



Culinary Ambassador Series

Buford Highway Farmers Market
5600 Buford Highway
Doraville, GA 30340
770 455 0770

www.bufordhighwayfarmersmarket.com



Natalie and Margaret Keng "Chinese Southern Belles"

www.chinesesouthernbelle.com

Chinese Southern Belle (CSB) is a mother-daughter business that connects people, food and cultural learning. As the company's founder, Natalie Keng is a graduate of Vassar College and the Harvard Kennedy School. She boasts a multi-sector background in the restaurant industry, multicultural marketing, leadership development and served in public office. Margaret Keng was a Cobb County public schools teacher for 17 years, taught the area's first Chinese cooking class in the 1980's, co-owned the first Chinese restaurant in a mall, has traveled the world as an international business consultant, and loves to fish.

Chinese Southern Belle Hands On Cooking Class

\$15 per person (includes \$10 Buford Highway Farmers Market Gift Card)

Contact Bill 678 873 7447 or bill.bhfm@gmail.com for class reservations

Thursday July 15. 7 PM to 9 PM

Sushi: From preparing the rice to rolling and cutting. Tips and suggestions. Black rice California roll and more varieties.

Tuesday July 20. 7 PM to 9 PM

Spring Rolls: Roll Margaret's home-style spring rolls with fresh seasonal vegetables. Also fresh Thai basil rolls.

Thursday August 5. 7 PM to 9 PM

Dumplings and Wontons: Classic Chinese preparations made fun and easy. Fold your own treats then enjoy.

Tuesday August 24 7 PM to 9 PM

Wild about Rice

So many rices how to know? Natalie will explain and sample you through a variety of rices.

Chinese Southern Belle Express Demos

Free! Quick demonstrations performed periodically with taste samples throughout the demo period.

Saturday July 24. 1 PM to 4 PM

Sushi: Overcome your sushi making fears. Tips and suggestions. Brown rice Vegetable roll and more varieties.

Saturday July 31. 1 PM to 4 PM

Asian Noodle Crazy: Enjoy noodles and twirl and slurp your way to happiness and long life!

Saturday August 21. 1 PM to 4 PM

Stir Fry: Shape, color, aroma and taste come together in a harmonious balance.

Saturday August 28. 1 PM to 4 PM

Home-style spring rolls: Home style with fresh seasonal vegetables is easier than you think. A variety of sauces for everyone.

CSB has been featured on the cover of Atlanta Journal-Constitution, Atlanta Intown, People TV, Georgia Public Radio, Taste of Atlanta, Cook's Warehouse, Le Cordon Bleu College of Culinary Arts, among others. This dynamic duo is as entertaining as they are educational so be prepared for the laughter, ooh's and aah's that fill their events.

