

2017 Polish Festival Demo Booth Schedule

NO Demos on Friday

Saturday August 12th

11:00-12:00 Rachel, Polish Food Cooking Demonstrations

12:30-2:00 Susan, Live Polish Chicken

2:30-4:00 Annella, Pisanki

4:30-5:30 Rachel, Polish Food Cooking Demonstrations

6:00-8:00 Annella, Pisanki

Sunday August 13th

11:00-12:30 Susan, Live Polish Chicken

1:00-2:00 Rachel, Polish Food Cooking Demonstrations

2:30-4:00 Annella, Pisanki



Rachel Sherwood is an expert in the food industry and mother of one. She is the founder of Impressions At Home, a Food Stylist and author of *The Pretty Plate: Making Everyday Meals Magnificent*. She is a graduate of Le Cordon Bleu culinary program. Rachel's passion is to create connected families by building relationships centered around a quality meal. The Impressions At Home classes focus on simplifying the cooking process creating the foundation to increase confidence in the kitchen. Through this we improve culinary skills and promote a healthy lifestyle by offering unique recipes, private classes and workshops. You can learn ps. You can learn more and view classes at www.impressionsathome.com

Although not Polish in heritage, she is married to a 100% Polish husband from Chicago and loves the Polish people and their food. Learning authentic Polish cooking from her mother-in-

law and extensively researching Polish cuisine, Rachel is well qualified to demonstrate authentic Polish food, its preparation and enjoyment at the Twin Cities Polish Festival.