

# Spring Cooking Classes

Sponsored by West Milford Community Services and Recreation

All classes will be held at the WM Recreation Center, 66 Cahill Cross Road, West Milford.



## Adult Cooking – Ages 18+ : Sauerkraut and Pickles

**6:00-7:30 Wednesday May 17**

In this class, we will be making pickles and sauerkraut. Each participant will get hands-on experience making sauerkraut. Participants will each go home with a mason jar of sauerkraut and a silicone venting lid that will continue fermenting at home to become sauerkraut. Participants will also make a mason jar of pickles to bring home to continue brining at home.

**\$50.00 (non-residents please add \$10.00).**

## Kids Cooking – Grades 3-8 :

**6:00-7:30 Wednesdays April 19, April 26, and May 3**

In this 3 week long kids cooking class, kids will get hands on experience cooking. Students will work together to make the following dishes:

Week 1 - lasagna and homemade garlic bread

Week 2 - chicken fried rice

Week 3 - tacos with homemade soft flour shells

**\$99.00 (non-residents please add \$10.00).**



## Jr. Kids Cooking – Grades K-2 :

**6:00-7:30 Wednesday April 5**

In this kids cooking class, students will work together to make a pull-apart bunny cake. First we will bake cupcakes, and buttercream icing. Then we will decorate together.

**\$45.00 (non-residents please add \$10.00).**

## Teen Cooking- Sushi – Grades 6-12

**6:00-7:00 Wednesday June 7**

In this teen cooking class, students will make California rolls. We will be using sushi rice, seaweed sheets, avocado, cucumber, imitation crab, and soy sauce to roll our own California rolls.

**\$45.00 (non-residents please add \$10.00).**



## To Register:

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services and Recreation. Then click on **“REGISTER HERE FOR PROGRAMS”**, look for “2023 SPRING Programs”.

For assistance call the Recreation Office at 973-728-2860 Monday-Friday from 8:30 am–4:30 pm