



**CO:OP**  
**Culinary Learning Center**



**Fall  
2018  
Classes**

**Nourish. Cultivate. Cooperate.**

# Sign Up for Classes



## Online

CLICK HERE TO REGISTER ONLINE  
[WWW.COOPFOODSTORE.COOP/CLASSES](http://WWW.COOPFOODSTORE.COOP/CLASSES)



## Phone

CALL 603-643-2667  
7 A.M.- 8 P.M.



## In stores

HANOVER, LEBANON, OR  
WHITE RIVER JCT. SERVICE DESKS

## Please Note:

- Come to class prepared to learn and eat! All classes include extensive samples or a meal.
- Class reminders will be sent by email 24 hours prior to class.
- Payment is expected at the time of registration to confirm your place in the class.
- Refunds will be given in full if we cancel a class or if you cancel your registration at least two days before class.
- Member discount applies to fully vested Co-op Members who have at least 10 shares.

## Class Legend



### HANDS-ON

Participants will take an active roll in cooking a meal that will be shared by the whole class.



### DEMO

Participants will watch a guided demonstration of cooking techniques and skills and then enjoy the meal prepared.



### VEGETARIAN OPTION

One or more recipe prepared in these classes is vegetarian.



### WINE SAMPLING

A wine sample will be served with the meal.



### BEER SAMPLING

A beer sample will be served with the meal.

**“NO ONE  
IS BORN A  
GREAT  
COOK,  
ONE LEARNS  
BY DOING”**

—JULIA CHILD

# From Guest Instructors

The Co-op is honored to work with great local chefs and instructors from the Upper Valley.

## ROSH HASHANA: V JEWISH NEW YEAR

Rosh Hashana starts sundown Sunday, September 9. Let's enjoy using some of my favorite fall ingredients the freshest local apples, honey, vegetables, and round challahs! Be an active participant creating both traditional and modern Israeli recipes, that are delicious.

Thursday, September 6  
5:30-7:30 p.m.

Instructor: Gloria Finkelstein  
Cost: \$20 Member; \$40 Non-member

## BEAUJOLAIS FESTIVAL V

Every year, on the third week of November, the Beaujolais Nouveau is released. This is an authentic French tradition celebrated around the globe. The Co-op and Madam G invite you to join us in celebrating the first grape harvest of the season!

Tuesday, November 27  
5:30-7:30 p.m.

Instructor: Gloria Finkelstein  
Cost: \$20 Member; \$40 Non-member

## DINING WITH CHEF MARTIN

Join Chef Martin Murphy of Ariana's for a special night of learning from this local favorite chef. Chef Martin has been in the restaurant business for over 30 years and has a passion for using fresh, seasonal ingredients. He works closely with local farms and producers of high-quality vegetables, cheese and meats in creating his unique offerings. In these classes, Chef will take you on a culinary exploration as he shares his technical skills and knowledge along with his love of seasonal ingredients. Book now—his classes are not ones to miss!

Fall Dining  
Wednesday, September 19  
5:30-7:30 p.m.

Holiday Dining  
Wednesday, November 14  
5:30-7:30 p.m.

Instructor: Chef Martin Murphy  
Cost: \$25 Member; \$50 Non-member

## CREATING A HEALTHY V RELATIONSHIP WITH FOOD

So often we rush through our meals hardly noticing what, how much, and how quickly we are consuming what is in front of us. This class is designed to bring awareness to our body's needs and to make choices that honor and nourish it. Together we will prepare a grounding and energizing lunch from local, seasonal vegetables and grains, that all of our senses will delight in. Sitting together to eat, we will practice mindfully enjoying our meal through breathing exercises, journaling, and optional sharing. We are offering three opportunities to participate with a 10% discount if you sign-up for all three sessions.

