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Be Better Guys and PS 7's Restaurant Presents a Series of Guy-Friendly Cooking Classes

Chef Peter Smith of PS 7's Restaurant teams up with the guys of [Be Better Guys](#) to present a series of guy-friendly cooking classes designed to give guys an edge in the kitchen starting Saturday, June 21 at 12 PM.

A man's gotta eat, and dining on takeout every night adds up. Become confident in the kitchen when cooking for yourself or company, particularly since everyone knows a woman loves a guy who can cook. Chef Peter Smith of PS 7's Restaurant has teamed up with Be Better Guys.com to present a series of guy-friendly cooking classes designed to give men a basic set of kitchen skills in an interesting, interactive arena.

Beginning Saturday, June 21, PS 7's will host a series of three cooking classes in which Chef Peter Smith will lead hands-on cooking classes inside the PS 7's kitchen teaching men basic kitchen skills, fun cooking techniques and innovative recipes. After each cooking class, guests will be treated to a quick lesson in mixology and a three-course lunch. The classes are on Saturday, June 21, July 12, and September 13, 2008

June 21: Playing with Fire

Cooking with live fire does not always have to result in a visit to the emergency room. In this class, Chef Peter Smith will demonstrate creative techniques of grilling and fire roasting. The mixology portion of this class will feature a preparation demonstration of favorite flambéed cocktails.

The classes will start at 12 noon and will last approximately three hours. Reservations are required and may be made by calling PS 7's Restaurant at 202.742.8550. Each class is \$75 and includes an interactive cooking class, a mixology lesson, a three-course lunch and recipe cards for each dish.

For reservations, please call 202.742.8550

About Be Better Guys.com

BeBetterGuys.com is an online publication published by founders Brian Joyner and David Boris. BBG is a one stop place for men to find out about all the things Dad didn't teach, spiced up with some things every girl wished men knew. Covering the fundamentals of men's clothing, grooming, and lifestyle, with tips on entertaining and simply how to be, Be Better Guys is a practical guide written in regular guy-speak from a couple of fellas who learned the hard way.