



CO:OP
Culinary Learning Center



**Spring
2018
Classes**

Nourish. Cultivate. Cooperate.

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 at the time of registration to confirm 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

Participants will take an active roll in cooking a meal that will be shared by the whole class.



DEMO

Participants will watch a guided demonstration of cooking techniques and skills and then enjoy the meal prepared.



VEGETARIAN OPTION

One or more recipe prepared in these classes is vegetarian.



WINE SAMPLING

A wine sample will be served with the meal.



BEER SAMPLING

A beer sample will be served with the meal.

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

Spring Break Cooking Camp

Our cooking camps are a great introduction to cooking—learning how to cook is an important life skill that builds confidence. And learning in a community of peers is fun! At the Co-op we want to excite students of all ages to feel confident in the kitchen.

SOUS-CHEFS (ages 6-9)

The theme this week is “I Can Cook!” Each day we will focus on a different mealtime (breakfast, lunch, dinner, snack, and of course dessert!) and learn a new recipe or two that little chefs can help make themselves. We will also take time to explore the Co-op store and shop for ingredients. Our sous-chefs will prepare food to take home with them. *(Please note: We will provide campers with a healthy snack during each session. At the conclusion of the camp week each camper will receive a cookbook of the week’s recipes.)*

COST: \$180 Member and Non-member

WHEN: Monday, April 16-Friday, April 20

TIME: 8:30-11 a.m.

JR. CHEFS (ages 10-14)

It is spring break and cooking camp is headed south this week! On Monday, before we set off on our adventure we will prepare and “pack our bags” with our classic knife skills 101 class! Then we set off on Tuesday to the American south, then head south of the border on Wednesday, pop over to the Caribbean on Thursday, and as a team pick our final destination for Friday. Jr. Chefs will be working in teams (that change daily) and are expected to come ready to cook, learn, and participate in aspects of cooking (including clean-up), and of course have fun! The Jr. Chefs will get to both eat and take home leftovers of what they make! *(Please note: Camp may go a bit longer each day to accommodate clean-up time. At the conclusion of the camp week each camper will receive a cookbook of the week’s recipes.)*

COST: \$180 Member and Non-member

WHEN: Monday, April 16-Friday, April 20

TIME: 1-4 p.m.

Co-op Kids: Read It ‘n’ Eat It Series

Kids ages 3-7 are invited to join for this free Saturday class series. We’ll start by reading a story, and then make a recipe inspired by the book! Each session is one hour, parents and guardians are more than welcome to attend with their child.

COST: FREE, *(Registration is required.)*

Upcoming Sessions:

Saturday, April 28, 10:30-11:30 a.m.

Saturday, May 19, 10-11 a.m.

Co-op Kids: Fun Picnic Foods

Co-op kids ages 3 to 7 will assemble roll-ups, kabobs, and sandwiches into fun edible creations they can tote along to their favorite outdoor spot. This class will excite their creativity, making nutritious food fun and portable!

COST: FREE, *(Registration is required.)*

WHEN: Saturday, May 19, 11:30 a.m.-12:30 p.m.

After-School Cooking Club: Jr. Chefs!

Love to cook? Looking for something to do after school?

This club is for kids ages 10–13 who love to cook and want to increase their skills! Each week we will learn new techniques and make a tasty dish. Cooking club meets on Mondays from 3:30 to 5 p.m. and runs for five weeks starting Monday, April 23 through Monday, May 21. Sign-up for individual dates or all six sessions.

COST: \$20 per session, sign-up for all five sessions and pay only \$15 per session.

WHEN: Mondays, April 23-Monday, May 21

TIME: 3:30-5 p.m.



Co-op Dinner Club

A unique dining and learning experience. A full meal, wine pairing, and a bit of learning along the way. Participants 21 years and older, limited seating.

