

#### For more information, contact:

Erin Sullivan, Public Relations Administrator 407-835-7480 sullivan.erin@ocls.info

### Add some Hispanic flair to your meals this September

Celebrate Hispanic Heritage Month, September 15-October 15, at the library as Cuisine Corner hosts Latin-flavors throughout the month. On September 20 guest Chef Cristina shares her zesty mojo chicken and sofrito black bean recipes at the Orlando Public Library.

Chef Yamira Lee Johnson returns to host Cuisine Corner: Healthy Hispanic Dishes at several library branches where she demonstrates how to prepare healthy dishes packed with Latin flavors. See below for dates and locations.

Publix Aprons Chef Emily Roy visits the Southwest branch on September 17 for Cuisine Corner: Goat Cheese Croquette where she will teach how to make goat cheese croquette and raspberry preserves. Seating is limited, so register today for free with your library card.

If you have any questions about the information shared below, contact us as 407-835-7323. Check us out online at <u>ocls.info</u> for a complete listing of all library events.

# Cuisine Corner Junior: Salsa, Salsa, Salsa!

Hiawassee Branch, 7391 W. Colonial Drive Tuesday, September 3, 6:30 p.m.
Winter Garden Branch, 805 E. Plant St., Winter Garden Wednesday, September 11, 3:30 p.m.
West Oaks Branch, 1821 E. Silver Star Road., Ocoee Tuesday, September 17, 5 p.m.
Eatonville Branch, 200 E. Kennedy Blvd., Eatonville Wednesday, September 18, 2:30 p.m.
South Trail Branch, 4600 S. Orange Blossom Trail Saturday, September 21, 2 p.m.
Fairview Shores Branch, 902 Lee Road, Suite 26.

Monday, September 23, 4 p.m.

Celebrate Hispanic Heritage with a salsa tasting, salsa dancing and spicy games! Recommended for upper elementary, tweens and teens.

#### Little Chef: Bean Burritos

Herndon Branch, 4324 E. Colonial Drive

Wednesday, September 4, 10:30 a.m.

North Orange Branch, 1211 E. Semoran Blvd., Apopka

Monday, September 9, 11 a.m.

West Oaks Branch, 1821 E. Silver Star Road., Ocoee

Tuesday, September 10, 11 a.m.

Hiawassee Branch, 7391 W. Colonial Drive

Tuesday, September 17, 6:30 p.m.

Southeast Branch, 5575 S. Semoran Blvd.

Friday, September 20, 3:30 p.m.

South Creek Branch, 1702 Deerfield Blvd.

Wednesday, September 25, 10:30 a.m.

Learn about Hispanic foods while you mash, spread and roll a delicioso Mexican inspired dish.

Registration required.

### **Cuisine Corner: Get Your Protein**

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

Tuesday, September 10, 6:30 p.m.

Joycelyn Bryant of Joycelyn's Southern Kitchen will discuss the body's dietary protein needs and demonstrate a delicious recipe. Registration required.

### **Cuisine Corner: Tea Education & Tea Tasting**

Windermere Branch, 805 E. Plant St., Winter Garden

Tuesday, September 10, 6 p.m.

Enjoy tea education, for non-tea drinkers to those who have drunk tea their whole life. Sample two teas and learn about the history, fun facts and different types of teas. Registration required.

### **Cuisine Corner: Goat Cheese Croquette**

Southwest Branch, 7255 Della Drive

Tuesday, September 17, 6 p.m.

Join Chef Emily Roy from Publix Aprons on a culinary journey as she demonstrates how to make goat cheese croquette and raspberry preserves. Seating is limited. Registration required.

# **Cuisine Corner: Healthy Hispanic Dishes**

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

Tuesday, September 17, 6:30 p.m.

North Orange Branch, 1211 E. Semoran Blvd., Apopka

Thursday, September 19, 6:30 p.m.

Winter Garden Branch, 805 E. Plant St., Winter Garden

Saturday, September 21, 11 a.m.

Yamira Lee Johnson, head chef of Breaking Bread with Mira, will demonstrate how to create healthy Hispanic dishes. Space is limited. Registration required.

### **Cuisine Corner: Mojo Chicken and Black Beans**

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

Friday, September 20, 2 p.m.

Join Chef Cristina as she demonstrates how to prepare a zesty and herbaceous mojo chicken with sofrito black beans. Space is limited. Registration required.

#### Cuisine Corner: Nikki's Place Southern Cuisine

Tuesday, September 24, 6:30 p.m.

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

In honor of National Eat Chicken Month the chefs from local favorite Nikki's Place will show you how to prepare fried chicken and soul food sides! Ages 18 and up. Registration required.

### **Cuisine Corner: No Cook Meals**

Washington Park Branch, 5151 Raleigh St., Suite A.

Thursday, September 26, 4 p.m.

Library staff will show you how to make a delectable no cook meal. Space is limited. Registration required.

### **Cuisine Corner: Cross Creek Cookery**

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

Saturday, September 28, 2 p.m.

Park Rangers from the Marjorie Kinnan Rawlings Historic State Park will show you how to make an old Florida dish called pilau with a recipe straight from the Cross Creek Cookery! Registration required.

# The Food Label: What's it all About?

Eatonville Branch, 200 E. Kennedy Blvd., Eatonville

Saturday, September 28, 11 a.m.

Get ready for an interactive class on what you need to know about nutrition facts labels. Find out how reading the food label can help you manage diabetes, high blood pressure and lower cholesterol.

# **Cuisine Corner: Healthy, Happy & Hummus**

West Oaks Branch, 1821 E. Silver Star Road., Ocoee

Sunday, September 29, 2 p.m.

Ever wondered what's in hummus? Join us and learn the types of hummus, the health benefits of eating it and enjoy a demonstration on how to make this delicious Middle Eastern delicacy!

LEARN. GROW. CONNECT.

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