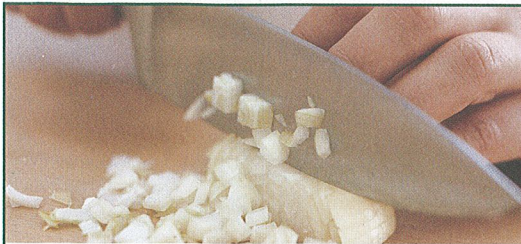


WILLIAMS-SONOMA

October Culinary Activities

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Fall Previews</i>							1 Yummy Fall Cupcakes!
<i>Meals That Cook Themselves</i>	2 Technique Class: Pressure Cooking Basics <i>(Complimentary; reservations recommended.)</i>	3 Pressure Cooker Soups	4 Getting the Most from Your Slow Cooker	5 Comforting Dinners Made Easy	6 Hands-On Cutlery Training <i>(See associate for details.)</i>	7 Science in the Kitchen—Braising	8 Quick Curry Dishes
<i>Autumn Favorites</i>	9 Technique Class: Bring Back the Stew <i>(Complimentary; reservations recommended.)</i>	10 Seasonal Sweets	11 Flavorful & Quick Stews	12 Indian Favorites	13 Sweet Pumpkin Treats	14 Science in the Kitchen—Broth vs. Stock	15 Hearty Soups & Sandwiches
<i>Season's Harvest</i>	16 Technique Class: Grains: Old-World Staple, New-World Power Food <i>(Complimentary; reservations recommended.)</i>	17 Quick Vegetable Cooking	18 Preparing Autumn Produce	19 Soul-Warming Suppers	20 Hands-On Cutlery Training <i>(See associate for details.)</i>	21 Science in the Kitchen: Roasting Vegetables	22 12 PM Sous Chef Series Demo: Lola Bistro's Butternut Squash Soup
<i>Halloween Favorites</i>	23 Technique Class: Vitamix! <i>(Complimentary; reservations recommended.)</i>	24 Pumpkin Whoopie Pies	25 Creating Halloween Treats	26 Seasonal Dinner Inspiration Cookbook Club: Martha's Entertaining: A Year of Celebrations (selected stores) <i>(\$85 per person; includes book; reservations required.)</i>	27 Spooky Suppers	28 Science in the Kitchen—Pie Dough	29 Halloween Breakfasts
<i>Fall Treats</i>	30 Technique Class: My, Oh My, It's Time for Pie! <i>(Complimentary; reservations recommended.)</i>	31 HAPPY HALLOWEEN!					

Demonstration Times – Daily at 11 AM unless otherwise noted.
Event dates/times are subject to change.



WILLIAMS-SONOMA

October Culinary Activities

Technique Classes:

We're pleased to offer complimentary technique classes at your local Williams-Sonoma store. Class sizes are limited. For specific times and more details, please see the back of this flyer.

Pressure Cooking Basics – October 2

Admit it: many of us have scary memories of our mother's hissing pressure cooker. Today's models—a far cry from those earlier ones—are making a comeback because of the health benefits and because they reduce cooking times by up to 70%. This class will take the "pressure" off your kitchen time. We'll discuss the basics of pressure cooking and share some delicious recipes. So give this convenient appliance a second chance!

Bring Back the Stew – October 9

As the weather turns cool, savory stews are a comforting way to end the day. Learn to make a tender stew in under 30 minutes using a pressure cooker, as well as one that gently simmers all day in a slow cooker. We'll also demonstrate how to prepare stews on the stovetop. Whether you have a little time or a lot, it's easy to enjoy the hearty flavors of home-cooked stews.

Grains: Old-World Staple, New-World Power Food – October 16

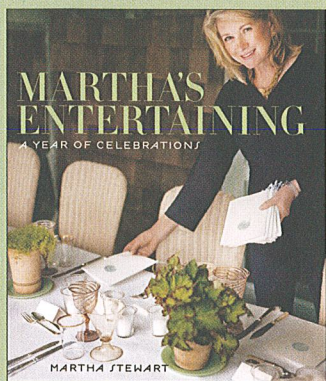
Barley, farro, rice and couscous—these powerhouse grains are prized for their delicious flavor, health benefits and versatility, as they take well to a variety of cooking techniques and seasonings. Discover how to prepare these grains in simple dishes that will satisfy your craving for carbs while boosting your daily intake of fiber.

Vitamix! – October 23

The chefs' blender, the Vitamix is the one you see on TV. You've watched amazing transformations emerge from this powerful machine in minutes, from minced veggies and pureed hot soups to froths and frozen desserts. Join us and learn how to make the most of your Vitamix. This incredible blender continues to be one of our best-sellers—and after this class, you'll understand why.

My Oh My, It's Time for Pie! – October 30

With less than a month before Thanksgiving, it's time for pie! Learn how to prepare a delicious, flaky piecrust that's perfect to make in advance and freeze for the big day. We'll share some of our favorite seasonal pie recipes to inspire new ideas for your holiday table.



What We're Reading: *Martha's Entertaining: A Year of Celebrations*

In this exquisite and very personal book, Martha Stewart welcomes you into her world, where she entertains in the expressive and beautiful style that she has made so famous.

Many of our stores will be offering a special cooking class in October which features recipes from this book. The class fee of \$85 includes the book with a signed bookplate from Martha Stewart, entertaining tips, a tasting menu perfect for the upcoming holiday season, and a 10% discount the night of the class. Please ask an associate for further details.



Tasting Table Sous Chef Series

Saturday, October 22 – noon

Each month, Williams-Sonoma and TastingTable.com will present an exclusive recipe from the next generation of top chefs.

Join us for an in-store demonstration of October's featured recipe: Butternut Squash Soup by Derek Clayton of Michael Symon's Lola Restaurant in Cleveland, Ohio.

Perfectly pear-shaped butternut squashes have a pale skin and orange flesh. They are perfect in soups or in any recipe that calls for pumpkin.

See calendar on back for additional activity dates.