



# Vandy Cooks

## “Duo Chefs ‘Take On’ Ancient Grains”

Friday April 15, 12 –1PM



**Vanderbilt Recreation and Wellness Center  
Demonstration Kitchen**

Join Chef Brian Hancock, Chef of McGugin, and Sous Chef Austin Irvin as they share culinary expertise to create masterful dishes using ancient grains. Learn techniques for preparing various grains and successful tips for enhancing their flavors at this Vandy Cooks.



**Samples and recipes provided to all attendees.**

**This event is free to attend. Registration is not required.**

 Vanderbilt Recreation and Wellness Center  
 @VandyRec  
[www.vanderbilt.com/recreationandwellnesscenter](http://www.vanderbilt.com/recreationandwellnesscenter)

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