

Wounded Warriors Stir It Up!

DALLAS, June 15, 2016 /[PRNewswire-USNewswire](#)/ -- They sliced, diced, broiled, and baked. Some veterans learned to do it all at a recent Wounded Warrior Project® (WWP) cooking class in Dallas and Fort Worth, Texas. "It was cool and original," says retired U.S. Navy veteran Anthony Semprun. "I don't really know my way around the kitchen, but I want to cook with my wife, and this was the perfect opportunity to learn."

It was a date night for couples and some master chefs were on hand to help everyone hone their culinary skills.

The two-night event had couples cooking up a storm. The first night's menu included: heirloom tomatoes with bacon; Maytag blue and basil; grilled steaks with whiskey butter; lemon and herb grilled lobster tails; and chocolate chip pie with ice cream. The second night's menu: shrimp cocktail; a wedge salad; steak Diane; creamed spinach; and New York cheesecake.

The couples did not compete – they just had a good time making something delicious. "I thought you just threw things together," says Anthony, "but it's not like that. Cooking is... well, it's all in the prep. I also learned about cutting, knives, portion control, and that the French know more about cooking than anyone."

They say the way to a man's heart is through his stomach, but the students learned the most important thing – cooking brings couples together. "My wife and I had a fantastic time," says Anthony.

After cooking as couples, they all ate as friends. For just a little while, they recaptured the spirit of military closeness missing in their daily lives.

Anthony says he appreciates WWP hosting these types of events. "WWP has always come through for me and my family. Since I'm medically discharged, getting out of the house is like a vacation."

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit <https://www.woundedwarriorproject.org/>.

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