GROCERY LIST CORN SALAD (Trader Joe's frozen grilled/roasted corn is a great substitute)
12 ears freshly shucked corn
1 red bell pepper
1 red onion
1 bunch fresh cilantro
6 scallions
¼ cup extra virgin olive oil
2 limes
Kosher salt and black pepper mill

PREP
Grilled or cook by boiling or microwaving- 12 ears of shucked corn on the cob
Wash & Dry- 1 red pepper
Peel 1 red onion -set aside
Wash and dry w/paper towel ½ bunch fresh cilantro
6 scallions, washed and dried

TOOLS NEEDED
Mixing bowl
Cutting board
Chefs Knife
Zester
Measuring cups/Spoons

GROCERY LIST VEGAN “CRAB” CAKES
1 15 oz can garbanzo beans
2 14 oz cans hearts of palm
Small jar vegan mayonnaise
1 lemon
1 1/2 teaspoons Worcestershire sauce
1 bunch scallions
1 bunch fresh parsley
Small tin Old Bay Seasoning (or any seafood seasoning)
Kosher salt
garlic powder
1 cup of breadcrumbs (panko or regular)
1/4 cup of preferred oil, for pan-frying (avocado, vegetable)
PREP
Open 15 oz can garbanzo beans, drain & save liquid ~ rinse the garbanzo beans and set aside
Open 14 oz cans hearts of palm, drain, rinse and cut in half
Wash & Dry Scallions/green onion
Wash & dry fresh parsley

TOOLS NEEDED
Food Processor ~ if not available please contact so we can explain what to do by hand
1 medium & 1 large Mixing Bowl
1 large Skillet
Paper Towel
Dinner plate
Sheet Pan
Measuring Cups/Spoons
Spatula-Metal & Rubber

COCKTAIL LIST
French Blonde
375 ml Elderflower Liqueur, St. Germain
375 ml Dry Gin
375 ml Lillet Blanc
16 ounces Fresh Grapefruit Juice
Rocks Glass or Martini Glass
Ice
Martini Shaker

Pomegranate Margarita
375 ml Bottle of Silver Tequila
Small Bottle of Triple Sec
1 - 16 ounce bottle of Pomegranate Juice
2 limes
1 8 - ounce bottle of club soda
Simple Syrup (sugar and water)
Cutting board
Knife
Martini shaker
Ice
Rocks Glass