

## **Cooking Over Fire: A Middle Eastern Outdoor Feast**

Experience one of the world's simplest and most ancient methods of cooking: cooking over an open fire.

In this hands-on demonstration, we'll explore traditional Middle Eastern fire-cooking techniques, from fire-roasted eggplant and pita baked over the flames to root vegetables cooked in hot charcoal. We'll also prepare a hearty dish featuring an ancient grain, seasonal vegetables, herbs, and spices, and finish with a delicious dessert cooked over the fire.

Set in an intimate outdoor setting, this experience is as much about the food as it is about the stories behind it. Along the way, we'll explore the characteristics of regional ingredients, variations on traditional dishes, and the ways fire has shaped cooking across the Middle East.

Cooking will be primarily demonstrated, with guests comfortably seated at a safe distance from the fire. All prepared dishes will be served as part of a full vegetarian meal.