

THE H-E-B TASTING & ENTERTAINING WORKSHOPS

Your General Admission ticket admits you into these exciting and informative workshops! All seats are available on a first come, first serve basis.

Saturday, September 15

10:30 – 11:00 am
"Recipes from Historic Texas"
Linda Bauer, Bauer Books

11:00 – 11:30 am
"The Healing Diet"
Nancy Addison, Organic Healthy Lifestyle

11:30 – 12:00 pm
"25 Tips for Better Brown Bag Lunches"
Kathy Tauber, EZ*Eat!

12:00 – 12:30 pm
"Coffee Around the Clock"
Brian Girardot, Community Coffee

12:30 – 1:00 pm
"Sari to Saffron"
Kiran Verma, Kiran's Restaurant

1:00 – 1:30 pm
"Fabulous Fall Entertaining"
Martie Duncan, Martie Knows Parties

1:30 – 2:00 pm
"Knife Skills"
Paul Hellman, Gunter Wilhelm

2:00 – 2:30 pm
"Sari to Saffron"
Kiran Verma, Kiran's Restaurant

2:30 – 3:00pm
"Table vs. Sea: The Salt Discussion"
Charmane Skillen, s.a.l.t. sisters

3:00 – 3:30pm
"Food on the Run"
Kathy Tauber, EZ*Eat!

3:30 – 4:00pm
"Coffee Around the Clock"
Brian Girardot, Community Coffee

4:00 – 4:30pm
"Fabulous Fall Entertaining"
Martie Duncan, Martie Knows Parties

4:30 – 5:00pm
"Getting dirty with the DIRT man"
Todd Courtney, Todd's Dirt

5:00 – 5:30pm
"Everyday Inspiration for Table Design"
Melanie McKinley & Ashleigh Davis, Mayhar Design

Sunday, September 16

10:30 – 11:00 am
"Easy Organic & Urban Gardening"
Nancy Addison, Organic Healthy Lifestyle

11:00 – 11:30 am
"Sari to Saffron"
Kiran Verma, Kiran's Restaurant

11:30 – 12:00 pm
"Fabulous Fall Entertaining"
Martie Duncan, Martie Knows Parties

12:00 – 12:30 pm
"25 Tips for Better Brown Bag Lunches"
Kathy Tauber, EZ*Eat!

12:30 – 1:00 pm
"Everyday Inspiration for Table Design"
Melanie McKinley & Ashleigh Davis, Mayhar Design

1:00 – 1:30 pm
"Yard to Home, Garden to Table"
Johnathan Sage, Johnathan Andrew Sage, Inc.

1:30 – 2:00 pm
"The Healing Diet"
Nancy Addison, Organic Healthy Lifestyle

2:00 – 2:30 pm
"Getting dirty with the DIRT man"
Todd Courtney, Todd's Dirt

2:30 – 3:00pm
"Table vs. Sea: The Salt Discussion"
Charmane Skillen, s.a.l.t. sisters

3:00 – 3:30pm
"Recipes for Fabulous Florals"
Melanie McKinley & Ashleigh Davis, Mayhar Design

3:30 – 4:00pm
"Yard to Home, Garden to Table"
Johnathan Sage, Johnathan Andrew Sage, Inc.

4:00 – 4:30pm
"Knife Skills"
Paul Hellman, Gunter Wilhelm

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CHEFS & PERSONALITIES



Nancy Addison
Healthy Cooking & Raw Food Instructor
Organic Healthy Lifestyle



Rochelle Kill



Linda Bauer
Author / Food and Travel columnist
Bauer Books



Rebecca Pasqua



Michael Cordúa
Restaurateur / Owner
Cordúa Restaurants



Melissa Aspinwall



David Cordúa
Executive Chef of Development
Cordúa Restaurants



Hui Hu



Todd Courtney
The DIRT Man/Owner
Todd's DIRT Seasonings and Rubs



John Prater



Martie Duncan
President & Chief Party Thrower
Martie Knows Parties



Cheryl Saba



Randy Evans
Executive Chef/Co-Owner
Heaven



Katherine Neff



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Sales Trainer
Community Coffee



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Enter our social media contests for a chance to win!

- Mention us on Twitter & use hashtag #HOUcooks OR Mention status.* What do you see? What's your favorite part of the show.
- Follow us on Twitter for updates and information
- LIKE us on Facebook

To be entered into the contest, follow ALL 3 steps above. We will monitor and Facebook posts from the weekend and giveaway tickets for Houston.

*You may use either our MetroCooking Twitter/Facebook or MetroCooking