




Culinary Learning Center
March Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2 <i>Taste of the Tropics: Island Inspired Dishes</i> 5:30 to 7:30 p.m.	3 <i>OSHER: Cheese, Ancient Origins</i> 11 a.m. to 1 p.m.	4 <i>Co-op Kids: Breakfast in Under Ten Minutes</i> 10 to 11 a.m.
5	6	7 <i>Lunch 'n' Learn: Italian Wedding Soup</i> 11:30 a.m. to 12:30 p.m.	8 <i>Weeknight Dinners</i> Noon to 2 p.m.	9 <i>Authentic Cioppino</i> 5:30 to 7:30 p.m.	10	11 <i>Authentic Indian Food with Aarti</i> 3 to 5 p.m.
12 <i>Jr Chef: Mexican Fiesta!</i> 2 to 4 p.m.	13	14	15 <i>Shopping and Cooking with Diabetes</i> 5 to 7 p.m.	16	17 <i>St. Patrick's Day Dinner</i> 5:30 to 7:30 p.m.	18 <i>Make Your Own Cake Pops!</i> 2 to 5 p.m.
19	20	21 <i>Lunch 'n' Learn: Savory Soufflé</i> 11:30 a.m. to 12:30 p.m.	22	23 <i>Sport Snacks</i> 5 to 7 p.m.	24 <i>Pierogies!</i> 1 to 3 p.m.	25 <i>Family Cook Night</i> 4 to 6 p.m.
26	27 <i>Cast Iron Cooking</i> 5:30 to 7:30 p.m.	28 <i>Lunch 'n' Learn: Pad Thai</i> 11:30 a.m. to 12:30 p.m.	29 <i>Hand Pies</i> 5:30 to 7:30 p.m.	30	31	1

[Click Here to Register Online](#)
 Or Call 603-643-2667

TASTE OF THE TROPICS: ISLAND INSPIRED DISHES 🍷🍹

Cast off those winter blahs with these island-inspired recipes. Loaded with citrus, tropical fruits and a touch of Caribbean heat, you are sure to be transported to a tropical isle. Menu includes: island-grilled tuna and tropical fruits, Caribbean rice and beans, and a fresh winter fruit salad for a satisfying dessert. Tasting portions. Wine pairing.

Thursday, March 2, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

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

CO-OP KIDS: BREAKFAST IN UNDER TEN MINUTES 🍷

Kids, Tired of the same old boring breakfast every morning? In this class we'll be making some easy, healthful, and fun recipes that will take ten minutes or less. This hands on class will bring out the inner chef in participants ages 5 to 10. Easy and fun and delicious! And you can take your creations home!

Saturday, March 4, 10 to 11 a.m.

Instructor: Jen DeSellier

Cost: Free

LUNCH 'N' LEARN: ITALIAN WEDDING SOUP 🍷

Spend an hour with Co-op Food Educator Lindsay Smith as she shows you how to make homemade Italian wedding soup. This vegetable and meat soup is perfect at this time of year. Watch. Learn. Lunch!

Tuesday, March 7, 11:30 a.m. to 12:30 p.m.

Instructor: Lindsay Smith

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

WEEKNIGHT DINNERS 🍷🍹

A busy weeknight dinner should be four things: easy, quick, hearty, and healthy. Dishes include a gingery Asian noodle salad, quinoa pizza bowls, and spinach and mushroom-stuffed chicken breasts. Something for everyone!

Wednesday, March 8, noon to 2 p.m.

Instructor: Lindsay Smith

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

AUTHENTIC CIOPPINO 🍷🍹

You will not believe how easy it is to make this classic Italian dish. The key to this recipe is adding the ingredients at the right time. We will also talk about how one can be creative with this fish stew: leave something out, or substitute something new. We will pair our cioppino with the perfect glass of wine and crusty Italian bread. Tasting portions. Wine pairing.

Thursday, March 9, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

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

AUTHENTIC INDIAN FOOD WITH AARTI 🍷🍹

One doesn't complete a visit to India without eating the street food, and Mumbai has some of the best. I have picked one of the yummiest and most popular food items for this class: Batata Vada paav. These are spicy potato patties in a soft roll with cilantro chutney (my family's not-so-secret recipe). You will leave this class learning more about street food, its impact on the culture, and a variety of options to make the recipe your own. No need to go to India to enjoy this amazing snack from the busy streets of Mumbai.

Saturday, March 11, 3 to 5 p.m.

