



**CO:OP**  
**Culinary Learning Center**



**Spring  
2019  
Classes**

**Nourish. Cultivate. Cooperate.**

# Sign Up for Classes



## Online

CLICK HERE TO REGISTER ONLINE  
[WWW.COOPFOODSTORE.COOP/CLASSES](http://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.

**“NO ONE  
IS BORN A  
GREAT  
COOK,  
ONE LEARNS  
BY DOING”**

—JULIA CHILD

# Simply in Season

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

## ST. PATRICK'S DAY 🍷🍷

Join Lindsay for a St. Patrick's Day party 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.

*Sunday, March 17, 5-7:30 p.m.*

Instructor: Lindsay Smith

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

## SPRING EQUINOX— 🍷 EGGTRAVAGANZA!

It's an Eggstravaganza. With festivities right around the corner to celebrate the coming of spring Join Alicia in learning how to dye local eggs with natural foods and plants available right here at the co-op or in your back yard.

*Thursday, March 21, 5-7:30 p.m.*

Instructor: Alicia Barrow

Cost: \$20 Member; \$30 Non-member

## LEBANON TO LEBANON 🍷🍷

Explore new ways to be a localvore and journey through foods. This class is a fusion of local seasonal items and Lebanese style cooking including hummus, baba ganoush and a classic Lebanese bread salad.

*Thursday, April 4, 5:30-7:30 p.m.*

Instructor: Alicia Barrow

Cost: \$20 Member; \$30 Non-member

# 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.*

## 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 simple salad and Spanish wine.

*Thursday, March 28, 5:30-8 p.m.*

Instructor: Lindsay Smith

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

## CHICKEN CORDON ROUGE 🍷🍷

Tender boneless skinless chicken breasts are pounded thin, stuffed with Swiss cheese and ham, coated with parmesan and bread crumbs, then baked to perfection. They are smothered in a flavorful cream sauce creating the perfect main dish! Paired with smashed red potatoes and seasonal veggies, and of course wine and appetizers. A night of indulgence for sure!

*Tuesday, April 23, 5:30-8 p.m.*

Instructor: Lindsay Smith

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

## MARY HAD A LITTLE... 🍷🍷

Lamb. It's what is on the menu. We will (loving and with reverence) be preparing beautiful spring roast leg of lamb with an herb-Dijon pan sauce. While the lamb is finishing in the oven we will make the perfect side pairings of zesty spring vegetables, herb baby potatoes and crusty bread. Wine and appetizers with round out the night.

*Thursday, May 23, 5:30-8 p.m.*

Instructor: Lindsay Smith

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

## FIDDLEHEADS, RAMPS AND WILD LEEKS 🍷🍷

Spring is finally here and with it comes tender, wild, seasonal and local items like fiddleheads and ramps. Whether you're a seasoned fiddle-header or just learning, come enjoy this spring time bounty.

*Wednesday, May 1, 5:30-7:30 p.m.*

Instructor: Alicia Barrow

Cost: \$20 Member; \$30 Non-member

## SPRINGTIME SOUPS AND SALADS 🍷🍷

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.

*Wednesday, May 22, 11 a.m.-1 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

# Global Cuisines

## JEWELS OF THE DESERT 🍷🍷

Explore the food of Northwestern Africa with an unforgettable experience in traditional Libyan and Egyptian cuisine. This spring expedition will include both sweet and savory dishes from Libya and Egypt.

*Friday, March 29, 5:30-7:30 p.m.*

Instructor: Alicia Barrow

Cost: \$20 Member; \$30 Non-member

## THE SILK ROAD 🍷

In Central Asia lies the heart of the Silk Road. Travel back in time along this major route of trade with classic meat pies from Turkmenistan and bejeweled rice from Afghanistan.

*Saturday, April 13, 2-4 p.m.*

Instructor: Alicia Barrow

Cost: \$20 Member; \$30 Non-member

## CINCO 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 street tacos with a choice of fillings, handmade corn tortillas, fresh salsas and slaw, a little rice and beans and possibly churros to end the evening!

*Sunday, May 5, 5:30-8 p.m.*

Instructor: Lindsay Smith

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

## THE IMPERIAL HIGHWAY 🍷

Xi'an China, located in eastern Asia, is the gateway to the most famous trade routes in world history. Find out how a journey may have begun with classic Chinese dishes fit for the Imperial highness. We will be making: Xi'an Bing (stuffed pancakes) and Xinjiang Uighur Dapanji (big plate of chicken).

