



COIOP
Culinary Learning Center
April Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 <i>Ferments, Ferments, Ferments 10 to 11:30 a.m.</i>
2	3	4 <i>Lunch 'n' Learn: Profiteroles— Appetizers and Desserts 11:30 a.m. to 12:30 p.m.</i>	5 <i>Homesteading 101: Condiments 5:30 to 7:30 p.m.</i>	6 <i>Classic Fish and Chips (and beer) 5:30 to 7:30 p.m.</i>	7	8 <i>Food as Fuel 1 to 3 p.m.</i>
9	10	11 <i>Lunch 'n' Learn: Pasta Sauce 101 11:30 a.m. to 12:30 p.m.</i>	12 <i>Buddha Bowls 11 a.m. to 1 p.m.</i>	13	14 <i>Easter Brunch 11 a.m. to 1 p.m.</i> <i>UFO Night 5:30 to 7:30 p.m.</i>	15
16	17 <i>Spring Break: Jr. Chef 2 Day Intensive 9 a.m. to 3 p.m.</i>	18 <i>Spring Break: Jr. Chef 2 Day Intensive 9 a.m. to 3 p.m.</i>	19	20 <i>Salad Daze 11 a.m. to 1 p.m.</i> <i>It's Easy Being Green 4 to 6 p.m.</i>	21	22
23 <hr/> 30	24 <i>Lasagna Night 5:30 to 7:30 p.m.</i>	25 <i>Lunch 'n' Learn: Shrimp in Chipotle Sauce 11:30 a.m. to 12:30 p.m.</i>	26	27	28	29 <i>The Science of Honey 1 to 3 p.m.</i>

Click Here to Register Online
Or Call 603-643-2667

FERMENTS, FERMENTS, FERMENTS 🍷 🌿

For tens of thousands of years, our ancestors ate fermented foods almost every day. We are now coming to realize that the probiotics and other microorganisms present in these dishes are necessary for the health of our gut biome. Some fermented foods are complicated to make and take a long time to process. But a fruit kvass can be put together in under three minutes, a beet one in about five, and fermented mayonnaise and ketchup can be made in ten or fifteen minutes each. Come and learn how with Celeste Longacre, author of "Celeste's Garden Delights." Samples will be provided so that you can taste how delicious these healthy and vital foods are.

Saturday, April 1, 10 to 11:30 a.m.

Instructor: Celeste Longacre

Cost: \$25 Member; \$40 Non-member

LUNCH 'N' LEARN: PROFITEROLES— 🍷 🌿 APPEITIZERS AND DESSERTS

Spend an hour with Co-op Food Educator Lindsay Smith as she shows you how easy it is to make this pastry dough, which we will then turn into a savory appetizer called a gougères or the delicate dessert we call cream puffs. Watch. Learn. Lunch!

Tuesday, April 4, 11:30 a.m. to 12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

HOMESTEADING 101: MAKE YOUR OWN CONDIMENTS 🍷 🌿

In this fun and interactive class we will explore crafting (and using) condiments, including: classic aioli and mayonnaise, the basic vinaigrette (and the endless variations), steak sauce, and even a tomato or garlic confit. Students will leave with a great base knowledge of how easy it is to make your own condiments at home with a little time and right ingredients!

Wednesday, April 5, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$40 Non-member

CLASSIC FISH AND CHIPS 🍷 🌿

Classic fish and chips are a British institution and a go-to Friday night staple during the 40 long days of lent. Even though it is only Thursday, we are going to explore how to make this dish perfectly at home. No more pre-breaded fish sticks for you! Tasting portions and of course paired with a perfect English Ale.

Thursday, April 6, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$35 Member; \$50 Non-member

FOOD AS FUEL 🍷 🌿

Spring is almost here and so are fresh herbs and outdoor fun! Join guest instructor and ultra-endurance athlete Heath Gosselin as he teaches how to use beneficial herbs and foods to fuel the body. Whether you are just starting to explore a healthier lifestyle, or are a seasoned athlete, this class has something for everyone.

Saturday, April 8, 1 to 3 p.m.

Instructor: Heath Gosselin

Cost: \$25 Member; \$40 Non-member

LUNCH 'N' LEARN: PASTA SAUCE 101 🍷 🌿

Spend an hour with Co-op Food Educator Lindsay Smith as she shows you how to make several quick pasta sauces and a few secrets to finish your dishes like a professional! Watch. Learn. Lunch!

