

Instructors

Brent Battis has worked at some of Hanover's best restaurants with a huge commitment to buying and using local ingredients. Currently, he is the Executive Chef at Murphy's in Hanover, NH. He recently published his first cookbook, *The Easy Gourmet*, a collection of recipes from his professional and personal life.

Daniel McCarthy has worked in the food industry for 30 years. A native of Ireland, he did his culinary school training in England and has worked in restaurants, hotels, and his own catering company, as well as teaching culinary arts for the past four years.

Chef **Keith McCormack** was classically trained at New England Culinary Institute (NECI), earning his AOS in Baking and Pastry followed by his BA in Restaurant Management. After gaining restaurant experience in Boston, he taught baking classes at NECI and for the last two years, has been the sole Regional Demo Chef of NECI, personally traveling all of New England as a one-man-show.

The "Food Dude," Executive Chef **Jason Merrill**, is always searching for the "Worthy Difference" in everything he prepares—something elemental that turns his high-quality, farm-fresh ingredients into a special experience. For him, nothing is more elemental than cooking over a hardwood fire, creating unique flavors you just can't get with gas.

Eli Morse is the Co-op's high-energy director of The Culinary Learning Center. His previous work experience includes chef and line-cook positions at restaurants in California, Massachusetts, Vermont, and Virginia. A '95 graduate of the Culinary Institute of America, he is a natural-born teacher who loves to share his knowledge and enthusiasm for great food.

Martin Murphy has been cooking for thirty years as a professional chef, most recently at Canoe Club and Stella's before he opened Ariana's in Orford, New Hampshire. Seasonal, local, and quality ingredients are offered in a welcoming setting. Sustainable seafood is a passion, as are Mediterranean and Asian cuisines. Martin has appeared as a guest chef at the James Beard House.

Privately Reserved Classes!

Unique opportunities for your own party, event, or corporate stress relief session. We will work with you to craft a program that fits the needs of your group of ten or more. From baby showers to birthdays, or a team-building session on healthy cooking techniques, we look forward to having fun in the kitchen together! Contact Eli Morse for details. emorse@coopfoodstore.com.

Alexis Nelson, an Upper Valley native, gained a love of learning and food from her parents. After a few years indulging in the New York City foodie scene as an editor at EATS Magazine, she returned home to pursue a career in education. She is thrilled at the opportunity to bring together her passions of teaching and culinary culture in the Co-op's teaching kitchen.

Beth Perera is certified in plant-based nutrition by Cornell University and is Vermont's only certified Food For Life cooking instructor. She has conducted cooking demonstrations for over 20 years and thoroughly enjoys teaching quick, easy, healthy techniques.

Michael Perlov is a graduate of the Culinary Institute of America and a seasoned veteran of acclaimed restaurants, including Square One in San Francisco and L'Espalier in Boston. He has traveled extensively around the world, has taught at Johnson and Wales, and has 20 years' experience preparing successful dinner parties in private homes.

Kevin Powell, of Vinilandia, NH Wine Distributors, has been in the hospitality business for over 25 years and has been teaching for the last 15 years. Kevin is passionate about food and wine and has a fun, light-hearted approach to sharing his knowledge with others.

Since Werner and Erika von Trapp purchased the **von Trapp Farm** in 1959, it has been a working dairy. Over the course of three generations, the farm has transitioned to a certified organic dairy and most recently added cheesemaking to the value-added operations.

David Yarrington began as a home brewer, graduated college with a chemistry degree, and worked for a variety of breweries over the years. A graduate of the UC-Davis Master Brewers program, he took over as executive brewer for Smuttynose in 2001.



February

Class Schedule



Come to class prepared to learn and eat! All classes include extensive samples or a meal. Register and pay for the class at either the Hanover or Lebanon Service Desk or by phone at (603) 643-2667.

Payment is expected when you register and confirms your place in the class. You will receive a full refund when the Co-op has to cancel a class, or if you cancel your registration with the Service Desk staff at least two full days in advance.

Please note: Member discount applies to only fully vested Co-op Members who have at least 10 shares.

