



MACROBIOTIC DINNER

JOIN US

EVENT : Macrobiotic Dinner

DATE : Wednesday, October 25th

TIME : 6:30 and 8:30 p.m.

LOCATION : Yuga Restaurant
305.442.8600

MONTHLY DINNER

For October, Chef Johnson Teh would like to introduce you to macrobiotic cuisine. Although macrobiotic cuisine has long been practiced for medicinal purposes, it has largely remained obscure and unknown primarily because it requires careful consideration and time consuming preparation. Macrobiotic devotees focus on unrefined, unprocessed foods with an emphasis on balance within the body. Although it is plant heavy, it is not always vegetarian, although there is no red meat or dairy consumption because it is difficult for the body to process. Likewise, there is no use of refined sugar and limited sweets.

With fresh flavors and light preparations, macrobiotic food is delicious but never heavy. We hope you can join us for a totally different food experience.

CLASS AT FAIRCHILD

COOKING CLASS WITH CHEF JOHNSON TEH AT FAIRCHILD THURSDAY, OCTOBER 20th 6:00-9:00PM

GLUTEN-FREE NOODLES

Johnson Teh

Gluten-free doesn't mean flavor-free. Learn all about the different noodles of Asia that do not include wheat products. Come see and explore some of the delicious varieties that are available, from Chinese rice vermicelli to Japanese shirataki to Korean sweet potato noodles. Johnson Teh will be making seafood curry vermicelli, Japanese sukiyaki-inspired shirataki noodles, wild mushroom japchae, and just in time for the cool weather, spicy bean thread noodle salad.

Registration deadline: Friday, October 14

Fee: Member, \$45 per person; Non-member, \$60

MENU

Exotic Crudite Platter

A wild assortment of vegetables with a miso-anchovy vinaigrette

Lotus Root Sandwiches

Creamy tofu and sea vegetable filling sandwiched between crunchy lotus root and served with a roasted carrot sauce.

Creamy Gobo Soup

Smoky burdock root and almond cream soup

Seitan Bun-less Burger

Savory seitan (wheat gluten) burger with roasted chestnuts and wild mushrooms served with black mountain rice pilaf

Pan Seared Yellow Tail Snapper

with roasted yellow pepper sauce and zucchini squash

Dried Cherry-Vanilla "Cheesecake"

Served with Banacha Twig Tea

This menu is priced at \$35/person not including tax or gratuity. No gift certificates or gift cards will be accepted for this dinner

Reservations are required.