

Lunch 'n' Learn Series

Watch. Lunch. Learn! All classes are \$10 (Members), \$15 (Non-members)

LILAC COCONUT CREAM TARTS 🍷 V
Fresh lilac is used to infuse these tarts with a delicate flavor.

Tuesday, June 6
11:30 a.m.-12:30 p.m.

BEST STEAK SANDWICHES 🍷
This glorious steak sandwich tastes like meaty heaven but won't break your budget.

Tuesday, June 13
11:30 a.m.-12:20 p.m.

PASTA CARBONARA 🍷 V
The classic pasta dish that everyone should know, learn how to make it seasonal!

Tuesday, June 20
11:30 a.m.-12:30 p.m.

4TH OF JULY SHORTCAKES 🍷 V
The best biscuits and the freshest fruit. This dessert will be the star of your holiday feast.

Monday, July 3
11:30 a.m.-12:30 p.m.

HUEVOS RANCHEROS 🍷 V
A classic Southwestern breakfast that is good any time of the day.

Tuesday, July 18
11:30 a.m.-12:30 p.m.

GRILLED CAPRESE CHICKEN WITH BASIL VINAIGRETTE 🍷
An easy grilled dinner that tastes like summer.

Tuesday, August 1
11:30 a.m.-12:30 p.m.

GAZPACHO 🍷 V
A delicious and refreshing summer soup perfect for using seasonal produce.

Tuesday, August 8
11:30 a.m.-12:30 p.m.

TACO TUESDAY 🍷 V
Amazing, authentic tacos made from scratch using seasonal ingredients.

Tuesday, August 15
11:30 a.m.-12:30 p.m.

Everyday Cooking & Techniques

Focus on culinary skills, understand how food works, use tools of the kitchen, and freshen up your recipe box!

KNIFE SKILLS 101 🍷 V
Slice, dice, and mince like a chef! Learn basic knife-handling skills that will build your confidence and make you feel like a pro, all while making a tasty seasonal dish. Sharpen your skills with your own knife from home or use one of ours.

Instructor: Lindsay Smith
Cost: \$25 Member, \$40 Non-member

Friday, June 9, 11:30 a.m.-1:30 p.m.
Thursday, July 13, 1-3 p.m.
Thursday, August 10, 5-7 p.m.

MEATLESS MONDAYS 🍷 V
Did you know going meatless once a week can have tremendous benefits for both your health and the environment? Whether you are a seasoned vegetarian or just trying to incorporate a few more meatless meals into your life, we could all use some new ideas. Each class we will explore some new, tasty, and easy recipes to make meatless Mondays a part of your routine. Recipes may include dairy or eggs.

Instructor: Lindsay Smith
Cost: \$25 Member, \$40 Non-member

Monday, June 5, 1-3 p.m.
Monday, June 19, 5-7 p.m.
Monday, July 10, 1-3 p.m.
Monday, July 17, 5-7 p.m.
Monday, August 7, 1-3 p.m.
Monday, August 28, 5-7 p.m.

EASY WEEKNIGHT DINNERS 🍷 V
Tired of the same old, same old? Get inspired for the week ahead with these Sunday classes. In each class, we will whip up four different easy dishes to taste. We'll talk about pantry staples while students get to enjoy a taste of a Co-op favorite wine. Students should expect to leave with leftovers, a shopping list, and plenty of time to get their shopping done.

Instructor: Lindsay Smith
Cost: \$35 Member, \$50 Non-member

Sunday, June 11, 4:30-6:30 p.m.
Sunday, July 16, 4:30-6:30 p.m.
Sunday, August 13, 4:30-6:30 p.m.

GRILLIN' 101 🍷 V
In the heat of summer, we cook everything on the grill. In this class, we will cover the basics of gas grilling, including making marinades and brines, cooking different meats and vegetables, and even making a grilled pizza. We will also discuss food and grill safety. We will meet in the CLC, and weather permitting, we will use the Co-op's outside grill for our class.

Instructor: Lindsay Smith
Cost: \$25 Member, \$40 Non-member

Wednesday, June 21, 5:30-7:30 p.m.
Friday, July 21, 5:30-7:30 p.m.
Thursday, August 17, 5:30-7:30 p.m.