*Wednesday, May 22, 5:30-7:30 p.m.*

Instructor: Alicia Barrow

Cost: \$20 Member; \$30 Non-member

# Do It Yourself/Celebrate

*Interactive classes where you get to make delicious dishes yourself!*

## MARDI GRAS!—BEIGNETS 🍷🍷

Beignets... hot, fried-to-perfection pillows of dough, covered in a mound of confectioner's sugar. Served with strong coffee. We are going to put the fat in Fat Tuesday and recreate this N'awlins specialty. So authentic y'all be yelling "Soc au Lait!" Join us and laissez les bon temps rouler!

*Tuesday, March 5, 11 a.m.-1 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

## SUSHI NIGHT 🍷🍷

Spend a fun Friday night learning how to make your own sushi rolls! We will show how to make the perfect sushi rice, customize your rolls with a variety of ingredients and even add some flair to your presentation. Each student will make 3-4 rolls including a fun desert roll. Come prepared to roll, create, laugh and eat!

*Friday, March 8, 5-8 p.m.*

Instructor: Lindsay Smith

Cost: \$45 Member and Non-member

## PIEROGIS 🍷🍷

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 pierogis 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 pierogis and experiment with 3 different fillings. Grab your friends, this is a great group activity.

*Saturday, April 27, 11 a.m.-2 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

## MOTHER'S DAY SILK SCARVES 🍷

What could be more fun than to treat mom to a fun hands-on class making your own silk scarves with natural plant materials. While the scarves steam-set, we will enjoy simple Mediterranean-inspired small plates. At the end is the big reveal—no two scarves are alike!

*Sunday, May 12, 1-3:30 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.

## SHOPPING AND COOKING FOR TYPE II & PRE-DIABETES V

Do you or a family member have type II diabetes or have pre-diabetes? Or do you want to learn more about healthy eating and better glucose control? Have you ever wished you could visit the grocery store with a registered dietitian? Here's your chance. We will start in the classroom to go over some basics then head to the store. We'll make stops to discuss carbohydrate counting, discuss fiber's benefits, discuss smart fats, and look at best options for meat and seafood just to name a few. We'll also taste a few items along the way. Sign up soon as this class has limited enrollment.

Monday, March 11, 3-5 p.m.

Tuesday, May 14, 5:30-7:30 p.m.

Instructor: Sheryl C. Hoehner, MS, RD, LDN

Cost: \$20 Member; \$30 Non-member

## MAPLE SYRUP, A SWEET HISTORY V

Native Americans pioneered the use of sap to make syrup and sugar. They taught their practices to European settlers in New England and for centuries these maple sweeteners were found throughout the region. Today, dozens of products such as beers, candies, sodas, sauces, and cereals benefit from maple sap, syrup, and sugar. The demand for maple flavor and sweetness drives expansion and new harvesting techniques. The program describes and explains the millennia-long practice and usage of maple sap, while we taste and celebrate some of the region's beverages and foods made from a tree!

Tuesday, March 12, 5:30-7:30 p.m.

Instructor: Jeff Roberts

Cost: \$20 Member; \$30 Non-member

## COOKING GREEN—THE FRENCH WAY V

Join the fun! It's March so let's use the color GREEN "verte" ingredients. Learn by doing with Gloria Finkelstein "Madame G." Help create a monochromatic French themed green / verte color menu. Learn French vocabulary & practice your French conversation. It will be a colorful culinary feast for all participants to enjoy.

Thursday, March 14, 6-8 p.m.

Instructor: Gloria Finkelstein

Cost: \$20 Member; \$30 Non-member

## SPRING DINING WITH CHEF MARTIN OF ARIANA'S

Join Chef Martin Murphy of Ariana's for a special night of learning from this local favorite chef. Chef Martin has been in the restaurant business for over 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. In this class, Chef will take you on a culinary exploration as he shares his technical skills and knowledge with love of seasonal ingredients. Book now- his classes are not ones to miss!

Sunday, March 24, 5:30-7:30 p.m.

