

# 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 Catering Manager and Chef of Catering for Murphy's and 3 Guys Basement BBQ in Hanover, NH. He recently published his first cookbook, *The Easy Gourmet*, a collection of recipes from his professional and personal life.

**Mary Saucier Choate** is a registered dietitian/nutritionist on a mission to improve the Co-op community's health and wellness. Mary is the Co-op's Food and Nutrition Educator and coordinates the employee wellness program. She loves helping our customers to learn how easy and delicious healthful eating can be.

**Warrick Dowsett**, an Australian native, traveled the world as a chef aboard luxury yachts. He and his wife, Ashley, have now settled down in New Hampshire, where they produce the "Wozz" line of creative dressings and inspired sauces.

**Eulalia Lopez** is a native of Guatemala who loves to share her native Mayan culture and cuisine with others. She enjoys cooking at home with her family and prepares traditional foods like tamales and tortillas.

**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.

**Vikarnda Meesilp** is a native of Thailand who has always had a love for cooking. Last summer, her Pad Thai was a warmly welcomed addition to the Lebanon Farmer's Market.

**Eli Morse** started out in restaurants as a teenager washing dishes and learned from others around him before enrolling at Culinary Institute of America. He currently serves as Director of Food Service at the Co-op.

**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.

**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.

**Megan Sleeper** is the owner of Crush Distributors in New Hampshire, offering a selection of truly exceptional and unique wines with a superior level of service. Armed with a love for wine, a great mentor, and a few ideas about how to meet the growing demands of New England's sophisticated wine market, she established Crush Distributors with the motto: Discovery is our passion.

## 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](mailto:emorse@coopfoodstore.com).



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.



# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 <i>New Year's Resolution</i> 5:30 to 7:30 p.m.	3
4	5 <i>Low Sodium Workshop</i> 5:30 to 7:30 p.m.	6 <i>Lunch Break, Quesadilla</i> 11:30 a.m. to 12:00 p.m.	7 <i>Authentic Thai: Lab Kai</i> 5:30 to 7:30 p.m.	8 <i>All About Duck</i> 11:00 a.m. to 1:00 p.m.	9 <i>Authentic Guatemalan</i> 5:30 to 7:30 p.m.	10
11	12 <i>Wholesome and Hearty Winter Meals</i> 5:30 to 7:30 p.m.	13 <i>Lunch Break, Pan Roasting</i> 11:30 a.m. to 12:00 p.m.  <i>Easy and Healthy Soups</i> 5:30 to 7:30 p.m.	14 <i>Welcome, Wozz! Kitchen Creations</i> 11:00 a.m. to 1:00 p.m.  <i>Big Game, Amazing Brews</i> 5:30 to 7:30 p.m.	15 <i>Winter Soups</i> 11:00 a.m. to 1:00 p.m.	16 <i>Exploring Wine with Chocolate</i> 5:30 to 7:30 p.m.	17
18	19 <i>Privately Reserved Class</i> 11:00 a.m. to 1:00 p.m.	20 <i>Lunch Break, Around the World</i> 11:30 a.m. to 12:00 p.m.	21 <i>Big Game Night or Potluck: Your Own Dips</i> 5:30 to 7:30 p.m.	22 <i>Chinese Food at Home</i> 10:00 a.m. to 12:00 p.m.	23 <i>Privately Reserved Class</i> 5:30 to 7:30 p.m.	24 <i>Privately Reserved Class</i> 11:00 a.m. to 1:00 p.m.
25	26 <i>Privately Reserved Class</i> 11:00 a.m. to 1:00 p.m.	27 <i>Lunch Break, Glorious Stew</i> 11:30 a.m. to 12:00 p.m.  <i>Shopping with Diabetes</i> 5:30 to 7:30 p.m.	28 <i>Welcome, Clayhouse Wines!</i> 5:30 to 7:30 p.m.	29 <i>Crème Brûlée</i> 11:00 a.m. to 1:00 p.m.	30 <i>Basic Knife Skills</i> 11:00 a.m. to 1:00 p.m. or 5:30 to 7:30 p.m.	31

# Class Descriptions

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## ALL ABOUT DUCK

Magret breast, confit leg, and foie gras—taste and discuss a variety of cuts of duck, along with the culinary terms associated with them. Learn to make sauce reductions that incorporate fruit without being cloying, and try some interesting accompaniments and sides from gherkins to spaetzle.