MOROCCAN CHICKEN TAGINE WITH COUSCOUS

This evening the Co-op Dinner Club will be venturing to Morocco to explore the techniques and flavors of chicken tagine. While the chicken slowly simmers, we will attempt to make our own homemade couscous. Dinner will be rounded out with simple appetizers, salad, and wine. This should be a fun and tasty evening perfect with old friends and for making new ones!

Thursday, April 5, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$50 Non-member

CINDO DE MAYO

A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, and there is much to celebrate! We will be making Mexican especialidades including Chicken in Mole, homemade tortillas, and Mexican Flan. Appetizers, fresh salad, and of course Mexican beer (or virgin Margaritas) will complete the meal.

Saturday, May 5, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$50 Non-member

FRENCH BRASSERIE STEAK DINNER

Good friends, good wine, and simple but sophisticated fare are hallmarks of the French brasserie tradition, and steak is the favorite order. You'll learn to prepare: Oysters Mignonettes, Frisee salad with Dijon vinaigrette, Steak au Poivre, Pommes Anna, and Haricots Verts aux Champignons et Noisettes. A nice French wine and simple dessert will finish our culinary adventure.

Thursday, May 24, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$35 Member; \$60 Non-member

From Guest Instructors

The Co-op is honored to work with great local chefs and instructors from the Upper Valley.

APRIL IN PARIS V

It must be the most magnificent month in Paris, they wrote a song and a movie about it! Join Gloria Finkelstein, AKA Madame G, for this fun and whimsical class that will celebrate the flavors and colors of the spring Parisian palate. Be prepared to team up with other attendees to help create a beautiful French meal (and practice your French while you are cooking!)

Thursday, April 12, 11:30 a.m.-1:30 p.m.

Instructor: Gloria Finkelstein

Cost: \$20 Member; \$40 Non-member

AUTHENTIC INDIAN COOKING WITH PRIYANKA V CLAUDE MONET'S SPRING TABLE

Whip out your spice box for some authentic Indian cooking. Learn how to make spicy hot onion pakodas, chapatis, and a crowd-pleasing palak paneer that tastes just like those in small roadside dhabas back in India. Join Priyanka (Pri), author of The Passive Aggressive Kitchen Blog (<http://passiveaggressivekitchen.com/>), for a culinary journey.

What would Monet's spring table look like? Join Gloria Finkelstein, AKA Madame G's, "French Apron Class" this May to conclude the 4-part series. You will get the recipes and all the ingredients. Class participants team up with other attendees to help create a colorful healthy French meal. Bring your appetite! Bon appetite.

Saturday, April 21, 5-7 p.m.

Instructor: Priyanka Sivaramakrishnan

Cost: \$20 Member; \$40 Non-member

Tuesday, May 15, 11:30 a.m.-1:30 p.m.

Instructor: Gloria Finkelstein

Cost: \$20 Member; \$40 Non-member

CHEF MARTIN FROM ARIANA'S KITCHEN AT THE LYME INN

The Co-op is excited to announce a special evening with Chef Martin of Ariana's Kitchen at the Lyme Inn. Chef Martin has been in the restaurant business for more than 30 years and has a passion for using fresh, seasonal ingredients. He works closely with local farms and producers of high-quality vegetables, cheeses, and meats in creating his unique offerings. For this class, Chef Martin will be preparing "healthy spring meals." Book now—his classes are not ones to miss!

Wednesday, May 16, 5:30-7:30 p.m.

Instructor: Chef Martin Murphy

Cost: \$25 Member; \$50 Non-member

Simply in Season

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

SPRINGTIME SOUP AND SALADS V

As winter fades away, we find ourselves craving lighter, fresher flavors—but we're not quite ready to give up on soup. Spring is the time to send hearty winter stews into hibernation, to say farewell to the root vegetables and grains that have been in heavy rotation, and in their place, embrace the bounty of fresh vegetables that are showing up at the market. In this demo class we will showcase the vibrant and delicate flavors of spring with a variety of soups and salads.

