



FOR IMMEDIATE RELEASE

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## **Free Cooking Classes: Fish House Third Annual "Sweet Tea, Southern Cooking" Series**

The Fish House and its sister restaurant, Atlas Oyster House, are offering another series of cooking symposiums to preserve the art and tradition of fine Southern cooking, passing on our Southern traditions one recipe at a time.

The series will take place during the fall and winter months on the enclosed outdoor Deck Bar located behind the Fish House restaurant. Fish House and Atlas chefs will teach classes. They will demonstrate traditional Southern cooking methods and suggest ways to modernize each recipe without it losing its Southern roots.

Classes are limited to first come, first served. There is also a happy hour available on the Deck Bar for guests to enjoy before and during the class.

Last year's classes were attended by hundreds of local Southern cooking enthusiasts. Although the classes are free, class members are encouraged, but not obligated, to make a donation to the series' selected charity. Last year's charity was Loaves and Fishes. This year, class members are encouraged, but not obligated, to make a donation to the Gulf Coast Kid's House.

Proposed schedule (all classes are the second Tuesday of each month at 6 p.m. on the Deck Bar):

- October 14, 2008 "A little 'nip' never hurt anyone" - Cooking with spirits
- November 11, 2008 "Putting lipstick on a pig" - Prettying up your barbecue
- December 16, 2008 "Finally a gift you can appreciate" - One-pot meals and money-saving recipes
- January 13, 2009 "I don't have time to run all over creation for you!" - Great local resources
- February 10, 2009 "Oysters" - Nature's love potion or just an excuse to eat a saltine covered in hot sauce

The series is meant to encourage a community dialog that will promote preservation of traditional Southern recipes. After the demonstration, the chef will host a question-and-answer period, which will be followed by a Southern social. Samples may be offered for class members to taste.

This series is held as a courtesy to our loyal customers and e-mail subscribers. Join today. It's free! To join, and to be notified of future classes or other fun events, go to [www.goodgrits.com](http://www.goodgrits.com) and sign up for our newsletter.

Members of the press are welcome to attend.

For more information:  
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