*Hands-On Class*

*Instructor: Eli Morse*

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

## AUTHENTIC GUATEMALAN

Discover pepian, the national dish of Guatemala. Pepian is a hearty stew made with tomatoes and chiles and thickened with pumpkin and sesame seeds. Learn how to utilize dried chiles for traditional flavor, and get your hands on the masa as the instructor guides you through an incredibly easy way to make your own delicious corn tortillas in minutes.

*Hands-On Class*

*Instructor: Eulalia Lopez*

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

## AUTHENTIC THAI: LAB KAI

From Thailand native and local producer Vikarnda Meesilp, learn the classic chicken salad Lab Kai and the technique of cooking traditional sticky rice. Explore the flavors of galangal, lime leaf, lemongrass, and other interesting aromatics in this punchy and authentic Thai dish. You bring the enthusiasm, we'll supply the apron! All skill levels welcome.

*Hands-On Class*

*Instructor: Vikarnda Meesilp*

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

## BASIC KNIFE SKILLS

Besides the creativity of the chef, perhaps no tool in the kitchen is more important than the knife. Class participants will learn proper use, handling, care, preservation, and sharpening. We'll utilize our practice cuts to make a great potato soup!

*Hands-On Class*

*Instructor: Eli Morse*

*Cost: \$25 Non-Member, \$20 Member*

## BIG GAME, AMAZING BREWS

Victory Brewing Company's 12-pack assortment is perfect for game night! Golden Monkey, Prima Pils, and Headwaters Pale Ale pair up with a rockin' menu: Queso Fondido with guacamole, salsa fresca, and tortilla chips, plus Awesome Meatballs with a quick BBQ sauce and Restaurant-style Buffalo Chicken Wings with Blue Cheese Dipping Sauce. Go for it on 4th and prepare the best snackage ever with the guidance of Chef Brent Battis!

*Instructor: Brent Battis*

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

## BIG GAME NIGHT OR POTLUCK: YOUR OWN DIPS

Deliver dynamic flavor combinations to your next party—for the Big Game or other events—with your own set of dips for fresh vegetables. Your guests will love your creations and the fact that, because they were easily prepared ahead of time, you are free to socialize! We'll sample Roasted Garlic Hummus, Warm Spinach-Artichoke Dip, and Roasted Red Pepper Feta Dip with some warm pita and crudité.

*Instructor: Brent Battis*

*Cost: \$35 Non-Member, \$32 Member*

## CHINESE FOOD AT HOME

Have you wondered how to recreate at home the high-heat wok cooking methods used in many Chinese restaurants? The ever-entertaining Michael Perlov shows us how as he demonstrates Pork Dumplings, Kung Pao Chicken, Shrimp in Black Bean Sauce, Beef and Broccoli, and Fried Rice.

*Instructor: Michael Perlov*

*Cost: \$40 Non-Member, \$36 Member*

## CRÈME BRÛLÉE

All you ever wanted to know about making this classic dish. We'll discuss infusing flavors as we make a traditional Vanilla Bean, as well as Orange Zest, and Lime Leaf with Medjool date. Learn how similar techniques and ratios relate to bread pudding, ice cream bases, Crème Anglaise, and Bavarian cream.

*Hands-On Class*

*Instructor: Eli Morse*

*Cost: \$35 Non-Member, \$32 Member*

## EASY AND HEALTHY SOUPS

Chef Martin of Ariana's demonstrates a house favorite among soups: Mushroom and Arugula with a hint of truffle. Bring up your soup game with others such as Three Onion, and a vegan-style New England Clam Chowder. Break bread with new acquaintances, and soak up all the knowledge that this local restaurant veteran and now Chef/Owner has to offer.

*Hands-On Class*

*Instructor: Martin Murphy*

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

## EXPLORING WINE WITH CHOCOLATE

Get in the mood for Valentine's Day with this fun class that will inspire your wine pairings and broaden your knowledge of chocolate! Join wine expert Megan Sleeper of Crush Distributors and Chef Eli Morse of the Co-op to taste sparkling wine with dipped strawberries, a local dessert wine with white chocolate-covered dried apricots and crystallized ginger, and a full-bodied red that can stand up to the Queen of Sheba chocolate torte that we'll prepare right in class.

