



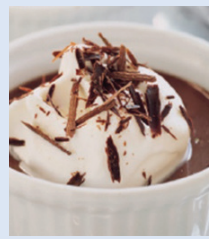
## COOKING SHOWS

Your America's Test Kitchen Host will share culinary tips, recipes and delicious samples in these live 45-minute cooking demonstrations. Designed exclusively for Holland America Line, these culinary shows are featured on all ships but the cooking demonstrations will vary depending on your itinerary.



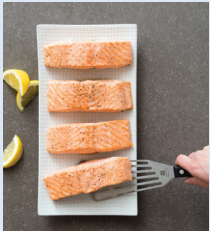
### MEATLESS MONDAY MEALS

Get to know some protein-packed legumes, grains and tofu to make a delicious, satisfying dinner on any given weeknight.



### WE LOVE CHOCOLATE

After a primer on chocolate, watch us make the world's best chocolate pots de crème and the chewiest brownies on the planet.



### EVERYTHING SALMON

Learn to buy, store, prepare and cook everyone's favorite fish. We'll share recipes for poached and oven-roasted salmon.



### GETTING TO KNOW CHILES

Explore chipotles, anchos, jalapeños, serranos and more (not all are hot!) and add some chile recipes to your repertoire.



### FLAVORS OF THE MEDITERRANEAN

We'll demystify olive oil and discuss the best ways to use it, then make tapenade, vinaigrette and a garlicky pasta.



### SALAD FOR DINNER

We'll show you the right way to mix salad greens and pan-sear chicken breasts to make two knockout main-course salads.



### NEW ITALIAN FAVORITES

After an overview of real Parmigiano-Reggiano and prosciutto di Parma, we'll make tagliatelle with prosciutto and peas.



### ASIAN DUMPLINGS

Want to make delicious dim sum at home? Learn about wrappers, fillings and we'll demonstrate two cooking methods.



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## COOKING SHOWS



### STEAKHOUSE DINNER

There's nothing like a perfectly cooked steak, we'll show you how to execute a delicious, balanced meal for two to make any night a special occasion.



### LUNCH FOR A RAINY DAY

This isn't the simple grilled cheese sandwich of your youth: our sophisticated take on the classic is all grown up.



### SOUTHERN SNACKING

We'll make buttermilk drop biscuits with creamy pimento cheese. After, we'll fry a side of dill pickles to dip in homemade Ranch dressing.



### TAPAS PARTY

Learn how to make Spain's most recognizable tapa, tortilla, with aioli and a sizzling Spanish-style shrimp. Then we'll share tips for concocting the perfect batch of Sangria.



### BLUE RIBBON BREAKFASTS

Put away the oatmeal, we'll upgrade breakfast with a souffle-like omelet with asparagus and smoked salmon filling. Then indulge your sweet tooth with tender blueberry pancakes.



### BEYOND PASTA

Expand your repertoire by learning to make your own gnocchi. Then we'll whip up some creamy Parmesan polenta topped with a saute of cherry tomatoes and fresh mozzarella.



### SWEET & FRUITY DESSERTS

The naturally sweet, tart flavors of apples and raspberries take center stage in two knockout desserts: apple crisp and cheese blintzes with raspberry sauce.



### DINNER CLASSICS

Learn our secrets for perfect chicken marsala, rice pilaf, and warm chocolate fudge cakes to make an elegant meal for two.



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## COOKING SHOWS



### MEDITERRANEAN MEDLEY

This easy weeknight meal is a medley of dishes from the Mediterranean, including creamy, restaurant-style hummus and tender lamb meatballs with couscous and yogurt sauce.



### SERIOUS TACOS

Elevate your tacos with two new recipes: shredded chicken tacos braised in a deeply-flavored sauce of chiles, tomatoes, and spices; and easy (and crispy) shrimp tacos.



### MAKE YOUR OWN TAKEOUT

Forget about ordering takeout favorites like pad thai and scallion pancakes. Learn how to make your own authentic versions at home with test kitchen tips



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