

# Instructors

**Brent Battis** has been cooking professionally for almost twenty years. After a successful career in restaurants and catering, he and his wife Whitney have opened B&W Catering Company, specializing in world cuisine that utilizes local ingredients.

**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.

**Steve Ferraris** is the head cook at Osteria Chiara in Norwich, Vermont, where he features fresh, home-made pasta at every dinner he presents. Growing up in New York City he watched and enjoyed his Italian grandmother's cooking and has since gained experience traveling, eating and cooking in Italy for the past 20 years. His qualifications include being invited to cook in numerous Italian households in Marche and Emilia-Romagna.

**Great Rhythm Brewing Co.** is a small craft brewing company based in Portsmouth, New Hampshire, dedicated to making flavorful, handcrafted ales using only the freshest and most natural brewing ingredients from the earth.

**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.

**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.

## 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).

**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.

Growing up in Iran, **Maryam Paydarfar** observed her grandmother, mother, aunts, and female friends socialize while cooking. The fragrance of fresh cut herbs, the aromatic spices in the cooking pot, and the texture of different ingredients created those vivid, unique food memories so important to all of us. Maryam is proud to share this delicate, beautiful, and healthy part of Iranian culture.

**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.

**Pete's Greens** is a certified organic, four-season vegetable farm located in Craftsbury, Vermont. Pete Johnson's crops can be found at the Co-op and at many of Vermont's finest restaurants who pride themselves on supporting local farms.

**Wild Hill Soap & Herbals of Vermont** is a small family business located in Chelsea, Vermont. Wild Hill is dedicated to promoting a healthy planet and healthy bodies by providing clean and pure alternative products that are bio-degradable and animal friendly, with minimal packaging.

**Jeff Withington** is the head butcher and manager at the Hanover Co-op Meat Department. He is an avid hunter, gardener, and foodie. From goose jerky to a batch of sausage made from a local pig, he's always cooking up something delicious and off the beaten path. "Simple food, done well" sums up his food philosophy.



## CO-OP Culinary Learning Center

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.

# March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <i>Lunch Break: Smoked Salmon Pasta 11:30 a.m. to noon</i>	4 <i>Persian Cooking 5:30 to 7:30 p.m.</i>	5 <i>Tuna Nicoise 11:00 a.m. to 1:00 p.m.</i>	6 <i>Authentic Guatemalan: Lomo de Puerco con Tortillas 5:30 to 7:30 p.m.</i>	7
8	9 <i>Non-toxic Body Care and Cleaning Products 11:00 a.m. to 1:00 p.m.</i>	10 <i>Lunch Break: Condiments on Our Co-op Shelves 11:30 a.m. to noon</i> <i>Seafood Appetizers 5:30 to 7:30 p.m.</i>	11 <i>Comfort Food: Shepard's Pie 11:00 a.m. to 1:00 p.m.</i>	12 <i>Italian 201 10:00 a.m. to noon</i>	13 <i>St. Patty's Day with Suds 5:30 to 7:30 p.m.</i>	14
15	16 <i>Tandoori Chicken 11:00 a.m. to 1:00 p.m.</i>	17 <i>Hanover High Intensive Privately Reserved Class 8:30 a.m. to 3:00 p.m.</i>	18 <i>Hanover High Intensive Privately Reserved Class 8:30 a.m. to 3:00 p.m.</i> <i>Pete's Greens: Meet the Farmer, Cook the Produce 5:30 to 7:30 p.m.</i>	19 <i>Hanover High Intensive Privately Reserved Class 8:30 a.m. to 3:00 p.m.</i>	20	21 <i>Co-op Kids Cook! 10:00 to 11:00 a.m.</i>
22	23 <i>Low Sodium Workshop 5:30 to 7:30 p.m.</i>	24 <i>Lunch Break: Glorious Stew 11:30 a.m. to noon</i> <i>Making Fresh Pasta 5:30 to 7:30 p.m.</i>	25 <i>Fill it and Dip it! 11:00 a.m. to 1:00 p.m.</i> <i>Welcome, Great Rhythm Brewing Co. 5:30 to 7:30 p.m.</i>	26	27 <i>Cotes du Rhone Wine Dinner 5:30 to 7:30 p.m.</i>	28
29	30 <i>Thai Curry 11:00 a.m. to 1:00 p.m.</i>	31 <i>Lunch Break: Fish Cakes 11:30 a.m. to noon</i>	1	2	3	4

