

Pomfret Recreation sponsors a cooking class!

Learn to make Vegetable Sushi



Saturday, July 25th starts at 10:30 am (2 hour class)

Location: Pomfret Senior Center (207 Mashamoquet Rd)

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

Join us for lunch and learn to make your own vegetable sushi too!



Fresh vegetables and rice rolled up with seaweed paper

Ingredients: shredded carrots, cucumbers, scallions, avocado, cabbages and mangos.

You will learn how to cook and season sushi rice

Prepare all the vegetables for the filling.

Make wasabi sauce and other dipping sauces too!

Learning the basics of rolling your own sushi will allow you to create this dish for a fraction of the price.

Vegetable Sushi Class on 7.25.15. Please mail and make your checks payable to: Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423. Or email: B.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: _____