*Instructors: Megan Sleeper and Eli Morse*

*Cost: \$36 Participant*

## LOW SODIUM WORKSHOP

This workshop will help take the confusion out of—and put the flavor back into—low sodium eating. We'll cover what to look for on the label, why sea salt might be a good choice, and the surprising places you will find sodium “hiding” in the foods you eat. Our simple tastings will highlight alternative seasonings.

*Instructor: Mary Saucier Choate*

*Cost: \$20 Non-member, \$18 Member*

## LUNCH BREAK, AROUND THE WORLD

Enjoy your lunch break with some great spreads, dips, cheeses, and interesting accompaniments. We'll even learn a great five-minute naan flatbread using a recipe from our recent Authentic Northern Indian full-length class. A satisfying salad completes the meal.

*Instructor: Eli Morse*

*Cost: \$15 Non-Member, \$12 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 dish.

*Instructor: Eli Morse*

*Cost: \$15 Non-Member, \$12 Member*

## LUNCH BREAK, PAN ROASTING

Come in and enjoy a hearty meal of chicken breast, winter root vegetables, and a spinach sauté. While you are filling up, observe pan roasting and how to achieve perfect caramelization of poultry as well as seasonal vegetables. We will also talk about “Smart Chicken” products, and what makes them stand apart from the other birds.

*Instructor: Eli Morse*

*Cost: \$15 Non-Member, \$12 Member*

## LUNCH BREAK, QUESADILLA

Get it while it's hot! Enjoy bubbling tortilla and cheese goodness straight off of the grill served with some interesting sides. Learn more about chipotle, adobo, cumin seed, jicama, and fresh herb versus dried spice applications.

*Instructor: Eli Morse*

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

## NEW YEAR'S RESOLUTION

Make those healthy resolutions happen this year with our delicious ways to keep you on track. We'll demonstrate emulsification and fresh herb use with our Creamy (but cream-free) Parsnip Soup. You'll enjoy Pan Roasted Organic Chicken Breast, Lacinato Kale, Roasted Delicata Squash and Mushrooms, plus Apple Crisp with Honeyed Greek Yogurt for a seasonal treat that won't have you missing the whipped cream.

*Hands-On Class*

*Instructor: Eli Morse*

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

## SHOPPING WITH DIABETES

In this lively class presented by the Co-op's registered dietitian, you'll have a chance to practice the skills you need to shop for healthful foods that keep diabetes in control. Whether you have just been diagnosed with diabetes or are shopping for a family member or friend with diabetes, this workshop can make things easier for you. Learn how to read labels and what the best choices are in the grocery store, and get answers to your questions about how to eat with diabetes.

*Instructor: Mary Saucier Choate*

*Cost: \$20 Non-Member, \$18 Member*

## WELCOME, CLAYHOUSE WINES!

Meet wine maker Blake Kuhn and taste the Clayhouse Wines lineup. We'll pair Viognier blend with Mahi Mahi and a lime-drenched tropical fruit salsa, and show off the Syrah with a roasted lamb top round. More surprise wines and food in class!

*Instructor: Blake Kuhn*

*Cost: \$30 Non-Member, \$27 Member*

## WELCOME, WOZZ! KITCHEN CREATIONS

Experience the full lineup of Wozz! Kitchens Creations' unique chutneys and vinegars available on the Co-op's shelves. Meet Chef/Owner Warrick Dowsett as he pairs these condiments with an array of local cheeses, salads, and more. He'll also demonstrate couscous and a few easy proteins that really make these sauces “pop”!

*Instructor: Warrick Dowsett*

*Cost: \$20 Non-Member, \$18 Member*

## WHOLESONE AND HEARTY WINTER MEALS

Cook with Chef Dan McCarthy, who will teach you how to make three healthy and delicious meals. He'll cover nutritious vegetable preparations involving kale, collards, cauliflower, and Brussels sprouts as well as easy grain preparations using wheat berries and farro. He'll also provide some easy methods to prepare meat proteins that will round out the lesson and finish the meal.

*Hands-On Class*

*Instructor: Dan McCarthy*

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

## WINTER SOUPS

Seasonal vegetables such as celeriac, butternut squash, apples, and potatoes lend themselves to delicious soups. Without even using cream, you will learn ways to achieve velvety texture and rich taste in three winter soups that will become instant additions to your repertoire.

*Hands-On Class*

*Instructor: Eli Morse*

*Cost: \$40 Non-Member, \$36 Member*