Instructor: Lindsay Smith

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

JR CHEF: MEXICAN FIESTA! 🍷

This month Jr. Chefs (ages 13+) will be making a Mexican fiesta! We will decide on a menu, shop for ingredients and then come back to the kitchen to prepare our dishes. Jr. Chef classes focus on learning cooking fundamentals, how to work safely in the kitchen, exploring new flavors, and developing menus.

Sunday, March 12, 2 to 4 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$35 Non-member

SHOPPING AND COOKING WITH DIABETES 🍷🍹

Whether you are new to diabetes, have lived with the disease for a long time, or are helping a loved one, feel free to join this free class. We will start in the store, looking at food labels and discussing what to look for in prepared foods and ingredients. Next, we'll do some hands-on cooking to prepare a simple, healthy meal that is diabetes-approved.

Wednesday, March 15, 5 to 7 p.m.

Instructor: Hannah Brilling

Cost: Free

ST. PATRICK'S DAY DINNER 🍷🍹

Join Lindsay for a St. Patrick's Day celebration at the Learning Center. Students will work together to create these dishes that are steeped in Irish tradition: Irish lamb stew, traditional Irish soda bread, and a delicate Irish lemon pudding with fresh cream for dessert. Beer and wine will be paired with this class.

Friday, March 17, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

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

MAKE YOUR OWN CAKE POPS! 🍷

Ashley Davis, owner of Good 'Til The Last Pop, will be coming to the Co-op Learning Center to teach us all about making cake pops! First we will learn about making and baking the pops, and then we will learn how to decorate! Ashley will lead us through making a seasonal design and also teach some different design techniques like marbling, using sprinkles, and chocolate drizzle. So join us for this special class!

Saturday, March 18, 2 to 4 p.m.

Instructor: Ashley Davis

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

LUNCH 'N' LEARN: SAVORY SOUFFLÉ 🍷

Not just for dessert! Spend an hour with Co-op Food Educator Lindsay Smith as she shows you how to make a decadent, yet simple, ham, leek, and gouda soufflé. Watch. Learn. Lunch

Tuesday, March 21, 11:30 a.m. to 12:30 p.m.

Instructor: Lindsay Smith

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

SPORT SNACKS 🍷🍹

Looking for a way to take your cooking skills with you on your adventures? This class will tackle three nutrient-dense recipes that will also fuel you. As always, Hannah will discuss the science behind different food components and how they relate to short- and long-term energy needs, fueling and "re" fueling needs, and overall nutrition for an active life. This class will include hands-on cooking and eating the prepared recipes.

Thursday, March 23, 5 to 7 p.m.

Instructor: Hannah Brilling

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

PIEROGIES! 🍷🍹

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 pierogies 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 pierogies and experiment with 3 different fillings.

Friday, March 24, 1 to 3 p.m.

Instructor: Lindsay Smith

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

FAMILY COOK NIGHT 🍷

"Food tastes better when you eat it with your family."

We think it also tastes better when you cook it as a family. Everyone will take part in preparing the ingredients and cooking up this satisfying family meal, then sit down to eat! This month's menu includes: shepherd's pie, salad with homemade dressing, and baked banana boats for dessert.

Saturday, March 25, 4 to 6 p.m.

Instructor: Lindsay Smith

Cost: \$45 Members; \$65* Non-members*

**Note: For purposes of this class, up to four people are included in this price. Each additional person is \$5.*

CAST IRON COOKING 🍷🍹

Cast iron—some people love it, some people ... don't entirely understand it. In this class we will start to debunk the mysteries of this kitchen workhorse and explore some of the wide range of dishes you can make. Menu includes: baked pepperoni pizza dip, perfect cast-iron skillet steak, sautéed root vegetables, and a Dutch baby. Tasting portions. Wine pairing.

Monday, March 27, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$35 Members; \$50 Non-members

LUNCH 'N' LEARN: PAD THAI 🍷

Spend an hour with Co-op Food Educator Lindsay Smith as she shows you how to make this traditional Vietnamese dish at home. It is quick, easy and oh so tasty! Watch. Learn. Lunch!

Tuesday, March 28, 11:30 a.m. to 12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Members; \$15 Non-members

HAND PIES 🍷🍹

As Mario Batali says, *"There is nothing more egalitarian than the hand pie. It is the lunch of the workingman ... but there is also nothing more exclusive than the hand pie. It's yours."* And the hand pie is as varied as these United States. In this class we will be exploring some of the different hand pies and their origins and of course rolling our own!

Thursday, March 30, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$25 Members; \$40 Non-members

🍷 Hands-on Class 🍷 Demonstration Class 🍷 Vegetarian Option

🍷 Wine Pairing

🍷 Beer Pairing

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