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The JCC of Central New Jersey opens its fall Teaching Kitchens series with *Do-Ahead Gourmet Dinners*

On Thursday, October 8 from 9:15 to 11:30 a.m., the JCC Teaching Kitchens will host *Do Ahead Gourmet Dinners* at the JCC in Scotch Plains . Back again is Chef Roberta Slow of Ramsey Gourmet in Ramsey , NJ . An avid cook for years, Roberta started her formal culinary training in 1992 and is currently enrolled at the Institute of Culinary Education . Earlier in her career, she started *Before & After*, a boutique caterer which specialized in hors d'oeuvres and desserts.

In Do Ahead Gourmet Dinners, Slow will help participants prepare a trio of delicious dinners to take home and enjoy with their families. Three different chicken meals from around the world are on the menu: a rosemary chicken with roasted potatoes and root vegetables, a Thai curry chicken with fragrant jasmine rice and shredded chicken white bean chili. The Thai curry chicken is accompanied by a stir-fry vegetable medley, and the other two meals include a salad-starter kit which complements the dish.

All meals serve four people and can be customized with available ingredients to suit family preferences. Storage containers will be provided.

The cost for JCC Members is \$110 and \$125 for community participants. Register early; the event is limited to 15 people.

Coming on December 3 is The Healthy Jewish Holiday Kitchen with Emily Klein, founder of Eat Well, Live Well and a Culinary Arts Instructor at the JCC Manhattan.

For more information or to register, contact Michele Dreiblatt, Cultural Arts and Education Director, at mdreiblatt@jccnj.org or 908-889-8800, ext. 205. Information and registration is also available online at www.jccnj.org.

The JCC of Central New Jersey is located at 1391 Martine Avenue in Scotch Plains . The JCC of Central New Jersey is a constituent agency of the Jewish Federation of Central New Jersey, United Way and the United Fund of Westfield. Financial assistance is available for membership and various programs.

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