Instructor: Chef Martin Murphy

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

## LE CORDON BLEU COOKING TECHNIQUES V

Be a famous Cordon Bleu "Blue Ribbon" Chef for a night! Did you know Julia Child attended this cooking institute? Take a French travel adventure to the Co-op Learning Center! Learn by doing! Join local Gloria Finkelstein "Madame G." & learn French vocabulary in the kitchen. Practice your French conversation. Let's learn, experiment & create a healthy colorful French menu. The recipes will be adapted from "Le Cordon Bleu Complete Cooking Techniques" book. It will be an edible art experience! Let's share lots of new ideas & sample the recipes together.

Tuesday, April 9, 6-8 p.m.

Instructor: Gloria Finkelstein

Cost: \$20 Member; \$30 Non-member

## NAVIGATING THE USDA'S DIETARY GUIDELINES FOR EVERYDAY COOKING: FATS, EGGS, AND MORE! V

Did you know that the last release of the Dietary Guidelines for Americans (2015-2020) discussed eating patterns being a better predictor of overall health status than individual foods and nutrients? This engaging class will involve discussion around these guidelines as well as a focus on recommendations for fats, eggs and cholesterol. We will taste some different fats and discuss their uses. We will also make a complete meal providing you easy ideas to bring into your weekly meal plan. We'll be making veggie frittatas, as well as salad dressings. Plus, we'll top off the night with an elegant Grand Marnier soufflé for a finishing touch!

Thursday, April 11, 5:30-7:30 p.m.

Instructor: Sheryl C. Hoehner, MS, RDN, LDN

Cost: \$20 Member; \$30 Non-member

## SPRING & EASTER CONFECTIONS

Are you a fan of baking competitions? Want to learn how to make professional looking treats? In this fun and interactive class you will learn a mix of spring and Easter cookie and cake decorating techniques. Baker and artist extraordinaire, Marley Cooley will cover techniques on royal icing vs buttercream, using modeling chocolate, and decorating fabulous cookies and cakes! Open to all ages 8+ this is a great group activity! Everyone will go home with a box of finished products!

Sunday, April 14, 1-3 p.m.

Instructor: Marley Cooley

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

## NATURAL DYES IN PASTRY

Ready to up your baking-decoration game? Want to learn how to use more natural products? This is the class for you! Baker and artist extraordinaire, Marley Cooley will cover techniques on royal icing vs buttercream, decorating fabulous cookies and cakes and other non-edible natural dye products! Open to all ages 8+ this is a great group activity! Everyone will go home with a box of finished products!

Sunday, May 19, 1-3 p.m.

Instructor: Marley Cooley

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

## LET US HOST YOUR NEXT EVENT

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



## 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. Sign up now—space is limited!

### HOMEMADE PASTA NIGHT 🖐️ ✓

We will be rolling out our own noodles, then paring them with choice of sauce, salad and garlic bread.

**COST:** \$45 Member; \$65 Non-member per family\*

**WHEN:** Friday, March 22, 5-7:30 p.m.

### MEXICAN FIESTA 🖐️ ✓

We will make our own tortillas for chicken tacos, easy Mexican rice and beans, and Mexican hot chocolate sundaes!

**COST:** \$45 Member; \$65 Non-member per family\*

**WHEN:** Friday, April 26, 5-7:30 p.m.

### STROMBOLIS! 🖐️ ✓

Everyone gets to design their own from a choice to toppings. While they bake, make a pizzeria salad and dessert will round out the meal.

**COST:** \$45 Member; \$65 Non-member per family\*

**WHEN:** Friday, May 17, 5-7:30 p.m.

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

## After-School Jr. Chef

### Cooking Club 🖐️

Did you know that teaching kids to cook increases the likelihood that they will eat healthier as an adult? Our after-school cooking club does just that! Each week we will learn new basic cooking techniques such as sautéing, roasting, chopping, how to make a sauce and more. We will focus on using seasonal ingredients and everyone should expect to take home a tasty dish to share.

This club is for kids ages 10 – 13 who love to cook and want to increase their skills! Students should be able to follow simple directions and work independently as well as with others. Cooking club meets on Mondays from 3:30 to 5 p.m. and runs through May 20, 2019. Drop by for one, two, three... or take them all!

Session Dates: 3/4, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20

\*No after school club when there is no school! \*

**TIME:** 3:30-5 p.m.

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

**INSTRUCTOR:** Lindsay Smith

## Co-op Kids:

### Read It 'n' Eat It Series 🖐️

Co-op kids ages 3-8 are invited to join us for this free class series. We'll start by reading a book, and then make a recipe inspired by the reading. Each session is one hour. Parents are encouraged to attend with their child. Registration is required as space is limited.

