



June 18-22, 8-4pm

EAST COAST/LOW COUNTRY CUISINE

TIPS for Teachers Course Description
COURSE DESCRIPTION:

To introduce a hands-on approach to principles and technics of authentic East Coast/Low Country Cuisine. Discuss the history and influences that make the classic dishes from Maryland to South Carolina what they are today. To describe the ingredients and methods to suit preparations designed to create a variety of these regional favorites. To describe the characteristics, functions, and food sources of the major ingredients and how to maximize authenticity. To apply the principles learned through menu planning and food preparation.



TIPS for Teachers

**East Coast / Low
Country
Cuisine**

**Receive 2
Undergraduate
Credits**

**Join us in the
New Kitchen**

**East Coast
Maryland- South
Carolina**

8am-4pm class

MISSOULA COLLEGE

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Chef Suzanne Phillips

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