Saturdays, September 22, October 27,  
and November 24, 11 a.m.-1 p.m.  
Instructor: Francine McColgan  
Cost: \$20 Member; \$40 Non-member  
(10% discount for all three sessions)

## GERMAN IMMERSION LANGUAGE AND COOKING

Strudel, apfelkuchen und kaiserschmarrn schmecken lecker! Have you always wanted to read your German aunt's recipes or make your Austrian grandmother's Salzburger Nockerl? Improve your German culinary and kitchen vocabulary, practice every day meal expressions auf Deutsch while working through authentic German, Austrian and Swiss recipes-- from Pflaumenkuchen to Kartoffelsalat to Sauerbraten and Bienenstichkuchen. Our hope is to give you the confidence to make your way through a German recipe at the end of our six weeks together!

Sundays, October 7-November 11  
(6-week course), 5:30-7:30 p.m.  
Instructors: Francine McColgan and  
Evelyn Lechner  
Cost: \$150 Members and Non-members

## Special Events this Fall

## EVENING WITH PERFECTA WINE

Join us for a special evening with Perfecta Wine as we explore the taste of high altitude Argentina. Situated 4,000 feet in elevation at the foothills of the Andes mountains, Domaine Bousquet is the most awarded organic winery worldwide. Originally wine makers in France, the Bousquet family moved to Argentina in the late 1990s where they found the perfect marriage of Argentine terroir and French know-how. Hand-picked, hand-selected organic fruit receive the gentlest treatment possible, with minimal handling and intervention to create truly naturally elegant wines. Wine will be presented by Mika DiGesú, the Northeast Sales Associate for Domaine Bousquet Winery. She is a New Hampshire native and is currently enrolled in her Level 3 Certification through the Wine and Spirits Education Trust. Food pairings will be provided by Co-op Food Educator Lindsay Smith.

Thursday, September 20, 5:30-7:30 p.m.  
Instructors: Mika DiGesú and Lindsay Smith  
Cost: \$35 Member; \$50 Non-member

## THE PERFECT MATCH: ALLAGASH BREWING COMPANY AND JASPER HILL FARM

What happens when an innovative and acclaimed Maine brewery hooks-up with one of the country's leading cheese producers? A fantastic and tasty evening for you! The Co-op is happy to present these two New England favorites together for this special event.

Thursday, October 18, 5:30-7:30 p.m.  
Instructors: Ben Kinne of Allagash and Zoe Brickley of Jasper Hill  
Cost: \$20 Member; \$40 Non-member

## COOKING TO LIVE HEALTHY AND LONGER—THE BLUE ZONE V ISLAND OF IKARIA

The small Greek island of Ikaria is known as a "Blue Zone", or one of the healthiest places on earth. Blue Zones are areas which have the highest concentrations of centenarians. The Co-op is honored to welcome special guests, George and Eleni Karimalis, from Ikaria, where they run a holistic farm and farm stay accommodation with a restaurant. This class will focus on the healthy cooking of Ikaria. Most of the recipes will be vegan and vegetarian, focusing on preparing foods like legumes, vegetables and nuts. Also pies from whole grain flour and greens or sourdough bread. It will cover not only main dishes but also dips, cookies and ideas for healthy breakfast. There are two opportunities to take this very special class, sign up today- space is limited!

Tuesday, November 6, 10 a.m.-2 p.m. or  
Wednesday, November 7, 3-7 p.m.  
Instructors: George and Eleni Karimalis  
Cost: \$125 Members and Non-members

## GREAT NORTH ALEWORKS AND NEW HAMPSHIRE FOOD BANK

Join us for a special evening with Chefs Jayson McCarter and Paul Morrison as they demonstrate cooking four different dishes using Great North Aleworks beer as an inspiration. Chef McCarter has over 30 years of culinary experience including serving two US presidents as part of The Presidential Food Service team. Chef also instructs the award winning program "Recipe for Success" at the New Hampshire Food Bank, a culinary course designed to give unemployed adults a new skill and a leg up in the employment market place. Chef Morrison also has over 30 years of experience and a long distinguished career in the culinary arts, and is currently the Production Chef at the New Hampshire Food Bank - producing over 300 meals a week! This special event is a fund raiser with proceeds benefiting the New Hampshire Food Bank. Please see the website for a sample menu.

