

ENTERTAINMENT > A&E

January 24, Vallejo A&E Source: Cook returns with free workshops

Five events at JFK Library in Vallejo



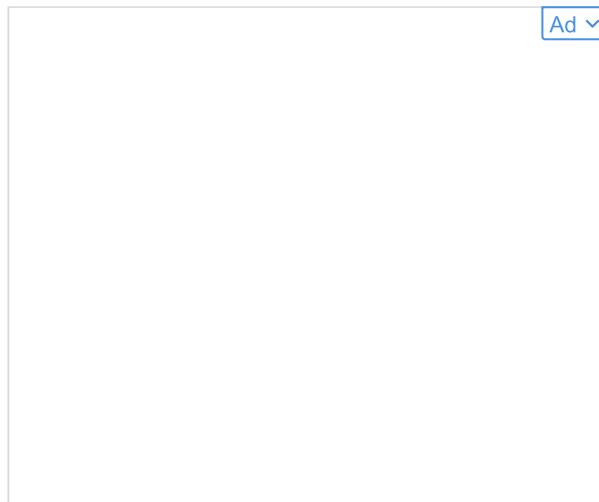
Lisa Nunez-Hancock returns to the Joseph Room at JFK Library in Vallejo with free cooking workshops starting Feb. 2. (Times-Herald file photo—Rachel Raskin-Zrihen)

When it comes to Saturday cooking workshops at JFK Library in downtown Vallejo, Lisa Nunez-Hancock prescribes to the three Fs: Fun, Free, and Food.

It worked so well last year, Nunez-Hancock is back in 2019 with five live-and-in-person appearances, strutting her culinary acumen starting Feb. 2 in the library's Joseph Room.

"Sweet Treats for Valentine's Day" is the theme for the opener, with the rest of the year locked in for April 13 — "Awesome Soups" — June 1, "Wrap It Up!" — Sept. 21, "Sushi Sessions" — and closing up shop, Nov. 9, with "Curries and Tonics."

ADVERTISING



It's the third season that Nunez-Hancock and her company, URwhatUeat has partnered with JFK Library and Sustainable Solano "and it's been really successful," Nunez-Hancock said late Tuesday afternoon.

Nunez-Hancock said she gets "a pretty good diverse crowd," adding that Spanish-speaking residents are welcomed since the cook is bi-lingual.

Though the audience that averages 25-35 people is skewed toward women, "we do get men," Nunez-Hancock said.

The culinary arts instructor emphasized that attendees get to sample the food and can snag not only free recipe booklets but perhaps some product as well with several major food purveyors donating items.

A child of the Slow Food Movement of the 1980s, “my mission statement is to get people to eat healthier and a more plant-based diet and to take advantage of this fabulous Farmer’s Market we have in Vallejo,” Nunez-Hancock said, emphasizing that it’s definitely not “what happens during her workshops stays in her workshops.”

“I want people to be able to enjoy cooking and making healthy food at home to enjoy with their families,” Nunez-Hancock said.

A cooking instructor 11 years, “everybody no matter what age you are from children to the elderly can be inspired to making really healthy, good food at home,” Nunez-Hancock said.

Healthy eating doesn’t have to cost a bundle, the teacher noted.

“There are many inexpensive options,” said Nunez-Hancock. “Buying fresh produce doesn’t have to be expensive. Putting more beans and legumes in your diet doesn’t have to be expensive. It’s about getting inspired and planning.”

Nunez-Hancock gets inspired when she hears someone commit to eating and cooking healthier once they leave the workshop.

“I tell them to take the booklet and when they say ‘I’m going to go home and try this,’ that really is a satisfying experience,” she said.

Last year, the people’s choice was probably the ramen workshop, Nunez-Hancock said.

“I did a lot of research. I went to about four different ramen restaurants and I read a lot of books and articles. Then I went to Japantown in San Francisco to buy the ingredients,” Nunez-Hancock said.

The kickoff Feb. 2 should be popular “because people love to come and make chocolate,” Nunez-Hancock said. “But I’m going to guess ‘how to make your own sushi’ will be popular.”

Though “primarily a California girl,” Nunez-Hancock has lived in Mexico City, France and, slightly more local, Texas after growing up in Los Angeles where her parents made food from fruit trees.

It wasn’t pleasant last time Nunez-Hancock saw her childhood home.

“Everything was bulldozed for condominiums,” she lamented. “It’s very sad. That’s

Nunez-Hancock bought a house in Vallejo about 2 1/2 years ago and she's thrilled to be part of the community and will keep on cooking, with memories going back to herself at 4 when "I had a little stool that my neighbor made for me so I could stand on it and stir pots."

Here she is all these years later, cooking up a storm with free workshops. Not that she always loves getting stuck in the kitchen.

"Oh my gosh, I'm always looking for a good restaurant," Nunez-Hancock said. "I love restaurants and I've got some favorites."

All the workshops are at 2 p.m. at JFK Library, 505 Santa Clara St., Vallejo. For information, call 1-866-572-7587 or visit solanolibrary.com.



Richard Freedman



SPONSORED CONTENT

Is your digital marketing strategy working for ecommerce?

By ADTAXI - Adtaxi



To succeed in the ever-increasing competitive retail landscape, retailers of all sizes need to embrace both...