Friday, April 6, 11 a.m.-1 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

FIDDLEHEAD FERNS AND RAMPS V

Fiddlehead ferns and ramps are hyper-local and hyper-seasonal treats that are only around for a short time—so get 'em while you can! In this demo class we will be preparing 3-4 dishes that celebrate these elusive sprites of spring. The season comes and goes quickly, and then they are gone ... till next year.

Wednesday, May 2, 5:30-7:30 p.m.

Instructor: Lindsay Smith

Cost: \$20 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 practice. In this class we will explore this fruit ... er ... vegetable and expand our repertoire from just the typical rhubarb pie.

Wednesday, May 16, 11 a.m.-1 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

Family Friendly Classes

FAMILY COOK NIGHT 🖐

Come to our kitchen and work together as a family preparing a simple meal. We encourage all to participate (and even take on new responsibilities) in preparing these dishes together. Families are then encouraged to sit down and eat together reflecting on their experience. Two different classes are offered this spring! At our Mexican Fiesta we will make our own tortillas to turn into tacos or quesadillas, yummy guacamole, easy refried beans and sopapillas! Pizza Palooza includes our own pizza dough, prepping toppings then deciding whether to make individual pies, Chicago deep dish or even a Stromboli! Salad and dessert will round out the meal! Sign up today—space is limited!

Mexican Fiesta,
Friday, April 13, 5-7:30 p.m.

Pizza Palooza!
Friday, May 18, 5-7:30 p.m.

Instructor: Lindsay Smith
Cost: \$45 Member Family; \$65 Non-member Family

*Note: The Co-op does not define what a family is. For purposes of this class, up to four people are included in this price. Each additional person is \$5.

MAY THE 4TH BE WITH YOU 🖐

Do Klatooine paddy frogs pair better with bantha milk or Jawa juice? And what's good to eat on a swamp planet where the only chef is a tiny green Jedi hermit? Hmmmm ... help you I can, yes. In this whimsical class for Star Wars fans of all ages, we will make and eat earthly adaptations of Yoda's Rootleaf stew, Rey's portion bread, Luke and Leia's rations, and yes even Aunt Beru's Bantha milk or (Jawa Juice for adults.) And to make it more fun, we will be playing Star Wars trivia! Eat and drink up, because as Yoda said, "When nine hundred years old you reach, look as good, you will not, hmmm?" Fun for all ages!

Friday, May 4, 5:30-8 p.m.

Instructor: Lindsay Smith
Cost: \$20 Member; \$40 Non-member

Co-op Vendor Workshop

MUSHROOMS FOR THE MIND, BODY & HEART

A special lecture by Host Defense® Mushroom. Beginning with a review of mushrooms and immune functioning, we will discuss various body systems and mushroom supplementation. Class participants will learn more about Cordyceps, Lion's Mane, Chaga, and Reishi.

Wednesday, May 23, 6:30-7:30 p.m.

Instructor: Gina Rivers Contla, Host Defense National Science Educator
Cost: Free, Registration required.

Do it Yourself

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

EARTH DAY SILK SCARVES 🖐

What better way to celebrate Earth day then by joining this special workshop making your own silk scarves with natural plant materials. While the scarves steam-set, we will enjoy a simple plant-based lunch (or go get your shopping done). At the end is the big reveal—no two scarves are alike!

Sunday, April 22, 10:30 a.m.-1:30 p.m.

Instructor: Lindsay Smith
Cost: \$25 Member; \$50 Non-member

MOTHER'S DAY BASKET

Breakfast in bed? A little pampering? Flowers? We've got you covered in this class! We will be making healthy and delicious scones and breakfast parfaits, then we will customize a lotion or bath salt, and finally tuck it all into a little basket complete with a few fresh flowers. Perfect for kids and dads alike.

