

HOLYOKE

Chef Nadim returns to HCC to lead cooking classes

Chef Nadim Kashouh, owner of Nadim's Downtown Mediterranean Grill in Springfield, will be sharing more kitchen secrets during a series of classes this fall at the HCC MGM Culinary Arts Institute.

Kashouh taught his first-ever classes at HCC this summer and will return to Holyoke Community College again on Sept. 28, Oct. 19, Nov. 16, and Dec. 14.

All of the classes will be held on Thursdays from 6 to 9 p.m. at the HCC MGM Culinary Arts Institute, 164 Race St.

In each stand-alone class, participants will learn to cook — and are encouraged to consume — a different five-course meal right off the menu of Chef Nadim's restaurant.

"Each night's meal will be different," said Kashouh. "We bring in staples like the hummus and baba ghanoush and stews that pair very well with rice. It's five courses. We do an appetizer, a salad, a meat, a starch, and a dessert."

Chef Nadim will also be sharing some of his favorite



Nadim Kashouh of Nadim's Downtown Mediterranean Grill in Springfield. (DON TREEGER PHOTO)

wines imported from his native Lebanon.

Here's what's on the menu for each night:

■ Sept. 28: Hummus, Baba, Tabouli, simmered chicken with Hashwee rice, Ismalia for dessert.

■ Oct. 19: Hummus, Cheese roll-up, Mediterranean salad, simmered lamb with Hashwee rice, rice pudding for dessert.

■ Nov. 16: Hummus, meat

roll-up, Fattoush salad, Cannellini lamb stew served with rice pilaf, Ismalia for dessert.

■ Dec. 14: Hummus, Falafel, Tabouli, Green bean, and lamb stew served with rice pilaf and Rice pudding for dessert.

The cost is \$189 per session. Beer and wine is included in the cost.

Seats are limited.

To register, go online to hcc.edu/cookingfa23