rolls—California, Veggie, Egg, Avocado Cucumber and spicy tuna. Then you will make sushi bowls with the different ingredients used for the rolls.

Maki is a type of sushi that is made by rolling the rice around strips of vegetables or raw fish and then slicing the resulting tube into bite-sized pieces. It comes from the Japanese word maki "to roll up."

This is a true "build your own" sushi bowl, make it with whatever you have available. Switch up the proteins, vegetables, sauce, or toppings to make it your own. Sushi bowls are protein-rich and full of healthy fats and carbs.

Maki Rolls & Bowls on April 29, 2024. Please mail and make your checks payable to: Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423.

Or email: Carrie.Wolfe@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

\$35.00 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 Community 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: _____