**INSTRUCTOR:** Alicia Barrow

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

#### UPCOMING SESSIONS:

*Mufaro's Beautiful Daughters* by John Steptoe  
Saturday, March 9, 10-11 a.m.

*Long Live Earth* by Meighan Morrison  
Saturday, April 13, 10-11 a.m.

*The Mountains of Tibet* by Mordicai Gerstein  
Saturday, May 18, 10-11 a.m.





## Spring Break Cooking Camp

### SOUS-CHEFS (ages 6-9)-Roll with It

In this fun week of camp, rolling is our theme. From rolling out dough, then rolling their own pasta, to making egg rolls—sous-chefs will be making all sorts of fun and delicious foods to bring home!

**COST:** \$180 Member and Non-member

**WHEN:** Monday, April 15-Friday, April 19

**TIME:** 8:30-11 a.m.

### JR. CHEFS (ages 10-14)-Italian Vacation

We are off to Italy this week. Risotto, pasta and sauces, pizza, seafood, and don't forget the desserts—with so much great food and areas to explore, Jr. chefs will be busy.

**COST:** \$180 Member and Non-member

**WHEN:** Monday, April 15-Friday, April 19

**TIME:** 1-4 p.m.

## Just for Fun

### 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 good, you will not, hmmm?"

Saturday, May 4, 5-7 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

### MOTHER'S DAY DRIED FLOWER ART 🖐️

This special class is designed for kids ages 5 to 11. Each participant will leave with a one-of-a-kind piece of dried flower art special just for Mom.

Sunday, May 5, 1-3 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

## Everyday Cooking

### 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. We will also discuss knife choice, care and sharpening. Hone your skills with your own knife from home, or use one of ours.

Sunday, March 10, 12-3 p.m.

Saturday, April 27, 5-8 p.m.

Thursday, May 16, 5:30-8:30 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

### KNIFE SKILLS 201 🖐️

The next step 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.

Saturday, May 11, 11 a.m.-1:30 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

### COOKING ESSENTIALS 🖐️ V

Learning how to cook is a lifelong process that is rewarding and challenging! Our series, cooking essentials, will explore the cooking basics of the professionals and instill the right foundational knowledge for you along your journey! In class, we will work together as a team to really examine each topic. Take one, take them all. This series is great for novices and experienced cooks alike. \*Please visit our website for specific descriptions for each class\*

The Spice Drawer

Thursday, March 7, 5:30-8 p.m.

The Spice Drawer

Thursday, April 4, 11 a.m.-2 p.m.

Sauté, Sear & Stir-fry

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

Oil and Vinegar

Thursday, May 9, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

### BULK BASICS 🖐️ V

Just how far can you stretch that food budget? Come learn some co-op bulk basics in this fun hands on class that includes making your own pastas, breads and healthy quick snacks. Class will include a small store tour and planning ideas.

Wednesday, April 24, 5:30-7:30 p.m.

Instructor: Alicia Barrow

Cost: \$20 Member; \$30 Non-member

### COOKING WITH BULK 🖐️ V

Soups and fillings and pilafs, Oh My! Find unique and delicious ways to stretch a meal and your money in this hybrid hands-on/demo class. Class will include a small store tour and meal planning ideas.

Wednesday, May 15, 3-5:30 p.m.

Instructor: Alicia Barrow

Cost: \$20 Member; \$30 Non-member

# Lunch 'n' Learn Series

## ROCK THE KASBAH V

Feeling a little exotic? Transport yourself to Northeastern Africa with me for lunch. This flavorful expedition into Morocco and Algeria will include a classic from the region, Algerian Mahjouba, a delicious tomato and onion filled flatbread!

Thursday, March 7

11:30 a.m.-12:30 p.m.

Instructor: Alicia Barrow

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

## SWEDISH MEATBALLS

Nothing beats homemade meatballs smothered in a creamy gravy sauce, and yes, they taste so much better than the IKEA version!

Wednesday, March 13

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## FISH TACOS

When I arrived in San Diego, fresh faced and full of anticipation—the first thing I did was drive directly to the beach. The first thing I ate was a fish taco. Pan fried to perfection. Cilantro-lime crema. This lunch will transport you to the California shores.