Thursday, November 15, 5:30-7:30 p.m.  
Instructors: Chef McCarter and Chef Morrison  
Cost: \$25 Members; \$50 Non-members

# Simply in Season

*One of the easiest ways to eat healthy is to eat locally and seasonally.*

## APPLES, APPLES, APPLES

It's apple season! We are lucky at the Co-op to get some of the best and most unique that New England has to offer. In true Co-op cooking class style, in this class we will explore new ways to cook with apples—both savory and sweet.

*Tuesday, September 25, 5:30-7:30 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## INDIGENOUS PEOPLES' DAY

Did you know there are 567 different federally recognized Native American tribes in the U.S.? Join Co-op Food Educator, Lindsay Smith, this Columbus Day in celebrating our Native American heritage. We will learn about the three-sisters planting system, and make some iconic dishes (and learn their histories) including Lindsay's favorite—Navajo fry bread.

*Monday, October 8, 5:30-7:30 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## PUMPKIN AND SQUASH

Pumpkins are more than for carving and pies! What are all those different funny looking squashes? In this demo class we will explore both sweet and savory recipes that celebrate these fall staples! Come ready to discover all the hidden potential under those tough exteriors.

*Monday, November 12, 5:30-7:30 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## Do it Yourself

*Interactive classes where you get to make delicious dishes yourself!*

### PIEROGIS

In the battle of best dumpling on earth, the pierogi might just be the champion. These Polish pillows are usually filled with cheese, potatoes, sauerkraut, mushrooms, meat, or fruit. They're endlessly versatile and seriously comforting. Making your own pierogis is easier than you might expect. The fun part comes in when you start playing around with different filling combinations, the possibilities of which are endless. In this class we will make our own pierogis and experiment with three different fillings.

*Friday, September 21, 5-8 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

### HERBAL CREATIONS: PREPARING FOR WINTER

Welcome to an exploration of homemade herbal remedies. In this class we will discover various methods to use herbs, flowers, vinegars, extracts, and oils to make your own herbal first-aid kit such as homemade fire-tonic, teas, and even a healing salve. We will talk about best practices and how to choose and source high quality ingredients. Each student will leave with a few small samples of our creations.

*Sunday, October 28, 11 a.m.-2 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## Everyday Cooking & Techniques

*Focus on culinary skills, understand how food works, use tools of the kitchen, and freshen up your recipe box!*

### KNIFE SKILLS 101

Slice, dice, and mince like a chef! Learn basic knife-handling skills that will build your confidence and make you feel like a pro, all while making a tasty seasonal dish. Sharpen your skills with your own knife from home, or use one of ours.

*Friday, September 14, 11 a.m.-1:30 p.m.*

*Thursday, October 4, 5:30-8 p.m.*

*Sunday, November 4, 11:30 a.m.-2 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

### KNIFE SKILLS 201

You asked, so here it is! The next steps in becoming a better home chef. In this second course of knife skills we will learn how to break down and debone a chicken thigh, practice and expand our chef knife skills (learned from KS 101), and learn how to expertly wield a paring knife. By the end of class, we should have a meal to share or take home.

*Wednesday, September 26, 11 a.m.-1:30 p.m.*

*Tuesday, October 30, 5:30-8 p.m.*

*Sunday, November 18, 12-2:30 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

### COOKING ESSENTIALS

Learning how to cook is a lifelong process that is rewarding and challenging! Our series, cooking essentials, will explore the cooking basics of the professionals and instill the right foundational knowledge for you along your journey! In class, we will work together as a team to really examine each topic. Take one, take them all. This series is great for novices and experienced cooks alike. Please see website for more details on each class.

