



COIOP  
Culinary Learning Center  
*May Class Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 <i>Knife Skills 101</i> 5:30 to 7:30 p.m.	2 <i>Lunch 'n' Learn:</i> <i>Open-faced Sandwiches</i> 11:30 a.m. to 12:30 p.m.	3 <i>Exploring Asian Pantry Staples</i> 1:30 to 3:30 p.m.	4	5 <i>Cindo de Mayo</i> 5:30 to 7:30 p.m.	6 <i>Craft and Sip Night</i> 5 to 7 p.m.
7	8	9 <i>Springtime Delights</i> 5:30 to 7:30 p.m.	10 <i>Lunch 'n' Learn:</i> <i>Chocolate Soufflé</i> 11:30 a.m. to 12:30 p.m.	11 <i>Diabetes 1.0</i> 4:30 to 6:30 p.m.	12 <i>Mother's Day Breakfast</i> 11:30 a.m. to 1:30 p.m.	13
14	15 <i>Rhubarb, Sweet and Savory</i> 1 to 3 p.m.	16 <i>Lunch 'n' Learn:</i> <i>Fiddlehead Ferns</i> 11:30 a.m. to 12:30 p.m.	17 <i>Knife Skills 101</i> 5:30 to 7:30 p.m.	18	19 <i>Sushi Rolls</i> 5:30 to 7:30 p.m.	20
21 <i>Delicious Weeknight Dinners</i> 4:30 to 6:30 p.m.	22	23 <i>Spanish Paella</i> 5:30 to 7:30 p.m.	24 <i>Lunch 'n' Learn:</i> <i>Niçoise Salad</i> 11:30 a.m. to 12:30 p.m.	25 <i>Les Chateau Gateaux</i> 1 to 2:30 p.m.	26	27
28	29	30 <i>Knife Skills 101</i> 11 a.m. to 1 p.m.	31 <i>Lunch 'n' Learn:</i> <i>DIY Almond Milk</i> 11:30 a.m. to 12:30 p.m.	1	2	3

**Click Here to Register Online**  
Or Call 603-643-2667

## KNIFE SKILLS 101

Learn to slice, dice, and mince like a chef in this skill-building workshop. With an emphasis on knife safety and efficiency in the kitchen, Co-op Food Educator Lindsay Smith will guide you through several knife techniques as we prepare a simple seasonal meal. Sharpen your skills with your own familiar chef knife from home, or use ours. Leave with a greater sense of confidence in this essential cooking skill. Three opportunities to participate!

*Monday, May 1, 5:30 to 7:30 p.m.*

*Wednesday, May 17, 5:30 to 7:30 p.m.*

*Tuesday, May 30, 11 a.m. to 1 p.m.*

*Instructor: Lindsay Smith*

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

## LUNCH 'N' LEARN: OPEN-FACED SANDWICHES

Spend an hour with Co-op Food Educator Lindsay Smith as she explores the wonderful world of open-faced sandwiches! From the easy but decadent mushroom on toast to the more daring Kentucky Hot Brown, we will delve into how leaving the top off really opens up the world of sandwiches. Watch. Learn. Lunch.

*Tuesday, May 2, 11:30 a.m. to 12:30 p.m.*

*Instructor: Lindsay Smith*

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

## EXPLORING ASIAN PANTRY

What exactly is miso and how do I use it? Is it worth buying a bottle of fish sauce? What else is there besides stir-fry? Do I really need a wok? In this class we will discuss these questions, prepared dishes that explore new flavors and all without a stir-fry in sight. Menu includes miso chicken, Vietnamese lemon-grass beef and noodle salad and a cucumber salad with Asian flavors.

*Wednesday, May 3, 1:30 to 3:30 p.m.*

*Instructor: Lindsay Smith*

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

## CINCO DE MAYO

Cinco de Mayo has evolved into a celebration of Mexican Heritage in the United States, and there is much to celebrate! In this class we will explore some favorite Mexican especialidades including Mexican rice, homemade refried beans, traditional chicken mole, and a Mexican flan. We will also be making our own corn tortillas- so be ready to participate.

*Friday, May 5, 5:30 to 7:30 p.m.*

*Instructor: Lindsay Smith*

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

## CRAFT AND SIP NIGHT

Learn basic techniques for making your own pair of earrings and a bracelet or necklace. Jeanine, from Latitude Beverage, will be pouring a selection of wine. This is a fun option for a ladies' night out or early Mother's Day activity. Spend some quality time with friends and Mom and walk away with hand-crafted jewelry.

*Saturday, May 6, 5 to 7 p.m.*

*Instructor: Katrina Hippe*

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

## SPRINGTIME DELIGHTS

Spring is here, and the grasses are greening—so are our plates. The sight of spring produce (peas! asparagus! ramps!) is a sign of all the fun outdoorsy moments to come, longer days and lighter meals. Menu includes dishes like springtime spaghetti carbonara, delicate cod cakes, orzo with pea and parsley pesto, all depending on what is available at market. Tasting portions.

