

Les Dames d'Escoffier

invites you to

Celebrate *Carla Hall's Soul Food*



Enjoy a soulful lunch prepared by students at Ana G. Méndez University as we celebrate *Carla Hall's Soul Food* with a presentation from Carla herself! Our D.C. Dame is best known as co-host on ABC's Emmy Award-winning popular lifestyle series "The Chew." She won over audiences when she competed on Bravo's "Top Chef" and "Top Chef: All Stars" and shared her philosophy to always cook with love. Carla believes food connects us all, and she strives to communicate this through her work, her cooking, and in her daily interactions with others.

Her latest cookbook, *Carla Hall's Soul Food: Everyday and Celebration*, was published October 23. The beloved TV chef takes us back to her own Nashville roots to offer a fresh, lip-smackin' look at America's favorite comfort cuisine. She traces soul food's history from Africa and the Caribbean to the American South. Everyday soul food is full of veggie goodness. From Black-Eyed Pea Salad with Hot Sauce Vinaigrette to Tomato Pie with Garlic Bread Crust, the recipes deliver her distinctive Southern flavors using farm-fresh ingredients. The results are light, healthy, seasonal dishes with big, satisfying tastes.

Carla's cookbook is available for purchase and signing.

ANA G. MÉNDEZ
SISTEMA UNIVERSITARIO
UNIVERSITY SYSTEM
UNE
Bilingüe / Dual Language

The **Ana G. Méndez University** System is a nonprofit institution in operation since 1949. With approximately 40,000 students it is the largest private university system in Puerto Rico. It has five campuses including the District of Columbia.

DATE: Friday, November 30, 2018

PLACE: Ana G. Méndez University

514 V Street, N.E.
Washington, DC 20002

TIME: 12:00 noon to 2:00 p.m.

PRICE: (Includes dishes at right)
\$25 for members of Les Dames
\$35 for non-members

(non-members' price includes a \$10.00 tax-exempt donation for LDEI-DC scholarships)

RESERVATIONS:

www.lesdamesdc.org

Reservation or cancellation deadline:
Tuesday, November 27

PARKING: Parking free at lot across the street
(V Street N.E. & 5th Street N.E.)

METRO: Rhode Island Metro Station. Free shuttle to university for Carla Hall event running from 11:30-12 noon and returning after lunch. If you plan on using the shuttle, contact us at lesdamesdc.list@gmail.com by November 27.

Dishes from Carla's Book
Served Buffet Style
Prepared by students at
Ana Méndez University

Shortcut Deviled Eggs

**Black Eyed Peas Salad with
Hot Sauce Vinaigrette**

Shrimp and Grits

Poured Caramel Cake

Sweet Tea Soda