*Everything Grains*

*Monday, September 10, 5:30-8 p.m.*

*Potatoes*

*Thursday, October 11, 5:30-8 p.m.*

*The Spice Drawer*

*Tuesday, November 13, 5:30-8 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

### COOKING FOR TWO

There is more to cooking for two than just cutting a recipe in half. In this demo class we will explore some tested recipes that have some creative approaches to everyday weeknight cooking for two. We will also talk about what kitchen gadgets can make smaller cooking easier. There are TWO opportunities to take this class!

*Thursday, October 11, 11 a.m.-1 p.m.*

*Wednesday, November 28, 5:30-7:30 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## Co-op Dinner Club

*A unique dining and learning experience. A full meal, wine pairing, and a bit of learning along the way. Participants 21 years and older, limited seating.*

### OKTOBERFEST

In Munich, Germany, Oktoberfest is already in full-swing! So we will join the party state-side with a celebration of German foods and of course beer. Snack on fresh pretzel bites and sausages while you make schnitzel in creamy mushroom sauce with fresh spaetzle dumplings. Maybe a green salad, and of course a good German chocolate and cherry dessert.

*Thursday, September 27, 5:30-8 p.m.*

Instructor: Lindsay Smith

Cost: \$25 Member; \$50 Non-member

### ALL HALLOWS EVE

Some believe that All Hallows Eve traditions stemmed from Celtic harvest festivals, especially Samhain—a Gaelic festival which celebrates the end of the harvest season. Others think it is Christian in origin, as part of a three day celebration honoring the saints and recently departed. For this fun cooking club night, we will create a feast worthy of honoring both the harvest and the

departed. Menu will include appetizers, stuffed pumpkins, and even soul cakes. No tricks, this is a class full of treats. Costumes encouraged!

*Wednesday, October 31, 5:30-8 p.m.*

Instructor: Lindsay Smith

Cost: \$25 Member; \$50 Non-member

### BEEF WELLINGTON

Back by popular demand! But this time, Co-op dinner clubbers get to make their own individual Wellies! Buttery-soft beef tenderloin, encased in a duxelle of wild mushrooms, wrapped inside thin prosciutto, swathed in a golden puff pastry crust—what is not to love? And while they are in the oven cooking we will explore the perfect sides—like a demi-glaze sauce, muffin-tin potato stacks and a perfect salad. Wine and appetizers will round out the meal.

*Friday, November 9, 5:30-8 p.m.*

Instructor: Lindsay Smith

Cost: \$40 Member; \$50 Non-member

## Lunch 'n' Learn Series

Watch. Lunch. Learn! All classes are \$10 (Members), \$15 (Non-members)

### THAI STEAK SALAD

This dish hits all the right flavor notes—sweet, salty, spicy, sour, and umami. Plus, it has steak. And it's a salad. And it's easy to make.

*Tuesday, September 18*

*11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

### CHICKEN CHEDDAR BISCUIT

If you haven't had a proper chicken cheddar biscuit, you haven't lived. Or you haven't been to North Carolina. But no worries, all of that is about to change. In one-hour we will show you the 'Carolina way. And you will forever be changed.

*Thursday, September 27*

*11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

### OKTOBERFEST FOR LUNCH V

Quick chicken schnitzel, a sweet 'n' sour kraut, and even an apple and bacon potato salad—all in under an hour. Yummm.

*Thursday, October 4*

*11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

### TACO SALAD

Okay, everyone knows how to make a taco salad—but do you know how to make that crunchy taco shell? We will do that and put together the ultimate taco salad, perfect for a fall lunch!

*Wednesday, October 10*

*11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

### SAVORY CREPES V

Crepes are not just for breakfast. Learn how to whip together savory crepes in not time at all and have an impressive meal you can make in a pinch.

*Tuesday, November 20*

*11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

### CHICKEN PHO

Pronounced "Fa" this quick version of the popular Vietnamese noodle soup is good for all that ails you and simply soothing for your soul.