# Class Descriptions

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## AUTHENTIC GUATEMALAN: LOMO DE PUERCO CON TORTILLAS

Eulalia Lopez breaks out the pressure cooker for a quick, delicious way to cook a pork loin. We'll learn traditional Central American rice and beans, and get our hands on the masa as we make corn tortillas by hand.

*Hands-on Class*

*Instructor: Eulalia Lopez*

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

## COMFORT FOOD: SHEPARD'S PIE

Join Brent Battis of Murphy's for a favorite you can eat without ever touching a knife. Ours includes freshly made creamed corn and local lamb, and you'll learn a few tricks for making perfect, buttery mashed potatoes.

*Instructor: Brent Battis*

*Cost: \$32 Non-member; \$30 Member*

## CO-OP KIDS COOK!

Children 12 and under, along with their parents, are invited to join us for a Co-op Kids' Club breakfast party! We'll make two different kinds of pancakes, one from a local whole-grain mix and the other, a buttermilk pancake from scratch. We'll also taste the difference between commercial pancake syrup and the real thing, and learn how real maple syrup is made.

*Hands-on Class*

*Instructor: Mary Saucier Choate*

*Cost: Free*

## COTES DU RHONE WINE DINNER

Join a local wine expert to experience a flight of Cotes du Rhone wines paired with thoughtfully prepared food. Learn about the varietals and growing conditions. Enjoy the wines with pairings such as vanilla bean poached salmon, creamy cheeses, and a demonstration of freshly made pasta with a wild mushroom sauce.

*Instructors: Rich Girard and Eli Morse*

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

## FILL IT AND DIP IT!

Mmm-mmm! Pork and Cabbage Dumplings with Carrot-Ginger Sauce. Wonton Wraps with an apricot dipper. Fun and participatory!

*Hands-on Class*

*Instructor: Brent Battis*

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

## ITALIAN 201 WITH MICHAEL PERLOV

Catch some smiles, share some jokes, watch a pro, and join us for a second installment in this series. You couldn't make 101? It's really OK. This time, Michael cooks and talks his way through Chicken Cacciatore, Semolina Gnocchi, Fettucine Carbonara, Rigatoni Norma, and, ready-or-not, here comes Tiramisu. Come hungry and ready to laugh!

*Instructor: Michael Perlov*

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

## LOW SODIUM WORKSHOP

This workshop will help to take the confusion out of, and put the flavor back into, low sodium eating. 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. We'll include simple tastings to highlight alternative seasonings.

*Instructor: Mary Saucier Choate*

*Cost: \$15 Non-member; \$12.50 Member*

## LUNCH BREAK: CONDIMENTS ON OUR CO-OP SHELVES

We'll explore seafood, meat, and produce selections with a sampling of interesting condiments, vinegars, and chutneys available on our shelves.

*Instructor: Eli Morse*

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

## LUNCH BREAK: FISH CAKES

Crispy fresh cakes, house-made tartar sauce, and a big salad to round out lunch. Get it while it's hot, and then relax in an inviting space to learn how we utilized inexpensive fish to create delicious results. You haven't had tartar sauce like this before, and we'll share the easy recipe!

*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 result.

*Instructor: Eli Morse*

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

## LUNCH BREAK: SMOKED SALMON PASTA

Think of the traditional accompaniments to smoked salmon: capers, red onion, fresh dill, lemon, and spinach. Our chef layers them into a satisfying cream-based pasta dish, perfect for the season! Enjoy lunch first, ask questions later in this mini-class designed to fit into the working person's schedule.