*Tuesday, May 9, 5:30 to 7:30 p.m.*

*Instructor: Lindsay Smith*

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

## LUNCH 'N' LEARN: CHOCOLATE SOUFFLÉ

Join Co-Op Food Educator Lindsay Smith for an hour as she de-mystifies this decadent treat. Learn the tips and tricks to guaranteeing your soufflés are a success every time!

*Wednesday, May 10,*

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

*Instructor: Lindsay Smith*

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

## DIABETES 1.0

This class will review the basics of carbohydrates, protein, and fat. Using nutrition labels and nutrition concepts, the class will focus on meal and snack planning both for diabetes management and weight control. Participants will leave class knowing how to combine food groups, how to choose nutrient-rich carbohydrates, and gain confidence in the grocery store. We will sample a diabetes-approved meal and leave time for some individualized questions. This class should not replace the advice of your doctor.

*Thursday, May 11, 4:30 to 6:30 p.m.*

*Instructor: Hannah Brilling*

*Cost: Free*

## MOTHER'S DAY BREAKFAST

Join Co-op Food Educator Lindsay Smith and her mother Nancy, owner of Shaker Hill B&B, as they teach you how to put together a special breakfast for Mother's Day. Menu includes perfect blueberry scones, poached pears, and a rolled omelet.

*Friday, May 12, 11:30 a.m. to 1:30 p.m.*

*Instructor: Lindsay Smith*

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

## RHUBARB, SWEET AND SAVORY

Rhubarb has a very interesting history- it is widely considered a vegetable, but in America, it is considered a fruit, since it is mainly used as a fruit in culinary practices. In this class we will explore this fruit ... vegetable and help expand our recipe log from just the traditional rhubarb pie.

*Monday, May 15, 1 to 3 p.m.*

*Instructor: Lindsay Smith*

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

## LUNCH 'N' LEARN: FIDDLEHEAD FERNS

Join Co-Op Food Educator Lindsay Smith for an hour to discuss and learn all things Fiddlehead. We will talk about proper picking, cleaning, preparing and of course prepare some a few ways ourselves! Watch. Learn. Lunch.

*Tuesday, May 16,*

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

*Instructor: Lindsay Smith*

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

## SUSHI ROLLS

Spend a fun night learning how to make your own sushi rolls! We will show you how to make perfect sushi rice, customize your rolls with a variety of ingredients and even add some flair to your presentation. Come prepared to roll, create, laugh, and eat!

*Friday, May 19, 5:30 to 7:30 p.m.*

*Instructor: Lindsay Smith*

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

## DELICIOUS WEEKNIGHT DINNERS

The easiest way to make sure you have a good home-cooked meal, after a busy day, is to have a plan. We will prepare 4 easy and tasty dishes such as sheet-pan mustard-maple salmon, pesto- chicken tart, and talk about making a shopping list of pantry staples that allow for endless possibilities. All with a nice pairing of wine.

*Sunday, May 21, 4:30 to 6:30 p.m.*

*Instructor: Lindsay Smith*

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

## SPANISH PAELLA

Nourishing, vibrant, and served without pretension, paella has held a place of honor and practicality in Spanish homes for centuries. From the perfect crusty socarrat to using local seasonal ingredients, this class will have your senses tingling. We will round out the meal with crusty bread, a lite salad, and the perfect Spanish wine. Join us for this intimate dining experience. Seats are limited. \*Class contains shellfish.

*Tuesday, May 23, 5:30 to 7:30 p.m.*

*Instructor: Lindsay Smith*

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

## LUNCH 'N' LEARN: NIÇOISE SALAD

Join Co-op Food Educator Lindsay Smith for an hour over lunch to learn about this French composed salad from the Nice region. We will talk about the traditional ingredients and even ways to change it up! Watch. Learn. Lunch.

*Wednesday, May 24,*

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

*Instructor: Lindsay Smith*

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

## LES CHATEAU GATEAUX

Learn simple Francais while creating delicious French desserts. Join instructor Gloria Finklestein as she leads you through how to make these delicate pastries made with layers of cream, all while learning or practicing your French. This class is sure to be an international treat!

*Thursday, May 25*

*1 to 2:30 p.m.*

*Instructor: Gloria Finklestein*

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

## LUNCH 'N' LEARN: DIY ALMOND MILK

This class will cover three varieties of nut and seed milks that you can make at home with any blender or food processor. We'll discuss the use of "superfood" and protein powders, other forms of nuts and seeds, and fresh greens in smoothies and shakes. Sample three nutritionally complete smoothies: Protein banana-wana, tropical green machine, and berry-powerful morning.

*Wednesday, May 31,*

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

*Instructor: Hannah Brilling*

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



Hands-on Class



Demonstration Class



Vegetarian Option



Wine Pairing



Beer Pairing

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