



Charles Ostergren, world-class chef

Returns again for

Minerva's TENTH Annual Gourmet Weekend

October 25-27, 2019

(Limited to 10 guests: Deadline for reservations: October 1)

So what happens at Minerva's Gourmet Weekend?

First of all—we *eat* well:

- **Friday evening: Emma's homemade soups whenever you arrive**
- **Saturday morning: Minerva's traditional yummy breakfasts augmented with**
- **A cheese demonstration which involves tasting**
- **Gourmet cheeses, accompanied by information about the birth, care, and enjoyment of well-bred cheese by KayCee Byrd, LBI's own "Cheese Lady", proprietor of Surf City's Cheese Shoppe**

Second, we *think and talk about food*.

- **We exchange ideas and listen to experts discuss the ever-changing theories of what's "good for us", how researchers have arrived at those theories, and how to choose and procure "good" food. Back again this year, **certified dietitian Ali Huber** will share her wisdom about how to deploy food to optimize your body's use of it.**

Third, we *enjoy a chef-magician at work*:

- **Saturday evening supper: we watch Charles use—and talk to us about-- local ingredients while constructing our supper before our very eyes in Minerva's cosy kitchen.**
-

Fourth, between times, guests soak up the ambience of LBI and the ocean....How bad can *this* be? (And, **upon advance request, on-site massages are available.*)**

Sunday, after another scrumptious Minerva breakfast, guests return home with a happy belly, a souvenir, some new recipes, some left-over cheese, some stimulating reading about food and nutrition, some memories of good conversation, and some renewed energy to start the week....

Guests are especially happy that the *skinny little all-inclusive price for the weekend is only \$260/person; n (\$210 double occupancy; \$180/person triple)*. (*Massage is additional \$75)

**Minerva's by the Sea, 13 West Seventh Street, Barnegat Light NJ 08006
609-494-1000**