*Instructor: Eli Morse*

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

## MAKE YOUR OWN NON-TOXIC BODY CARE AND CLEANING PRODUCTS

Hear the pros and cons of commonly used product ingredients and how to choose wisely from the rows of pretty bottles on the shelves. Then, learn to make your own simple inexpensive alternatives. Together with Susan Hoffman from Wild Hill Herbals, you'll make a safe deodorant and a germ-busting hand cleaner to take home, along with tips and recipes for lots more. You'll get to eat, too, with a simple salad and a house-made dressing demonstrated on the spot!

*Hands-on Class*

*Instructor: Susan Hoffman*

*Cost: \$18 Non-member; \$15 Member*

## MAKING FRESH PASTA

Steve Ferraris teaches all about Tajarin egg pasta from Piedmont, a northern Italian region he has traveled extensively. Learn basic pasta-making techniques in a hands-on format, and enjoy this delicate pasta, dressed with a luxurious truffle-butter sauce, when we sit down at the end of class to eat.

*Hands-on Class*

*Instructor: Steve Ferraris*

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

## PERSIAN COOKING

Maryam Paydarfar brings you native Persian dishes you can cook at home, including *Adas Polo* (lentils and rice), *Koofteh No-khoachi* (herbed chicken meatballs), and *Must O'khiyar* (a delicious yogurt sauce). These recipes are streamlined for our busy lifestyles while delivering authenticity.

*Instructor: Maryam Paydarfar*

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

## PETE'S GREENS: MEET THE FARMER, COOK THE PRODUCE

Hear the story of Pete's Greens from entrepreneurial farmer Pete Johnson, and taste the produce that is available even now from this four-season producer. Savor the local goodness of roasted roots with a few hearty pairings from our chef, and learn how to make a creamy polenta and an herb-driven vegetable pan sauce that will satisfy all.

*Instructors: Pete Johnson and Eli Morse*

*Cost: \$10 Non-member; \$9 Member*

## SEAFOOD APPETIZERS

Join powerhouse chef Martin Murphy of Ariana's for healthy, quick seafood starters that are also fun to prepare. Develop expertise with scallops, salmon, shrimp, and flounder that you will be able to utilize as shiny, sharp tools in your growing culinary toolbox.

*Instructor: Martin Murphy*

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

## ST. PATTY'S DAY WITH SUDS

Jeff Withington, unabashed foodie and manager of the Hanover meat and seafood departments, takes us through making a delicious St. Patty's Day meal. We'll feature the traditional players of corned beef and cabbage, but add a few vegetables like parsnips and beets, a zingy horseradish sauce, and a recipe for an herbed corned beef hash for the leftovers. We'll pair the finished meal with creamy Guinness Stout and discuss the nuances of "gray" and "red" corned beef.

*Instructor: Jeff Withington*

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

## TANDOORI CHICKEN

Chef Eli Morse will demonstrate Tandoori Chicken, a delicious Indian dish that utilizes yogurt, lemon, and dry spices such as turmeric to create tender and flavorful results. He'll pair it with sides of Herbed *Freekeh* (a delicious smoked wheat grain) and a braised dish of chickpeas, spinach, and coconut milk.

*Instructor: Eli Morse*

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

## THAI CURRY

Kaffir lime leaf, lemongrass, galangal, coconut milk, Jasmine rice—learn more about all of these exotic-sounding ingredients. We'll talk about techniques, balancing flavors, big-pot blanching, and brands to look for and learn how to sear perfect scallops to round out the meal.

*Hands-on Class*

*Instructor: Eli Morse*

*Cost: \$45 Non-member; \$40 Member*

## TUNA NICOISE

Preparation of this classic dish two different ways: ultra rare and olive oil poached/preserved. Topics include soft boiled eggs, vinaigrette, and big pot blanching.

*Instructor: Eli Morse*

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

## WELCOME, GREAT RHYTHM BREWING CO.

Join brewer and owner Scott Thornton to taste samples from his great, local line-up of suds, along with a new small batch release. We'll pair the Amber with slow-cooked pork shoulder, polenta, and bright fresh herbs, and the IPA with meaty bluefish and smoked tomato chutney.

*Instructors: Scott Thornton and Eli Morse*

*Cost: \$10 Non-member; \$9 Member*