



Learn a New Skill

By MEGAN RUTHERFORD

For your next vacation, think about taking a trip that will provide you with a lasting souvenir—knowledge and expertise.

the island, snorkel, scuba dive and, if all the wholesomeness gets to be too much, drop in for a drink at the nearby Atlantis casino.

Recipe for Fun

New York City cooking teacher **Karen Lee** has one simple goal for her students: "I want to change their whole life." Her logic: "The way they cook changes the way they eat, which changes the way they feel, which changes their whole life." Lee is a renowned caterer and author of such highly regarded culinary works as *The Occasional Vegetari-*

to ensure that all students get their hands dirty. Nancy Moorman, who teaches cooking in San Antonio, Texas, and has studied with top chefs around the world, took Lee's class last spring and rates it one of the best. Moorman says, "Her enthusiasm makes you think, 'Gosh! I'm going to go home and live better and cook this and create some joy!'"



TO LEARN MORE:

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WARP, WEFT, body and soul go into "blankets of love"

an. Twice a year—and by special arrangement at various times in between—she offers five-day courses for out-of-towners for \$725. Monday through Thursday she and her students spend 3½ hrs. preparing and eating lunch. On Friday she gives a walking tour of Chinatown ("Behind every great meal is a great shopper"), followed by lunch at a top Chinese restaurant. Students, who arrange their own travel and lodgings, have afternoons and evenings free to explore the city. Mistress of many cuisines, Lee is perhaps best known as a pioneer of fusion cooking, which unites the techniques and ingredients of East and West. Her emphasis: flavor and healthfulness. In class, she's a 5-ft., 2-in. powerhouse of instruction, demonstration and tips: "To keep food from sticking, always heat the wok before you add the oil," "Don't answer the phone while you're measuring." Class size is limited to 10

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