

Cuisine Corner

Registration is required for Cuisine Corner. Space is limited. Register online at ocls.info/cuisinecorner or call 407.835.7323.

From Our Kitchen to Yours

Orlando Public Library, Cypress Room

Tuesdays, March 7 & 21, 6:30 p.m.

We'll share our favorite recipes, then you share yours! On March 7, library staff will demonstrate their favorite dishes. Bring a printout of your favorite recipe and on March 21, library staff will choose two submissions to demonstrate for the group. Space is limited. Registration required.

Biryani

Orlando Public Library, Cypress Room

Monday, March 13, 6:15 p.m.

As risottos are to Italy and paellas to Spain, biryani is to South East Asia, the pinnacle of rice cookery. Marinated chicken in green goodness of mint and coriander and aromatic ingredients like saffron, cardamom and kewra (almond essence) elevate the dish to sublime heights. Join Rashmi Primlani of theprimlanikitchen.com as she shows you how to create this one-pot meal served with garlic raita to tantalize your senses. Space is limited. Registration required.

Healthy Hispanic Dishes

Edgewater Branch

Thursday, March 16, 11 a.m.

Washington Park Branch

Thursday, March 23, 6 p.m.

Yamira Lee Johnson, head chef and founder of Breaking Bread with Mira and certified holistic life coach, will demonstrate how to create healthy Hispanic dishes and give you tips on how to incorporate them into your diet. For more information about Breaking Bread with Mira, visit bbwmira.com. Space is limited. Registration required.

Cooking Matters for Parents

Edgewater Branch Library

Saturdays, March 18–April 22, 2–4 p.m.

Let's have fun with cooking at this six-week hands-on cooking course which teaches adults and parents how to prepare and shop sensibly for healthy meals on a limited budget. A take-home bag with ingredients to make at least one recipe will be provided. Presented by Rachel Stankiewitch with the Family Nutrition Program at the UF/IFAS Extension office.

Make Half of Your Grains Whole

Eatonville Branch

Monday, March 20, 6 p.m.

Learn the importance and health benefits of including whole grain and whole wheat in your diet. Learn to identify whether a product is whole grain by reading food labels. Seats are limited.

Healthy Living is a Sip Away

Orlando Public Library, Cypress Room

Monday, March 20, 6:30 p.m.

Winter Garden Branch

Wednesday, March 29, 6:30 p.m.

Join Karon Cannon with Tea Craze as she tells you all about tea. Learn about the history of tea, types of teas and health benefits of drinking tea. Enjoy a tea tasting and get tips on brewing the perfect cup. Space is limited. Registration required.