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Crushed Falafel</i> 11:00 a.m. to 1:00 p.m.	3 <i>Lunch Break! Pho Vietnam Soup</i> 11:30 a.m. to 12:00 noon <i>Potatoes with the Irishman</i> 5:30 to 7:30 p.m.	4 <i>Making Frozen Custard</i> 5:30 to 7:30 p.m.	5 <i>Glorious Stew</i> 11:00 a.m. to 1:00 p.m.	6 <i>Valentine's Wine Dinner</i> 5:30 to 7:30 p.m.	7 <i>Macaroons and Chocolate</i> 11:00 a.m. to 1:00 p.m.
8	9 <i>Chowders</i> 11:00 a.m. to 1:00 p.m.	10 <i>Lunch Break! Tacos</i> 11:30 a.m. to 12:00 noon <i>Mu Shu Pork Tacos</i> 5:30 to 7:30 p.m.	11 <i>Healthy Chocolate for Your Valentine</i> 11:00 a.m. to 1:00 p.m. <i>30-Minute Meals</i> 5:30 to 7:30 p.m.	12 <i>Comfort Food 101</i> 10:00 a.m. to 12:00 noon <i>Valentine's Day with Smuttynose Brewery</i> 5:30 to 7:30 p.m.	13 <i>Valentine's Day Truffle Assortment</i> 5:30 to 7:30 p.m.	14
15	16 <i>Cooking Camp for Kids</i> 9:00 a.m. to 3:30 p.m.	17 <i>Cooking Camp for Kids</i> 9:00 a.m. to 3:30 p.m. <i>Caribbean Cruise</i> 5:30 to 7:30 p.m.	18 <i>Cooking Camp for Kids</i> 9:00 a.m. to 3:30 p.m.	19 <i>Cooking Camp for Kids</i> 9:00 a.m. to 3:30 p.m.	20 <i>Cooking Camp for Kids</i> 9:00 a.m. to 3:30 p.m. <i>Welcome, von Trapp Farmstead Cheese!</i> 5:30 to 7:30 p.m.	21
22	23	24 <i>Lunch Break! Glorious Stew</i> 11:30 a.m. to 12:00 noon <i>All About Sauces</i> 5:30 to 7:30 p.m.	25 <i>Worthy Western</i> 5:30 to 7:30 p.m.	26 <i>Ceviche</i> 11:00 a.m. to 1:00 p.m.	27 <i>Curing Gravlax</i> 5:30 to 7:30 p.m.	28
1	2	3	4	5	6	7

Class Descriptions

30-MINUTE MEALS

Learn three easy “from scratch” meals that can be accomplished in short order. Demonstrations on easy couscous with fresh herbs and the quick flavor punch of a dry rub on meat proteins; tasty Asian vegetable stir fry and Jasmine rice; and a satisfying chicken pasta with roasted garlic that will have everyone lining up for seconds.

*Instructor: Eli Morse
Cost: \$40 Non-member, \$36 Member*

ALL ABOUT SAUCES

Make a local Veal Marsala with mushrooms, classic *beurre blanc* with cod, and lock in the flavor from the delicious brown bits left in the skillet after searing a Delmonico.

*Instructor: Brent Battis
Cost: \$40 Non-member, \$36 Member*

CARIBBEAN CRUISE

Martin Murphy of Ariana’s sails us to warmer waters just when we need to break up the winter a bit. His blackened mahi mahi with a fresh salsa verde, a Jamaican beef patty, and a snapper dish will knock your socks off and put your feet in the sand. Come with an appetite and a willingness to soak up knowledge from an instructor who has first-hand knowledge of the region.

*Instructor: Martin Murphy
Cost: \$40 Non-member, \$36 Member*

CEVICHE

Nothing but the freshest fish will do when we make this raw dish “cooked” with lime. Ceviche is a Peruvian classic with an interesting history which we will discuss, along with a presentation on the fascinating city of Arequipa, Peru. We’ll add some different styles from other countries, bringing you the perfect, light spring dish to add spice to your life.

*Hands-on Class
Instructor: Eli Morse
Cost: \$40 Non-member, \$36 Member*

CHOWDERS

We’ll make the rock-solid staple, New England Clam Chowder, a corn variation, and even Billi Bi, not a true chowder at all, but a delicious variation created for a homesick American GI stationed in France.