CO-OP Culinary Learning Center



Summer 2017 Classes

Nourish. Cultivate. Cooperate.

Co-op Dinner Club

A unique dining and learning experience. A full meal, wine pairing, and a bit of learning along the way. Limited seating.

GUMBO NIGHT 🍷 V
Take a trip to the bayou as we create this Louisiana staple from scratch. We start with a rich roux, add chicken, sausage and maybe some seafood, spices, rice, and just the right mix of veggies. Then let the magic happen. While the gumbo simmers, we will also make fresh skillet cornbread and maybe a side or two. It will be a feast for sure! Laissez les bon temps rouler!

Friday, June 16, 5:30-7:30 p.m.
Instructor: Lindsay Smith
Cost: \$40 Member, \$50 Non-member

BOUILLABAISSE 🍷 V
This classic Provençal seafood stew is both simple and complex. Using homemade stock, fresh seafood, and finishing with a classic rouille, it is sure to satisfy. We will pair with appetizers, salad, and a French wine.

Thursday, July 6, 5:30-7:30 p.m.
Instructor: Lindsay Smith
Cost: \$40 Member, \$50 Non-member

SALT-CRUSTED FISH 🍷 V
There is not much that is more impressive or satisfying than breaking open a crusted salt shell to reveal a whole baked fish. Using the freshest catch of the day and pairing with sides straight from the farmers market, this will be a meal to remember.

Tuesday, August 8, 5:30-7:30 p.m.
Instructor: Lindsay Smith
Cost: \$40 Member, \$50 Non-member

GREEK STRUDEL WITH CHICKEN AND RICE 🍷 V
OOPA! Join us for a fun-filled night of Greek cooking! The star of the show will be a delicate, savory strudel stuffed with chicken and rice, served with appetizers, salad, and wine. Our taste buds will be shouting OOPA at the end! (Please no breaking of dishes.)

Wednesday, August 30
5:30-7:30 p.m.
Instructor: Lindsay Smith
Cost: \$40 Member, \$50 Non-member

Do it Yourself

Interactive classes where you get to make delicious dishes yourself! Great for a fun family outing or date night!

EGGPLANT PARMESAN 🍷 V
Eggplant is in season and is perfect for this family-style dish. We will make the sauce, the fresh mozzarella (that's right!), and bread the fresh eggplant. Each student will take home a prepared dish to finish cooking at home.

Friday, July 14, 5-8 p.m.
Instructor: Lindsay Smith
Cost: \$40 Member, \$50 Non-member

HAND PIES 🍷 V
The best thing about hand pies is that it is truly a meal for one. In this class, we will make a variety of hand pies using seasonal ingredients and a variety of doughs. Students will take home as many as they can make!

Thursday, June 8, 5-8 p.m.
Instructor: Lindsay Smith
Cost: \$40 Member, \$50 Non-member

MAKE YOUR OWN PASTA 🍷 V
Looking for something different to do? Make your own pasta! A fun-filled night where we will be making our own pasta, cheese, and sauce! Choose from a variety of noodles or raviolis to customize your creation!

Friday, August 18, 5-8 p.m.
Instructor: Lindsay Smith
Cost: \$40 Member, \$50 Non-member

Sign Up for Classes



Online

CLICK HERE TO REGISTER ONLINE
WWW.COOPFOODSTORE.COOP/CLASSES



Phone

CALL 603-643-2667
7 A.M.- 8 P.M.



In stores

HANOVER, LEBANON, OR
WHITE RIVER JCT. SERVICE DESKS

Please Note:

- Come to class prepared to learn and eat! All classes include extensive samples or a meal.
- Class reminders will be sent by email 24 hours prior to class.
- Payment is expected when you register and confirms your place in the class.
- Refunds will be given in full if we cancel a class or if you cancel your registration at least two days before class.
- Member discount applies to fully vested Co-op Members who have at least 10 shares.

Class Legend

HANDS-ON

DEMO

VEGETARIAN OPTION

WINE SAMPLING

BEER SAMPLING

LET US HOST
YOUR NEXT EVENT

PRIVATELY
RESERVED
CLASSES

Social Events, Team Building,
Ladies Night, Men's Groups



FOR MORE INFORMATION OR
TO BOOK A PRIVATE CLASS
LINDSAY SMITH, FOOD EDUCATOR
CLASSES@COOPFOODSTORE.COOP
603-643-2667

Simply in Season

One of the easiest ways to eat healthy is to eat locally and seasonally.