Tuesday, April 11, 11:30 a.m. to 12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

BUDDHA BOWLS 🍷 🌿

Your new favorite one-dish meal—the Buddha Bowl. Easy to make ahead. Perfect for lunch, simple dinner, or even breakfast. We start with a grain base, add vegetables, top it off with a delicious sauce, and discuss potentials for protein. Each student will get to make his or her own unique Buddha bowl for lunch and take away lots of ideas for the future!

Wednesday, April 12, 11 a.m. to 1 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$40 Non-member

EASTER BRUNCH 🍷 🌿

New ideas on some traditional favorites to wake up your Easter Brunch! Glazed bacon, crème brûlée French toast, green strata with goat cheese and herbs, and even a refreshing non-alcoholic drink for all your guests to enjoy!

Friday, April 14, 11 a.m. to 1 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$40 Non-member

UFO NIGHT 🍷 🌿

A flavor adventure with UFO—the new look, the new flavors, and all the FUN! Are you ready to discover what UFO is all about? The UFO beers are perfect to cook with, to create cocktails with, and to bring outside with you on boats, hikes, etc. We'll help you get a kick start to summer! We'll sample UFO beers, UFO inspired cocktails, UFO inspired treats and snacks, all the new packaging and products, and maybe even bring out a guest appearance from a certain summer favorite from the Harpoon Brewery product line. (Camp Wannamango anyone?!) We promise to deliver refreshing adventures. Departing daily.

Friday, April 14, 5:30 to 7:30 p.m.

Instructors: Marly Thompson, Ryan Thompson and Lindsay Smith

Cost: \$25 Member; \$40 Non-member

SPRING BREAK: JR CHEF TWO-DAY INTENSIVE

This two-day intensive class for teens is an introduction to essential kitchen skills and fundamentals of cooking. Teens will work together to learn techniques including grilling and searing, creating luscious sauces, making pizza and pasta from scratch, and making a perfect chocolate soufflé. We will also cover the basics of proper knife handling, how to read and follow recipes, shopping for food, and the importance of kitchen safety. These two days will be packed with information!

Monday, April 17, 9 a.m. to 3 p.m. and

Tuesday, April 18, 9 a.m. to 3 p.m.

Instructor: Lindsay Smith

Cost: \$100 Member and Non-member

SALAD DAZE 🍷 🌿

Guest chef Michael Perlov is back this month to help launch us into spring with fun and tasty salads. Menu includes the classic Caesar, a grilled chicken salad with grapes and walnuts, a Tuscan seafood salad, antipasto salad, classic pasta salad, AND a banana curry salad! Served along with Michael's great wit, this is a class not to be missed!

Thursday, April 20, 11 a.m. to 1 p.m.

Instructor: Michael Perlov

Cost: \$25 Member; \$40 Non-member

IT'S EASY BEING GREEN 🍷 🌿

Whether it's household cleaners or food, packaging and wasted products can all contribute to our carbon footprint. In this class, learn tips and tricks for greener living from the Co-op's Nutrition Specialist and leave knowing how to make a difference! The class will cover recipes that utilize all parts of fruits and vegetables as well as strategies for cleaning and living with the environment in mind. Light refreshments will be served.

Thursday, April 20, 4 to 6 p.m.

Instructor: Hannah Brilling

Cost: Free

LASAGNA NIGHT 🍷 🌿

In this hand-on class we will be making all the parts for an amazing lasagna from scratch: the pasta, the ricotta cheese, and the tomato sauce (vegetarian with option of adding meat). Each student/pair will get to take home an 8x8 pan of lasagna to finish cooking at home. This class is limited to 6 individuals or pairs. Lite snacks will be available.

Monday, April 24, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$35 Individual; \$50 Pair (Member and Non-member)

LUNCH 'N' LEARN: SHRIMP IN CHIPOTLE SAUCE 🍷 🌿

Spend an hour with Co-op Food Educator Lindsay Smith as she shows you how to make this bold and flavorful dish. Learn the secrets to perfectly cooked shrimp in sauce. This is an easy dish to eat over rice, or even better as tacos! Watch. Learn. Lunch!

Tuesday, April 25, 11:30 a.m. to 12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

THE SCIENCE OF HONEY 🍷 🌿

Ever wonder how honey acts differently than granulated sugar in a recipe? In this class we will talk about the science behind honey, what kinds to buy, and how to use them in both a sweet (honey lemon bars) and savory (grilled boneless pork chops) recipe.

Saturday, April 29, 1 to 3 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$40 Non-member



Hands-on Class



Demonstration Class

Vegetarian Option



Wine Pairing



Beer Pairing

Click Here to Register Online
Or Call 603-643-2667