

# SWEET TEA

SOUTHERN COOKING

*Preserving the art and tradition of fine Southern cooking one recipe at a time*

## FREE COOKING CLASSES

### Fish House Fourth Annual "Sweet Tea, Southern Cooking" Series

The Fish House and its sister restaurant, Atlas Oyster House, are offering another series of cooking symposiums to preserve the art and tradition of fine Southern cooking, passing on our Southern traditions one recipe at a time.

The series will take place during the fall and winter months on the enclosed outdoor Deck Bar located behind the Fish House restaurant. Fish House and Atlas chefs will teach classes. They will demonstrate traditional Southern cooking methods and suggest ways to modernize each recipe without losing its Southern roots.

Classes are limited to first come, first served. Happy hour is available on the Deck Bar for guests to enjoy before and during the class.

#### PROPOSED SCHEDULE

*Classes are held the second Tuesday of each month at 6 p.m.*



**October 13, 2009**

**"THE REAL NITTY-GRITTY"**

*How to properly cook grits*

**November 10, 2009**

**"TO GRANDMOTHER'S HOUSE WE GO"**

*How to cook Thanksgiving sides the way your grandmother did*

**December 08, 2009**

**"WHAT DO YOU MEAN THEY'RE ON THEIR WAY OVER HERE NOW?"**

*Quick holiday party punches and easy appetizers*



**January 12, 2009**

**"PUTTING ON YOUR GAME FACE"**

*Tailgating favorites*

**February 09, 2009**

**"GIVE ME SOME SUGAR"**

*How to cook something sweet for your sweetheart this Valentine's Day*

*Last year's classes were attended by hundreds of local Southern cooking enthusiasts. Although the classes are free, class members are encouraged, but not obligated, to make a donation to the series' selected charity. Last year's charity was the Gulf Coast Kid's House. This year, class members are encouraged, but not obligated, to make a donation to the Manna Food Pantry.*

*To sign up for classes, or for more information, contact Shelley Yates at (850) 748-9001, or [shelley@goodgrits.com](mailto:shelley@goodgrits.com)*

The  
**Fish House**

**ATLAS**  
OYSTER HOUSE