MARKET DAY/CSA BASKET

Wondering what that strange vegetable is? Need new ideas for beets? Belonging to a CSA or shopping at a farmers market is a great way to shop locally and seasonally, but it's not without challenges. This class is offered throughout the summer and is based around what might appear in your market or box that week. Have a question or would like a specific topic covered? Send an email ahead of class to classes@coopfoodstore.com. Recipes may include meat, fish, eggs, and dairy.

Instructor: Lindsay Smith
Cost: \$25 Member, \$40 Non-member

Friday, June 23, 1-3 p.m.
Friday, July 7, 11 a.m.-1 p.m.
Thursday, July 13, 5-7 p.m.
Thursday, August 17, 1-3 p.m.
Thursday, August 31, 1-3 p.m.

SUMMERTIME TREATS

Mmmm...there are so many cool and refreshing treats that are made just for summer. In this class, we will cover a few, including fruit simple syrups (great for making cocktails or snow cones), very special ice cream sandwiches, firecracker berry frozen yogurt pops. Each participant will get to make and take home a mini mocha icebox cake.

Monday, July 10, 5:30-7:30 p.m.
Instructor: Lindsay Smith
Cost: \$25 Member, \$40 Non-member

TOMATOES

Tomatoes—Field-fresh, sun-ripened. Tomatoes are one of the best things about summer. And while simply slicing one up, sprinkling a bit of salt, and eating is a perfect way to enjoy one, mixing them with a few ingredients is a way to make them truly shine. Menu includes: tomato and tarragon bread soup, quick sweet heat tomato jam, spaghetti squash with a quick roasted

cherry tomato sauce, and tomatoes with capers, almonds, and herbs.

Monday, August 14, 5-7 p.m.
Instructor: Lindsay Smith
Cost: \$25 Member, \$40 Non-member

SUMMER BOUNTY SALADS

Salads and summer go hand in hand. In this class, we will take you beyond the traditional tossed salad and explore new ways to make the abundance of summer produce sing. Menu includes: panzanella, tomato and watermelon salad, and niçoise salad.

Friday, July 21, 11 a.m.-1 p.m.
Instructor: Lindsay Smith
Cost: \$25 Member, \$40 Non-member

From Guest Instructors

The Co-op is honored to work with great local chefs and instructors from the Upper Valley. Sign up for one of these special classes only offered here.

APÉRITIF DINATOIRE— SMALL BITES FOR SUMMER

What do you do for a group of guests when you don't feel like making a main course? Make a slew of little savory bites. With an array of different flavors, seasonal ingredients, elegant techniques, and some French flair, you will leave this class with many new options for the busy season of summer entertaining.

Wednesday, June 7, 5:30-7:30 p.m.
Instructor: Mark and Phillipa Lillienthal
Cost: \$35 Member, \$50 Non-member

PERSIAN CUISINE

One of our favorite instructors is back! Join Maryam as she shares stories and the cuisine from her native country of Iran.

Tuesday, June 13, 5:30-7:30 p.m.
Instructor: Maryam Paydarfar
Cost: \$25 Member, \$40 Non-member

SUMMER DINING WITH CHEF MARTIN OF ARIANA'S

Join Chef Martin Murphy of Ariana's for two special nights of learning from this favorite local chef. Chef Martin will take you on a culinary exploration as he shares his technical skills and knowledge along with his love of seasonal ingredients. Book now—his classes are not ones to miss!

Instructor: Chef Martin Murphy
Cost: \$35 Member, \$50 Non-member

Summer Seafood
Tuesday, June 27, 5:30-7:30 p.m.

Cooking Essentials
Tuesday, July 25, 5:30-7:30 p.m.

HOMESTEADING 101

Celeste will be offering two classes this summer. First, learn how to make some quick and easy fermented foods to please your gut. Then, this winter, you will be so happy that you bothered to put away some of our fine summer abundance. Corn and broccoli in the freezer, tomato garden delight in jars. Yum!

