SAN DIEGO, CA, September 21, 2013 /**24-7PressRelease**/ -- Grace Abdo, Chef and Founder of La Reine des Macarons (in French, "The Queen of Macarons") has been invited by Executive Chef Bernard Guillas of the Marine Room to feature her gourmet, gluten-free food delicacy at a "Rising Star" cooking class series hosted by Macy's Home Store in Mission Valley mall located at 1555 Camino del la Reina in San Diego on Saturday, December 28, 2013, beginning at 12:00 noon; 15 minute arrival time prior to the event is advised to secure a seat. In her "French Macarons on the Spice Trail" cooking class, Chef Grace will demonstrate how to make authentic French macarons utilizing exotic flavors and pure spices known to have originated from the historic spice trail dating back to the 15th Century.

Chef Grace will be integrating curry and cinnamon into two savory macaron recipes: Fresh Hummus with Black Kalamata Olives, Feta Cheese and Curry and Caramelized and Sun Dried Tomatoes with Parmesan Cheese and Cinnamon. Chef Grace explains, "The spice trail refers to the trade between ancient civilizations in Asia, Northeast Africa, Mexico, and Europe. During the 15th Century, only six spices were known: pepper, cloves, nutmeg, cinnamon, saffron and vanilla. In fact, by the end of the 15th Century, spices had the highest monetary value of all currency, and large debts were paid in pepper because it was so rare. Initially, it was the Portuguese that discovered their value, then these spices were sold around the world and to the Roman Empire by Arab traders. Adding pure spices to food was the ultimate symbol of wealth and sophistication, and people were willing to pay anything to get hold of them. I think it is time for a Spice Revival, and what better place to start than with artisan French Macarons?" Chef Grace Abdo is a Registered Clinical Dietitian and Food Consultant, who graduated from the Paul Bocuse Institute in France where she learned the fine art of making artisan French macarons. The macaron is an almond and meringue-based, sandwich-style confection that is filled with a variety of fillings that may be either savory or sweet. Chef Grace is particularly noted for incorporating unique flavor combinations into her macarons, utilizing only the freshest herbs, flowers, spices and local ingredients. Elegant gift boxes of savory and sweet French macarons from La Reine des Macarons will be available for purchase at the end of the class. Cash, check, and credit cards are welcome.

Advance reservations to the Macy's cooking class are not available and admission is on a first come, first served basis with limited seating for 100 guests. Entrance fee to the class is a $5.00 cash donation, which benefits the San Diego Food Bank. Chef Bernard will assist Chef Grace with her presentation and she will provide samples for all participants. For additional information, visit http://www.lareinedesmacarons.com, email grace@lareinedesmacarons or call (858) 243-4570.