

Cook with AFMSP this Spring

AFMSP is pleased to offer virtual cooking classes with community member Florence Melin this Spring! Florence is a professional chef and created Sucre & Sel catering 10 years ago. Her hands-on French cooking lessons provide a fun and interactive culinary experience and opportunity to practice French. Shopping list and recipes provided before class to cook along with her and enjoy the meals again whenever you like!

The price is \$45/student /class
Registration at afmsp.org or
by phone 612 332 0436

Thursday April 8
10 am to 12 pm (times
CDT)

Menu 1: Poulet à la crème, champignons
et estragon / Cream Chicken, mushroom
and Tarragon sauce Gratin Dauphinois /
Scalloped potatoes with cream
Crème renversée au caramel /Caramel Flan

Tuesday April 20 4:30 pm to 6:30 pm

Menu 2: Boeuf Bourguignon / Red wine beef stew
Pomme de terre grillées au four / Roasted potatoes
with fresh herbs
Crème brûlée

Wednesday May 5 10 am to 12 pm

Menu 3: Cabillaud sauce beurre blanc / Oven roasted cod and
beurre blanc
Fondue de poireaux / slow cooked leeks
Profiteroles / Choux pastry, vanilla ice-cream,
chocolate ganache

Thursday May 20 4:30 pm to 6:30 pm

Menu 4: Poulet Basquaise / Tomato and sweet
Peppers stew
Pilaf de quinoa /Quinoa Pilaf
Mousse au chocolat / Chocolate mousse

*April 8 & May 20, classes in English and French;
no French experience required

*April 20 & May 5, class in French;
French experience required

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Mpls/St Paul
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afmsp.org

 Sucre
& Sel