Instructor: Celeste Longacre
Cost: \$25 Member, \$40 Non-member

Fermented Foods at Home
Saturday, July 8, 11 a.m.-1 p.m.

Canning and Freezing
Saturday, August 19, 11 a.m.-1 p.m.

AUTHENTIC INDIAN CUISINE WITH AARTI: INDIAN COOKING AT HOME

Join guest instructor Aarti Sanglikar Williams on a culinary journey to her home in India as she shares the flavors, dishes, and stories of growing up in her hometown, Mumbai. Aarti is offering three different classes this summer. Take one or take them all. Your senses will be delighted.

Instructor: Aarti Sanglikar Williams
Cost: \$25 Member, \$40 Non-member

Classic Picnic Food of Puri & Sabji
Saturday, June 17, 3-5 p.m.

Fish Curry and Rice
(with 2 ways of cooking rice)
Saturday, July 22, 3-5 p.m.

Misal Paav
(a Mumbai delicacy)
Saturday, August 19, 3-5 p.m.

CLAUDE MONET'S FRANCAIS GARDEN FEAST

Besides just being an artistic genius, Claude Monet was also known as a gourmand. Join instructor Gloria Finkelstein as she leads you through creating a garden feast with the freshest ingredients and a rustic appeal that would be a fitting tribute to the master himself.

Wednesday, July 19,
11:30 a.m.-1:30 p.m.
Instructor: Gloria Finkelstein
Cost: \$25 Member, \$40 Non-member

Dig into Nutrition

Nutrition-based classes from Co-op Nutrition Specialist Hannah Brilling

DIETS: THE GOOD, THE BAD, AND THE UGLY

Paleo, raw, juicing, bulletproof, keto ... make sense of recent trends in dieting. This class will define some of the science (or lack thereof) behind popular diets, how they may be useful, and any need for caution, snacks will be provided during the class.

Instructor: Hannah Brilling
Cost: Free, Preregistration Required

Thursday, June 15, 4:30-6:30 p.m.
Friday, August 4, 4:30-6:30 p.m.

BATCH COOKING

Healthy habits often depend on planning. Learn to build a shopping list and versatile meal plan for a busy week. With a few simple cooking techniques, and some tricks up your sleeve, learn to transform one set of foods into a week of dinners. Class participants will be served a light meal and leave with recipes for one week's nightly plan. Each class will cover different healthy recipes.

Instructor: Hannah Brilling
Cost: Free, Preregistration Required

Thursday, June 22, 11 a.m.-1 p.m.
Tuesday, July 11, 4:30-6:30 p.m.

Co-op Kids, Jr. and Teen Chefs

Because it's never too early to start learning in the kitchen!

PUMP UP THE RAMEN—TEEN CHEFS

Heading off to college? Hungry and home alone? Come learn these easy-to-make recipes. Not only are they budget friendly, but they are a great source for tips and techniques that are the foundations of any good cook!

Instructor: Lindsay Smith
Cost: \$20 Member, \$35 Non-member

Sunday, July 9, 4:30-6:30 p.m.
Sunday, August 6, 4:30-6:30 p.m.

CO-OP KIDS: READ IT 'N' EAT IT

Co-op kids ages 3 to 7 are invited to join us for this new free series. We'll start by reading a book, and then make a recipe inspired by the book! Each

session is one hour, and parents are more than welcome to attend with their child. Registration is required as space is limited.

Instructor: Emily Rogers
Cost: Free, Preregistration Required

If You Give a Mouse a Cookie
Menu: Breakfast Cookies
Saturday, June 17, 10-11 a.m.

Green Eggs and Ham
Menu: Deviled Eggs with Ham
Saturday, July 15, 10-11 a.m.

Blueberries for Sal
Menu: Blueberry Frozen Yogurt
Saturday, August 12, 10-11 a.m.

LET US HOST YOUR
NEXT BIRTHDAY PARTY!

BIRTHDAY CLASSES:

COOKIES AND PIZZA
MEXICAN FIESTA
THAI CUISINE
MAKE YOUR OWN PASTA
DESIGN YOUR OWN!

FOR MORE INFORMATION OR
TO BOOK A BIRTHDAY PARTY

Lindsay Smith, Food Educator
classes@coopfoodstore.com
603-643-2667

