

## **More About Meat**

**A Teach and Taste Event brought to you by Lanark Slow Food and REAL**

**Sunday, Feb. 5, 4 - 8 p.m.**

**Smiths Falls Community Health Centre Kitchen and Community Rooms**

**2 Gould St., (old high school) Smiths Falls**

Chef Tibrata Gillies, formally of Pan Chancho (Kingston), and her culinary arts students at St. Lawrence College will prepare and describe a selection of dishes that feature locally available, grass-fed beef and goat, plus others for you to taste.

While grass-fed animals are healthier for you and the environment, cooking cuts from them can be different than cooking corporate meat. Learn how to turn more challenging, and generally less expensive, cuts into tasty meals and take cooking tips away with you.

In the culture of Slow Food, we are inviting guests to bring a potluck dish that includes one item grown by you, someone you know or close to your home. But this is not obligatory to attending and participating in the tasting. We want everyone to enjoy this event and take away some new knowledge and an enjoyable experience.

There will be a charge of \$5 per person or \$15 per family to cover the cost of the meats, payable at the door.

Please RSVP to [info@REALaction.ca](mailto:info@REALaction.ca) so we can plan appropriately.