## COOKING DENO WITH CHEF MARK RIGANO

## The Art of Sautéing

Thursday, January 21 @ 1:00 p.m. Pacific

Chef Mark will discuss and demonstrate the various techniques of sauté.

- What is sauté?
- Development of flavor
- Various techniques of sauté

See demonstrations using: red meat, poultry, fish, and various vegetables





Register online or with Member Services: reception@eldoradocc.org

