



As seen in *Manhattan Bride Magazine* – Spring/Summer 2009

Cooking FOR NEWLYWEDS

An accomplished natural food chef, **Gilda Mulero** of **Naturally-Tasty** had been giving private cooking lessons for years, when one memorable bridal shower led to a new opportunity for any bride who wanted to cook and entertain.

At her bridal shower, the bride-to-be exclaimed that she didn't know what "that thing" was. "She was pointing to the Cuisinart Food Processor," says Gilda. "Even more surprising, her maid-of-honor confessed that she too had received one as a gift for her wedding, and that it was still in the box — and she had been married for two years!"

Thus was born **Cooking 101 for Newlyweds**. "I realized that many brides had all these lovely and versatile tools that they were not using. I thought, 'What a shame,' since the Cuisinart, like so many other newer appliances, can be invaluable in the kitchen. 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!"

Customized Dishes ... What is special about her cooking class for the bride? "The class is unique, because each one is customized to your interests and skill level — and to the size of 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 their local markets, so they can learn how to choose the right ingredients for their pantry. "I always say, 'Everything is easier when you know how to do it.'"

"Cooking can be quite fun, for both the bride and the groom," says Gilda, who has taught brides 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 know how to use the 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 give a lesson on 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."

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