

Sponsored by the Friends of the Flagler County Library:

Chef Warren in a return engagement.

**Cooking Floridian for Two at Home.
Can it be Fast, Frugal and Fun?
*You Bet!***

***Award-Winning Cookbook Author
Warren Caterson Shows You How
to create Quick and Healthy Meals!***

Join **Chef Warren** as he shows you how to prepare quick and healthy meals using a variety of seafood, poultry and meat with the local produce made available through our Farmer's Markets.

He will explain the various cultures that have contributed to Floridian cuisine and how it rivals the lauded Mediterranean cuisine for its health benefits and ease of preparation.

He also shares creative ways to use fruit and spices to liven up run-of-the mill entrees, healthy options for your next cookout, and deliciously simple desserts that will wow your guests.

Chef Warren will end his presentation with a cooking demonstration, preparing a healthy entrée that anyone can replicate in his or her own home *in less than 15 minutes.*



Friday

May 11, 2018

2:00 pm

Warren Caterson is a chef and full-time writer who studied at the Southeast Institute of Culinary Arts.

As someone who grew up in a family that loved to cook and whose household on Long Island Sound bustled every weekend with dozens of aunts, uncles, cousins and neighbors, he learned early-on the benefit of good food and good drink with good friends. In addition to writing, Chef Warren travels extensively presenting his informative and entertaining cooking demonstrations at Food & Wine Festivals, Home and Garden Shows, Conventions and other events.

Chef Warren Caterson wrote the award-winning cookbooks *Table for Two – The Cookbook for Couples* and *Table for Two - Back for Seconds* (Winfield & Scott Press) each featuring over 235 recipes using fresh and readily available ingredients; inspiring your inner chef while tickling your taste buds.

