



## International Cooking Classes

In a fun, relaxed setting where you can learn about new cuisines from around the world!

### May 9<sup>th</sup> Mexican Tamales Night:

**Tamales** are one of South America's oldest cuisines, originating back as far as 5,000 to 8,000 BC. Tamales are considered a festive food, most notably made and shared around such holidays as Christmas, the Day of the Dead, Las Posadas, La Candelaria Day, and Mexican Independence Day. They are made from masa (corn flour) dough that is filled with a variety of possible fillings (savory-slow cooked meats, cheeses, veggies) and then steamed in a corn husk. Many of the fillings will have to be prepared ahead of time considering the long cook times, but recipes will be provided for everything that we will be using.

**Chilies relleno** are stuffed chilies that come in a diverse array of fillings and coverings. One of Mexico's most iconic dishes, combines the chili with a variety of ingredients, making this dish one of the earlier examples of "fusion" cuisine. Legend has it that the use of pablano peppers as a staple chili for the dish originated in the state of Puebla by the local nuns, served with a walnut sauce and sprinkled with pomegranate seeds and parsley. Most often in the states, chilies rellenos can be found filled with cheese, breaded, and served with red or green chili sauce. For our class, we will be filling our pablanos with a variety of meats, veggies, and cheese. Instead of a breading, we will be dipping our stuffed peppers into a whipped egg white and fried.

For **dessert**, we will be adding onto our tamale experience by making dessert tamales. With a little bit of sugar and cinnamon, the tamale dough is transformed into a decadent vessel for sweet pleasures, with a variety of filling options.

**Instructor: Stephen Dent**

**When: Thursday, May 9<sup>th</sup> 6:00pm – 8:00pm**

**Place: The Parlor – 1806 Main St., Miles City**

**Cost: \$35 per person – class limited to 16 people only – must pre-register.**



To Register:  
Contact Tracy Baker  
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