*Instructor: Eli Morse
Cost: \$40 Non-member, \$36 Member*

COMFORT FOOD 101

Join the ever-entertaining Michael Perlov for a demonstration of familiar foods cooked to perfection. Meatloaf, mashed potatoes (done the right way), mac ‘n’ cheese, and his beloved grandmother’s chicken soup, suitable to turn into a pot pie filling. Polish it all off with an apple strudel, if you can save room!

*Instructor: Michael Perlov
Cost: \$40 Non-member, \$36 Member*

COOKING CAMP FOR KIDS

Festivals and feasts abound around the world, and we want to celebrate food and culture! Join the party during your February break for this week-long, full-day camp. The week includes a behind-the-scenes look at the Co-op’s various departments, as well as a nutrition-based scavenger hunt that will develop shopping skills and healthy eating. We’ll travel to the Far East for Chinese New Year and spring rolls, the Middle East for Ramadan and a lesson on making your own flatbread, and the United States for some unique Thanksgiving inspirations that parents may appreciate when next November rolls around, if not sooner. Cooking experience is not necessary, but enthusiasm and an interest in culture is a must! Kids 12 to 15 years of age welcome. Daily meal included.

*Hands-on Class
Instructors: Alexis Nelson and Eli Morse
Cost: \$225 Non-member, \$200 Member, for the week
Multiple-child discount: take 5% off tuition fee.*

CRUSHED FALAFEL

Hearty and delicious, our very satisfying stuffed pita makes a great lunch. Learn about falafel, tzatziki, tahini sauce, and a few tricks on using dried spices and fresh herbs along the way.

*Hands-on Class
Instructor: Eli Morse
Cost: \$35 Non-member, \$32 Member*

CURING GRAVLAX

Let’s make the traditional Swedish salmon dish! A few liberties with batches in varying stages of the curing process will take us across the globe with exciting ethnic combinations. Salmon sourcing, quality, and selection are all topics of discussion. We’ll make a fresh dill mustard, warm potato salad, and a cucumber relish to accompany the finished thin slices, and bring some chunks home to finish curing.

*Hands-on Class
Instructor: Eli Morse
Cost: \$40 Non-member, \$36 Member*

GLORIOUS STEW

We’ll build the perfect stew together in this participatory class. Learn how to utilize inexpensive cuts of meat to their fullest and create a satisfying, hearty meal. Topics include deglazing, fresh herb usage, and a creamy polenta recipe for the perfect winter match.

*Hands-on Class
Instructor: Eli Morse
Cost: \$40 Non-member, \$36 Member*

HEALTHY CHOCOLATE FOR YOUR VALENTINE

Valentine’s Day is just around the corner. Treat your sweetheart to some tantalizing sweets that won’t leave anyone in a sugar coma. We’ll let Mother Nature do the sweetening—no sugar added. Watching your cholesterol? No problem! We’ll whip, bake, and stir without eggs, oil, or butter. Our quick, easy alternative ingredients will leave taste buds satisfied without sacrificing waistlines. Warning: chocolate will be served!

*Instructor: Beth Perera
Cost: \$32 Non-member, \$30 Member*

LUNCH BREAK! GLORIOUS STEW

Come in out of the cold, draw up a chair, and sit down with a delicious bowl of expertly prepared stew. As you enjoy the tender meat and root vegetables with creamy polenta, we’ll talk about how we arrived at the finished result.

*Instructor: Eli Morse
Cost: \$15 Non-member, \$12 Member*

LUNCH BREAK! PHO VIETNAM SOUP

Help yourself to a delicious bowl of hot noodle soup with chicken, ready to ladle as you come into the kitchen. Part of the fun is “building” with fresh basil, bean sprouts, and condiments like hoisin, rooster paste, and fish sauce. While you are slurping, we’ll learn about how the broth was made, what brands to look for, and how to pronounce “Pho.”

*Instructor: Eli Morse
Cost: \$15 Non-member, \$12 Member*

LUNCH BREAK! TACOS

Ready when you arrive: a freshly prepared line-up of marinated and grilled flank steak, fresh fish, avocado salsa, pico de gallo, shredded Jack cheese, hot sauces, soft tortillas—you get the picture! While you are tucking in, our chef will go over the recipes, techniques, and a few tips so that you can treat your family and friends with some Latino inspiration.

