



## Cooking FOR NEWLYWEDS

An accomplished natural foods chef, **Gilda Mulero** of **Naturally-Tasty** had been giving private cooking lessons for years. “Then I was at a bridal shower, and the bride said she didn’t know what the Cuisinart Food Processor was,” says Gilda. “Her maid-of-honor also had received one as a wedding gift two years ago, and she still hadn’t even used it!”

Thus was born **Cooking 101 for Newlyweds**. “I realized many brides had all these versatile tools they were not using, like the Cuisinart. With it, for example, you can make anything from pizza dough to sorbet. So I designed the class to create ‘Culinary Adventures’ for newlyweds, right in their own homes!”

**Economical, Creative, & Intimate ...** “The majority of the brides I work with are beginners. Their grooms are delighted when they find out my class exists. In some instances, they often want to learn as well! Couples are also discovering that cooking at home is more economical, as well as very personable and intimate. It’s a great activity to share.”

What is special about her cooking class for the bride? “Each lesson is customized to what you want to learn, and to your kitchen.” Gilda has even packaged the classes and made them available through a gift certificate.



The thoughtful chef teaches brides how to make the best use of their space and tools. She also includes a tour of your local markets, so you can learn how to choose the right ingredients for your pantry.

**Customized Dishes ...** “Cooking can be quite fun, for both the bride and the groom,” says Gilda, who has taught brides and grooms how to prepare easy weekday dinners for two, such as cornmeal crusted tilapia with cauliflower puree and roasted asparagus.

“For a lovely dessert, I might show the new bride, and her groom, how to create chocolate molten cakes with raspberry coulis.

“I also have classes that include entertaining your in-laws with a festive brunch, for example, which might include a mix of ‘savory and sweet,’ such as spinach frittata and chocolate banana muffins.”

**For Your Registry ...** Her classes also can help you modify or improve your registry. “If you own a Cuisinart, for example, then an ice-cream maker might not be an absolute must for your registry. Another invaluable tool in the kitchen is a good set of knives,” says Gilda, “so I also show how to properly and safely use your knives.

“If a bride mentions to me that she has plans to do extensive entertaining, I happily provide a list of what she should definitely have in her registry, and also a list of what items may not be such a necessity.”

**Naturally-Tasty**, 718.930.1964, [www.naturally-tasty.com](http://www.naturally-tasty.com)