

Press Release for immediate release

Adirondack Cooking School: Holiday Series

Lake Clear, NY. Harness the flavors of the season without breaking the bank for the upcoming holidays! The *Adirondack Cooking School* sponsored by The Adirondack Resort and Retreat at Hohmeyer's Lodge on Lake Clear is holding a special holiday series. The *Adirondack Cooking School* is focused on helping save you time and money this holiday season by teaching you how to get in touch with the cooking roots of your grandmother - 21st century style!

Interact in an original Adirondack lodge Old World kitchen:

- **October 19th**: 10 Holiday Planning Secrets From an Executive Chef
Create Simple Holiday Appetizers Paired With Wine and Beer
- **October 26th**: Roasts, Stews & Sassy Sauces: Cook Once for the Whole Week!
- **November 2nd**: The Holiday Sweet Tooth: Yummy, Local & Organic
- **November 9th**: Simple & Healthy Holiday Meals with a Budget in Mind
- **November 16th**: Spatzel, Marzipan & Dumplings: Old World Holiday Touches

Learn to cook once and savor a smorgasbord of meals for a week. Learn how to cut your meats to get the most out of them. Ferment your own vegetables naturally. Let Executive Chef Cathy Hohmeyer guide you in the art of her 100 Mile influenced Adirondack cuisine with Old World flair and learn many more time and money saving ideas. The *Adirondack Cooking School* Holiday series will teach you how to cook a complete holiday meal using local products with holiday Old World flair! Chef Cathy's intimate classes will focus on 10 ways to save on your holiday food budget, how to create healthy yet naturally decadent holiday cuisine and desserts, give you information about no- and low-glycemic *natural* sugar substitutes (great for diabetics or anyone on a diet during the holiday season!), how to get the most nutrition and value out of your organic and/or local foods, and other ideas to make your holiday cooking healthy, fun and cost effective. Let the fusion of local, Old World and New Age meld together with Chef Cathy's unique culinary style that fuses Old World cooking preparation, Adirondack local products, and 21st century essential oils – for the ultimate fusion of holiday feasts with health in mind. All classes come with *Adirondack Cooking School* membership, an online *Adirondack Cooking Club* blog, recipes and follow-up assistance all for just \$75 per person per class or \$60 each when you take more than one! Group discounts available. To register for holiday cooking class series please visit [register on line](#) or call (518) 891-1489. *The Adirondack Resort and Retreat at Hohmeyer's Lodge on Lake Clear* was voted #1 restaurant in Northern NY in 2007 by *Watertown Daily Times*, awarded the 2008 *National Geographic Traveler's* "Stay List" and has been providing Adirondack-based Old World culinary experiences for over 3 generations.