

*ChicaGourmets!*



1475 W Balmoral at Clark, Chicago

**Saturday, March 10, 2007**

**10:30 A.M. Demonstration & Discussion**

**11:30 A.M. Luncheon**

## FRANCE AT HOME

Enjoy a terrific discussion about health, the French Paradox, and the foods of France that enhance longevity! Michael Foley joins Chef Anthony Saltasia from La Tache, in preparing a delicious luncheon based on casual French Bistro dining at this terrific little Andersonville eatery. They will demonstrate a menu paired with wines and recipes showcasing basic home dishes of France.



**Special guest of honor Laura Bruzas** is the editor and publisher of *Healthy Dining Chicago* newsletter and author of ***Eat Well for Less***. She will be discussing and signing her book.



Michael Foley

CHEF SALTASIA AND MICHAEL FOLEY'S

## MENU

**Paired with Wines from  
Pic Poul de Pinet and Côte du Rhône**

Gougère

Winter Salad with Mustard

Cassoulet La Tache

Tart Tatin

Coffee & Tea Service



Michael Foley will discuss the relationship between various designs of wine glasses and the differences those designs produce in the taste sensations of the wine being consumed.

*ChicaGourmets!* Hosts Don Newcomb and Gerry Buster

Join *ChicaGourmets!* Membership is \$40 per year per household.

Make check payable to *ChicaGourmets!* Prepaid reservations (check only) must be received by 3/5/07; no refunds after that date.

**Mail to:** *ChicaGourmets!* UPS Store, PMB 362, 333 W North Ave, Chicago, IL 60610-1293

E-mail: donaldnewcomb@comcast.net Web Site: www.chicagourmets.org Tel: 708-383-7543 Fax: 708-383-4964

LA TACHE  
03/10/07

Reserve \_\_\_\_\_ at \$42 per Member, \_\_\_\_\_ at \$52 per Nonmember, inclusive = \$ \_\_\_\_\_ enclosed.  
\_\_\_\_\_ Membership/Renewal payment (\$40) enclosed. See expiration (exp) date on mailing label.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ Email: \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_