Saturday, May 12, 10 a.m.-noon

Instructor: Lindsay Smith
Cost: \$20 Member; \$40 Non-member



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

Lunch 'n' Learn Series

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

CHOCOLATE SOUFFLÉ V

April 3 is officially National Chocolate Soufflé day—so we should celebrate! (Yes, even a day late.) 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, April 4,
11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

QUICK VIETNAMESE BEEF NOODLE PHO V

Pho (pronounced “fuh”) is one of the wonders of the world. And while a really good Pho can take up to two days to make, sometimes we just need that warm hug sooner. We will learn how to make a quicker version of classic beef Pho that will surely satiate your immediate needs.

*Wednesday, April 11,
11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

SPRING RISOTTO V

This simple risotto showcases the flavor of fresh peas and slender asparagus, two harbingers of spring. Learn how to keep your risotto delicate and creamy—a perfect lunch treat!

*Wednesday, April 25,
11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

NAVAJO TACOS V

I'll be honest, this is one of my favorite childhood comfort foods and it's all about the fry bread. And the toppings. And eating it with your hands. And the glorious mess dribbling down your chin. But it starts with the fry bread.

*Wednesday, May 9,
11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

BLT-3 WAYS V

Sure nothing beats a good BLT sandwich, unless it's BLT dip, or BLT salad, or even BLT soup! And we will make them all.

*Wednesday, May 23,
11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

CHILAQUILES V

No, not Chihuahuas (that's a cute dog), Chilaquiles is a simple Mexican comfort food. And one that you can make almost any time in almost no time at all. (Please, no Chihuahuas allowed).

*Thursday, May 31,
11:30 a.m.-12:30 p.m.*

Instructor: Lindsay Smith

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

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.

Thursday, April 5, 12-2:30 p.m.

Tuesday, May 8, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

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.

Monday, April 9, 5:30-7:30 p.m.

Monday, April 23, 12-2 p.m.

Monday, May 7, 5:30-7:30 p.m.

Monday, May 21, 12-2 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

KNIFE SKILLS 201

You asked, so here it is! The next steps in becoming a better home chef. In this second course of knife skills we will learn how to break down and debone a chicken thigh, practice and expand our chef knife skills (learned from KS 101), and learn how to expertly wield a paring knife. By the end of class, we should have a meal to share or take home.

Thursday, April 26, 5:30-8 p.m.

Sunday, May 20, 2-4:30 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

COOKING BASICS FOR EVERYONE

Learning how to cook is a lifelong process that is rewarding and challenging! Learning the basics of cooking will help you build a good solid base, and foster your love of cooking. We will explore the cooking basics of the professionals and instill the right foundational knowledge for you to begin your journey. In class, we will work together as a team to examine each topic. Take one class, take them all. This series is great for novices and experienced cooks alike. Please see website for more details on each class.

Eggs: Tuesday, April 21, 5:30-8 p.m.

Poultry: Thursday, May 10, 5:30-8 p.m.

The Spice Drawer:

Wednesday, May 30, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

“I believe that there is always something new to learn, in fact, that is one of the three reasons that I chose to become a chef, that my education is never over.”

—Anne Burrell

“Cooking is the ultimate giving”

—Jamie Oliver

Haven't tried a class yet? No experience is required!

We provide all of the equipment and ingredients. Our classes are casual and meant to be fun and instructive, for both the cooking enthusiast and the first-timer.