*Wednesday, November 28*

*11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

## Co-op Kids Classes

A fun cooking experience, with classes for kids of all ages.

### READ IT 'N' EAT IT

Co-op kids ages 3 to 8 are invited to join us for this free class series. We'll start by reading a book, and then make a recipe inspired by the book. Each session is one hour. Parents are more than welcome to attend with their child. Registration is required as space is limited.

*A Gypsies Tale, by Ethel Pochocki*

*Saturday, September 15, 10-11 a.m.*

*Strega Nona by Tomie de Paola*

*Saturday, October 20, 10-11 a.m.*

*Giving Thanks: A Native American Good Morning Message*

*by Chief Jake Swamps*

*Saturday, November 17, 10-11 a.m.*

Instructor: Alicia Barrows

Cost: Free

### AFTER-SCHOOL JR. CHEF

#### COOKING CLUB

Did you know that teaching kids to cook increases the likelihood that they will be healthier as an adult? Our after-school cooking club does just that! Each week we will learn new basic cooking techniques such as sautéing, roasting, chopping, how to make a sauce, and more. We will focus on using seasonal ingredients and everyone should expect to take home a tasty dish to share.

This club is for kids ages 10-13 who love to cook and want to increase their skills! Students should be able to follow simple directions and work independently as well as with others. Cooking club meets on Mondays from 3:30-5 p.m. and runs through December 17, 2018. Drop by for one, two, three... or take them all!

*Session Dates: September 24, October 1, 15, 22, 29, November 5, 19, 26, December 3, 10, 17*

Instructor: Lindsay Smith

Cost: \$20 per session, Sign up for five or more and pay only \$15 per session!

*\*No after-school club on school holidays (10/8 and 11/12)*

## Classes for the Whole Family

### FAMILY COOK NIGHT V

Come to our kitchen and work together as a family preparing a simple meal. We encourage all to participate (and even take on new responsibilities) in preparing these dishes together. Families are then encouraged to sit down and eat together reflecting on their experience.

#### CHINESE TAKEOUT

We will make some of our takeout favorites like crab rangoon, veggie lo-main, and sweet-n-sour chicken. And of course our own fortune cookies!

*Friday, October 5, 5-7:30 p.m.*

Instructor: Lindsay Smith

\*Cost: \$45 Member; \$65 Non-member

#### ITALIAN "MINI" NIGHT

We will be using muffin tins to make mini-lasagnas or pizzas or both! Complete with Caesar salad, garlic bread, and mini-tiramisu—it will be delicious!

*Friday, November 2, 5-7:30 p.m.*

Instructor: Lindsay Smith

\*Cost: \$60 Member; \$75 Non-member

**\*Note: The Co-op does not define what a family is. For purposes of this class, up to four people are included in this price. Each additional person is \$5.**

## Haven't tried a class yet? No experience is required!

*We provide all of the equipment and ingredients. Our classes are casual and meant to be fun and instructive, for both the cooking enthusiast and the first-timer.*

# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 <i>Rosh Hashana: Jewish New Year 5:30-7:30 p.m.</i>	7	8
9	10 <i>Cooking Essentials: Everything Grains 5:30-8 p.m.</i>	11	12	13	14 <i>Knife Skills 101 11 a.m.-1:30 p.m.</i>	15 <i>Read it 'n' Eat It A Gypsies Tale 10-11 a.m.</i>
16	17	18 <i>Lunch 'n' Learn: Thai Steak Salad 11:30 a.m.-12:30 p.m.</i>	19 <i>Fall Dining with Chef Martin 5:30-7:30 p.m.</i>	20 <i>An Evening with Perfecta Wine 5:30-7:30 p.m.</i>	21 <i>Do It Yourself: Pierogis 5-8 p.m.</i>	22 <i>Creating a Healthy Relationship with Food 11 a.m.-1 p.m.</i>
23 <hr/> 30	24 <i>After-School Cooking Club 3:30-5 p.m.</i>	25 <i>Simply in Season: Apples, Apples, Apples 5:30-7:30 p.m.</i>	26 <i>Knife Skills 201 11 a.m.-1:30 p.m.</i>	27 <i>Lunch 'n' Learn: Chicken Cheddar Biscuit 11:30 a.m.-12:30 p.m.</i>  <i>Co-op Dinner Club: Oktoberfest 5:30-8 p.m.</i>	28	29

# OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>After-School Cooking Club 3:30-5 p.m.</i>	2	3	4 <i>Lunch 'n' Learn: Oktoberfest for Lunch 11:30 a.m.-12:30 p.m.  Knife Skills 101 5:30-8 p.m.</i>	5 <i>Family Cook Night: Chinese Takeout 5-7:30 p.m.</i>	6
7	8 <i>Simply in Season: Indigenous Peoples' Day 5:30-7:30 p.m.</i>	9	10 <i>Lunch 'n' Learn: Taco Salad 11:30 a.m.-12:30 p.m.</i>	11 <i>Cooking for Two 11 a.m.-1 p.m.  Cooking Essentials: Potatoes 5:30-8 p.m.</i>	12	13
14	15 <i>After-School Cooking Club 3:30-5 p.m.</i>	16	17	18 <i>The Perfect Match: Allagash Brewing and Jasper Hill 5:30-7:30 p.m.</i>	19	20 <i>Read It 'n' Eat It Strega Nona 10-11 a.m.</i>
21	22 <i>After-School Cooking Club 3:30-5 p.m.</i>	23	24	25	26	27 <i>Creating a Healthy Relationship with Food 11 a.m.-1 p.m.</i>
28 <i>Herbal Medicine Chest: Preparing for Winter 11 a.m.-2 p.m.</i>	29 <i>After-School Cooking Club 3:30-5 p.m.</i>	30	31 <i>Co-op Dinner Club: All Hallows Eve 5:30-8 p.m.</i>			

# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <i>Family Cook Night: Italian "Mini" Night 5-7:30 p.m.</i>	3
4 <i>Knife Skills 101 11:30-2 p.m.</i>	5 <i>After-School Cooking Club 3:30-5 p.m.</i>	6 <i>Cooking to Live Healthy and Longer: The Blue Zone Island of Ikaria 10 a.m.-2 p.m.</i>	7 <i>Cooking to Live Healthy and Longer: The Blue Zone Island of Ikaria 3-7 p.m.</i>	8	9 <i>Co-op Dinner Club: Beef Wellington 5:30-8 p.m.</i>	10
11	12 <i>Simply in Season: Pumpkin and Squash 5:30-7:30 p.m.</i>	13 <i>Cooking Essentials: The Spice Drawer 5:30-8 p.m.</i>	14 <i>Holiday Dining with Chef Martin 5:30-7:30 p.m.</i>	15 <i>Great North Aleworks and New Hampshire Food Bank 5:30-7:30 p.m.</i>	16	17 <i>Read It 'n' Eat It Giving Thanks: A Native American Good Morning Message 10-11 a.m.</i>
18 <i>Knife Skills 201 12-2:30 p.m.</i>	19 <i>After-School Cooking Club 3:30-5 p.m.</i>	20 <i>Lunch 'n' Learn: Savory Crepes 11:30 a.m.-12:30 p.m.</i>	21	22	23	24 <i>Creating a Healthy Relationship with Food 11 a.m.-1 p.m.</i>
25	26 <i>After-School Cooking Club 3:30-5 p.m.</i>	27 <i>Beaujolais Festival 5:30-7:30 p.m.</i>	28 <i>Lunch 'n' Learn Chicken Pho 11:30 a.m.-12:30 p.m.</i>  <i>Cooking for Two 5:30-7:30 p.m.</i>	29	30	