

Life Time learning proudly presents: Small Plates, Appetizers as Meals

What are “small plates?” They are unpretentious bites of robust and intense flavors, more substantial than a cocktail snack, but not as heavy as an entrée. They are ideal for diners who are curious about flavor, adventurous about taste, and who want to vary their dining experience as much as possible in one sitting.

These dishes are a relaxed style of entertaining and dining. There is no stress in trying to get all the courses on the table at the same time because they are generally served as prepared. The small plate concept is not new. The Italians have *antipasti*, the Chinese have *dim sum*, the Spanish have *tapas*, and the Lebanese have *mezza*.

As we get older we do not lose our desire for great tasting food, we downsize on the portions of said food. The small plate recipes provided serves this concept well. Combined with maybe a salad, a cup of soup or just having one or two recipes can be an enjoyable dining experience. The recipes are as follows:

CHEESE and HERB BATONS
MOZZARELLA, TOMATO, SALAMI BRUSCHETTA
SMOKED SALMON & ASPARAGUS BUNDLES
PEAR & GORGONZOLA CROSTATA
TOMATO & OLIVE TART
BEEF TENDERLOIN KEBOBS w/ROQUEFORT-ROSEMARY SAUCE
PORK TENDERLOIN SANDWICHES with ONION RELISH
FARFALLE PASTA w/CREAMY PEAS & PROSCIUTTO
BLT FARFALLE
SEARED SALMON with LEEK-CARROT SAUCE
ARUGULA/DATES/PARMESAN SALAD
TRUFFLED GRUYERE FONDUE
CREAMY CELERY & FENNEL SOUP
CHUNKY CHOPPED SALAD w/ RED WINE & CAPER VINAIGRETTE
CRISPY CHORIZO QUESADILLA w/ GUACAMOLE