*Instructor: Eli Morse
Cost: \$15 Non-member, \$12 Member*

MU SHU PORK TACOS

Bring an appetite, because Brent Battis is coming to town! Slow braise and pull a Far East version of Latin American inspiration. Make our own crispy taco shells with fresh masa dough and a hand tortilla press. Incredible eats!

*Instructor: Brent Battis
Cost: \$40 Non-member, \$36 Member*

MACAROONS AND CHOCOLATE

Join New England Culinary Institute Chef Keith McCormack for a hands-on class that delves into one of the world’s most delicious cookies: macaroons. French and coconut macaroons will be taught. Learn the technique of whipping egg whites and determining “soft” and “hard” peak. Included in the class are St. Germaine Truffles and a few other surprise treats for the gift assortment you will take home. A wonderful selection that you can present to your Valentine, or make a date of it and take the class together for some fun, as well as a couple’s discount!

*Hands-On Class
Instructor: Keith McCormack
Cost: Non-member \$40/\$60 per couple;
Member \$36/\$56 per couple*

MAKING FROZEN CUSTARD

Learn how to make your own ice cream and frozen custard, plus chocolate ganache and Bourbon Caramel Sauce! While the fresh mix is spinning, we’ll make a delicious salad with a dressing made from scratch.

*Hands-on Class
Instructor: Eli Morse
Cost: \$32 Non-member, \$30 Member*

POTATOES WITH THE IRISHMAN

Who better to teach a class on the diversity of the potato than Chef Dan McCarthy, a native of the Emerald Isle and an expert at lightly handling all manner of vegetables? We’ll talk varieties, properties, and cooking techniques, plus which spud to use where and how. Add an appetizer to your arsenal, learn to make a turnip Tian (along the lines of a creamless gratin), and prepare a dynamic combo with Gorgonzola cheese.

*Hands-on Class
Instructor: Dan McCarthy
Cost: \$30 Non-member, \$27 Member*

VALENTINE’S DAY TRUFFLE ASSORTMENT

Learn more about how to work with chocolate, what is ganache, and how to temper chocolate so that your luscious truffles will keep for weeks outside of the refrigerator—a great gift you can make ahead of time for friends and family. We’ll also bake a pecan lace sandwich cookie, a special addition to any dessert assortment.

*Hands-on Class
Instructor: Eli Morse
Cost: \$40 Non-member, \$36 Member*

VALENTINE’S DAY WITH SMUTTYNOSE BREWERY

Meet the brewer, David Yarrington, and taste the seasonal line-up from this great local producer. Food pairing highlights include poached salmon with pomegranate salsa, hot and sweet bananas with shaved pork loin, and an assortment of chocolate-dipped fruit.

*Instructor: David Yarrington
Cost: \$10 Non-member, \$9 Member*

VALENTINE’S WINE DINNER

Inspirations for your special dinner and wine pairings. Wine expert Kevin Powell and our chef start with a Cremant d’Alsace sparkler paired with a local cheese and a dry Riesling with a roasted beet salad, followed by Chenin Blanc with a pan-seared scallop. It keeps getting better with each course as we taste a Valpolicella with exotic mushrooms and roast lamb and finish off with Madeira and a lime leaf Crème Brûlée.

*Instructors: Kevin Powell and Eli Morse
Cost: Non-member \$40/\$60 per couple;
Member \$36/\$56 per couple*

WELCOME, VON TRAPP FARMSTEAD CHEESE!

Taste the entire delicious line-up of von Trapp Farmstead Cheese—the award-winning Oma, creamy Mt. Alice, nutty Savage (usually only available at farmer’s markets), and complex Mad River Blue. We’ll pair these cheeses with local beer and a few interesting accompaniments and demonstrate how to make spiced pecans and apricot chutney. Learn a bit about the interesting history of the farm. With the milking barns right next to the cheese production facility, these are true farmstead cheeses.

*Instructor: Sebastian von Trapp
Cost: \$10 Non-member, \$9 Member*

WORTHY WESTERN

Worthy Kitchen and Worthy Burger have made a name in the Upper Valley with their punchy, locally driven cuisine, casual quality, and fantastic beer lists. Chef/Co-Owner Jason Merrill joins us to cook up a storm and share some great tips on solid cooking and pairing some of the southwestern tricks in his arsenal with an eclectic line-up of craft brews.

*Instructor: Jason Merrill
Cost: \$22 Non-member, \$20 Member*