Tuesday, March 19

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## CHICKEN SATAY WITH PEANUT SAUCE

It's National "Something on a Stick" Day! And I love a holiday... and food on a stick! We will cook up these delicious tasty treats and match with a fragrant Thai rice.

Thursday, March 28

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## CHOCOLATE SOUFFLÉ V

April 3 is officially National Chocolate Soufflé day—so we should celebrate! 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 3

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## NAVAJO TACOS

I'll be honest, this one of my favorite childhood comfort food 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.

Tuesday, April 9

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## SHRIMP SCAMPI

Fast, easy, full of garlic and butter... what is not to love! Come learn the secrets to the perfect shrimp scampi. We will soak up all the juices with crusty bread. Might want to use some mouthwash before going back to work!

Friday, April 26

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## THAI STEAK SALAD

This dish hits all the right flavor notes- sweet, salty, spicy, sour, and umami. Plus, it has steak. And it's a salad. And it's easy to make.

Thursday, May 2

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!

Tuesday, May 7

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## ENTERING ANATOLIA V

Journey to the beginning of the Far East and find yourself whisked away by a spring inspired Persian breakfast and traditional lunch items from Lebanon, Syria and Iran.

Thursday, May 9

11:30 a.m.-12:30 p.m.

Instructor: Alicia Barrow

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

## BILL SMITH'S ATLANTIC BEACH PIE V

Just in time for summer—learn how to make this vintage recipe revitalized by Chef Bill Smith from Crook's Corner of Chapel Hill, NC. He says it's the easiest recipe in the world, we just say yummm.

Tuesday, May 21

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## HOMEMADE FALAFEL V

This is an herb packed version of this middle-eastern street food. Crispy on the outside, light and fluffy on the inside. We will pair it with a homemade tzatziki or tahini sauce, crunchy vegetables and pita for a perfect lunch.

Thursday, May 30

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

## 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.*

# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <i>After-school Cooking Club 3:30-5 p.m.</i>	5 <i>Mardi Gras! Beignets 11 a.m.-1 p.m.</i>	6	7 <i>Lunch 'n' Learn: Rock The Kasbah 11:30 a.m.-12:30 p.m.  Cooking Essentials: The Spice Drawer 5:30-8 p.m.</i>	8 <i>Do It Yourself: Sushi Night 5-8 p.m.</i>	9 <i>Co-op Kids: Read It 'n' Eat It 10-11 a.m.</i>
10 <i>Knife Skills 101 12-3 p.m.</i>	11 <i>Shopping and Cooking for Type II &amp; Pre-Diabetes 3-5 p.m.</i>	12 <i>Maple Syrup A Sweet History 5:30-7:30 p.m.</i>	13 <i>Lunch 'n' Learn: Swedish Meatballs 11:30 a.m.-12:30 p.m.</i>	14 <i>Cooking Green- The French Way 6-8 p.m.</i>	15	16
17 <i>Simply in Season: St. Patrick's Day 5-7:30 p.m.</i>	18 <i>After-school Cooking Club 3:30-5 p.m.</i>	19 <i>Lunch 'n' Learn: Fish Tacos 11:30 a.m.-12:30 p.m.</i>	20	21 <i>Simply in Season: Spring Equinox- Eggtravaganza! 5-7:30 p.m.</i>	22 <i>Family Cook Night: Homemade Pasta 5-7:30 p.m.</i>	23
24 <i>Spring Dining with Chef Martin of Ariana's 5:30-7:30 p.m.</i>	25 <i>After-school Cooking Club 3:30-5 p.m.</i>	26	27	28 <i>Lunch 'n' Learn: Chicken Satay with Peanut Sauce 11:30 a.m.-12:30 p.m.  Co-op Dinner Club: Spanish Paella 5:30-8 p.m.</i>	29 <i>Global Cuisines: Jewels of the Desert 5:30-7:30 p.m.</i>	30
31						



# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>After-school Cooking Club 3:30-5 p.m.</i>	2	3 <i>Lunch 'n' Learn: Chocolate Souffle 11:30 a.m.-12:30 p.m.</i>	4 <i>Cooking Essentials: The Spice Drawer 11 a.m.-2 p.m.  Simply in Season: Lebanon to Lebanon 5:30-7:30 p.m.</i>	5	6
7	8 <i>After-school Cooking Club 3:30-5 p.m.</i>	9 <i>Lunch 'n' Learn: Navajo Tacos 11:30 a.m.-12:30 p.m.  Le Cordon Bleu Cooking Techniques 6-8 p.m.</i>	10	11 <i>Navigating the USDA's Dietary Guidelines for Everyday Cooking: Fats, Eggs, and More! 5:30-7:30 p.m.</i>	12	13 <i>Co-op Kids: Read It 'n' Eat It 10-11 a.m.  Global Cuisines: The Silk Road 2-4 p.m.</i>
14 <i>Spring &amp; Easter Confections 1-3 p.m.</i>	15 <i>Sous-Chef Cooking Camp 8:30-11 a.m.  Jr. Chef Cooking Camp 1-4 p.m.</i>	16 <i>Sous-Chef Cooking Camp 8:30-11 a.m.  Jr. Chef Cooking Camp 1-4 p.m.</i>	17 <i>Sous-Chef Cooking Camp 8:30-11 a.m.  Jr. Chef Cooking Camp 1-4 p.m.</i>	18 <i>Sous-Chef Cooking Camp 8:30-11 a.m.  Jr. Chef Cooking Camp 1-4 p.m.</i>	19 <i>Sous-Chef Cooking Camp 8:30-11 a.m.  Jr. Chef Cooking Camp 1-4 p.m.</i>	20
21	22 <i>After-school Cooking Club 3:30-5 p.m.</i>	23 <i>Co-op Dinner Club: Chicken Cordon Bleu 5:30-8 p.m.</i>	24 <i>Bulk Basics 5:30-7:30 p.m.</i>	25	26 <i>Lunch 'n' Learn: Shrimp Scampi 11:30 a.m.-12:30 p.m.  Family Cook Night: Mexican Fiesta 5-7:30 p.m.</i>	27 <i>Pierogis 11 a.m.-2 p.m.  Knife Skills 101 5-8 p.m.</i>
28	29 <i>After-school Cooking Club 3:30-5 p.m.</i>	30 <i>Cooking Essentials: Sauté, Sear &amp; Stir-fry 5:30-8 p.m.</i>				

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Simply in Season: Fiddleheads, Ramps and Wild Leeks 5:30-7:30 p.m.</i>	2 <i>Lunch 'n' Learn: Thai Steak Salad 11:30 a.m.-12:30 p.m.</i>	3	4 <i>May the 4th Be With You 5-7 p.m.</i>
5 <i>Mother's Day Dried Flower Art 1-3 p.m.  Global Cuisines: Cinco de Mayo 5:30-8 p.m.</i>	6 <i>After-school Cooking Club 3:30-5 p.m.</i>	7 <i>Lunch 'n' Learn: Spring Risotto 11:30 a.m.-12:30 p.m.</i>	8	9 <i>Lunch 'n' Learn: Entering Anatolia 11:30 a.m.-12:30 p.m.  Cooking Essentials: Oil &amp; Vinegar 5:30-8 p.m.</i>	10	11 <i>Knife Skills 201 11 a.m.-1:30 p.m.</i>
12 <i>Mother's Day Silk Scarves 1-3:30 p.m.</i>	13 <i>After-school Cooking Club 3:30-5 p.m.</i>	14 <i>Shopping and Cooking for Type II &amp; Pre-Diabetes 5:30-7:30 p.m.</i>	15 <i>Cooking with Bulk 3-5:30 p.m.</i>	16 <i>Knife Skills 101 5:30-8:30 p.m.</i>	17 <i>Family Cook Night: Strombolis! 5-7:30 p.m.</i>	18 <i>Co-op Kids: Read It 'n' Eat It 10-11 a.m.</i>
19 <i>Natural Dyes in Pastry 1-3 p.m.</i>	20 <i>After-school Cooking Club 3:30-5 p.m.</i>	21 <i>Lunch 'n' Learn: Bill Smith's Atlantic Beach Pie 11:30 a.m.-12:30 p.m.</i>	22 <i>Simply in Season: Springtime Soups &amp; Salads 11 a.m.-1 p.m.  Global Cuisines: The Imperial Highway 5:30-7:30 p.m.</i>	23 <i>Co-op Dinner Club: Mary Had a Little... 5:30-8 p.m.</i>	24	25
26	27	28	29	30 <i>Lunch 'n' Learn: Homemade Falafel 11:30 a.m.-12:30 p.m.</i>	31	