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 <i>Lunch 'n' Learn: Chocolate Soufflé 11:30 a.m.-12:30 p.m.</i>	5 <i>Knife Skills 101 12-2:30 p.m. Co-op Dinner Club: Moroccan Chicken Tagine 5:30-8 p.m.</i>	6 <i>Simply in Season: Springtime Soup and Salads 11 a.m.-1 p.m.</i>	7
8	9 <i>Meatless Mondays 5:30-7:30 p.m.</i>	10	11 <i>Lunch 'n' Learn: Quick Vietnamese Beef Noodle Pho 11:30 a.m.-12:30 p.m.</i>	12 <i>April in Paris 11:30 a.m.-1:30 p.m. Cooking Basics: Eggs 5:30-8 p.m.</i>	13 <i>Family Cook Night: Mexican Fiesta 5-7:30 p.m.</i>	14
15	16 <i>Spring Break Cooking Camps: Sous-Chefs 8:30-11:00 a.m. Jr. Chefs 1-4 p.m.</i>	17 <i>Spring Break Cooking Camps: Sous-Chefs 8:30-11:00 a.m. Jr. Chefs 1-4 p.m.</i>	18 <i>Spring Break Cooking Camps: Sous-Chefs 8:30-11:00 a.m. Jr. Chefs 1-4 p.m.</i>	19 <i>Spring Break Cooking Camps: Sous-Chefs 8:30-11:00 a.m. Jr. Chefs 1-4 p.m.</i>	20 <i>Spring Break Cooking Camps: Sous-Chefs 8:30-11:00 a.m. Jr. Chefs 1-4 p.m.</i>	21 <i>Authentic Indian Cooking with Pri 5-7 p.m.</i>
22 <i>Do It Yourself: Earth Day Silk Scarves 10:30 a.m.-1:30 p.m.</i>	23 <i>Meatless Mondays 12-2 p.m. After School Jr. Chef Cooking Club 3:30-5 p.m.</i>	24	25 <i>Lunch 'n' Learn: Spring Risotto 11:30 a.m.-12:30 p.m.</i>	26 <i>Knife Skills 201 5:30-8 p.m.</i>	27	28 <i>Co-op Kids: Read It 'n' Eat It 10:30-11:30 a.m.</i>
29	30 <i>After School Jr. Chef Cooking Club 3:30-5 p.m.</i>					

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1	2 <i>Fiddlehead Ferns and Ramps</i> 5:30-7:30 p.m.	3 3	4 <i>May the 4th Be With You</i> 5:30-8 p.m.	5 <i>Co-op Dinner Club: Cinco de Mayo</i> 5:30-8 p.m.
6	7 <i>After School Jr. Chef Cooking Club</i> 3:30-5 p.m. <i>Meatless Mondays</i> 5:30-7:30 p.m.	8 <i>Knife Skills 101</i> 5:30-8 p.m.	9 <i>Lunch 'n' Learn: Navajo Tacos</i> 11:30 a.m.-12:30 p.m.	10 <i>Cooking Basics: Poultry</i> 5:30-8 p.m.	11 11	12 <i>Do It Yourself: Mother's Day Basket</i> 10 a.m.-12 p.m.
13	14 <i>After School Jr. Chef Cooking Club</i> 3:30-5 p.m.	15 <i>Claude Monet's Spring Table</i> 11:30 a.m.-1:30 p.m.	16 <i>Rhubarb, Sweet and Savory</i> 11 a.m.-1 p.m. <i>Chef Martin From Ariana's Kitchen</i> 5:30-7:30 p.m.	17 17	18 <i>Family Cook Night: Pizza Palooza!</i> 5-7:30 p.m.	19 <i>Co-op Kids: Read It 'n' Eat It</i> 10-11 a.m. <i>Co-op Kids: Fun Picnic Foods</i> 11:30 a.m.-12:30 p.m.
20	21 <i>Meatless Mondays</i> 12-2 p.m. <i>After School Jr. Chef Cooking Club</i> 3:30-5 p.m.	22 22	23 <i>Lunch 'n' Learn: BLT 3-Ways</i> 11:30 a.m.-12:30 p.m. <i>Mushrooms for the Mind, Body & Heart</i> 6:30-7:30 p.m.	24 <i>Co-op Dinner Club: French Brasserie Steak Dinner</i> 5:30-8 p.m.	25 25	26 26
27	28 28	29 29	30 <i>Cooking Basics: The Spice Drawer</i> 5:30-8 p.m.	31 <i>Lunch 'n' Learn: Chilaquiles</i> 11:30 a.m.-12:30 p.m.		