



**Summer
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

From Guest Instructors

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

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 home town Mumbai. This time Aarti will be making vegetarian Bombay Sandwiches- a street food from her home which are awesome and yummy!

Saturday, June 9, 3-5 p.m.

Instructor: Aarti Sanglikar Williams
Cost: \$20 Member; \$40 Non-member

PASTA FRESCA



This participatory pasta making class with Osteria Chiara's Chef Steve Ferraris will give you the experience and the confidence to quickly and easily make fresh pasta for your family and guests. In addition to fresh fettuccine and tagliatelle, we will make three simple sauces: Sage butter and garlic; creamy Gorgonzola; and Amatriciana, a slightly spicy Tomato sauce.

Tuesday, June 13, 5:30-8 p.m.

Instructor: Chef Steve Ferraris
Cost: \$20 Member; \$40 Non-member

CLAUDE MONET'S SPRING TABLE



"For me, a landscape does not exist in its own right, since its appearance changes at every moment; but the surrounding atmosphere brings it to life - the light and the air which vary continually. For me, it is only the surrounding atmosphere which gives subjects their true value." ~ Claude Monet

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

Thursday, June 21,
11:30 a.m.-1:30 p.m.

Instructor: Gloria Finkelstein
Cost: \$20 Member; \$40 Non-member

ITALIAN ANTIPASTI-CINQUE SAPORI (5 TASTES)



Antipasto means "before pasta". These Italian hors d'oeuvres are easy, delicious and fun to make. You will learn to make authentic bruschetta with several toppings and learn the correct pronunciation of "Bruschetta" (a little Italian language lesson). We will also make roasted red peppers the quick and easy way. This versatile ingredient can be used in many colorful and delicious antipasti. Finally, we will use fresh seasonal fruit antipasti to round out the variety of tastes in the cinque sapori.

Tuesday, July 10, 5:30-8 p.m.

Instructor: Chef Steve Ferraris
Cost: \$20 Member; \$40 Non-member

SUMMER 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 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!

Wednesday, July 25, 5:30-7:30 p.m.

Instructor: Chef Martin Murphy
Cost: \$25 Member; \$50 Non-member

HOMEMADE SORBET-3 FLAVORS!



Learn how easy and delicious it is to make your own sorbet. We will explore the techniques and tools to make amazing sorbet including "Spiked Lemon-Ginger Sorbet", Blackberry Sorbet and Orange Sorbet. Of course you can use any your favorite fruit flavors at home.

Wednesday, August 29, 5:30-8 p.m.

Instructor: Chef Steve Ferraris
Cost: \$20 Member; \$40 Non-member

Welcoming New Guest Instructor: Jeff Roberts



A Vermont resident, Jeff Roberts works in the areas of agriculture and food policy. He was co-founder of the Vermont Institute for Artisan Cheese at the University of Vermont. His book, *The Atlas of American Artisan Cheese* (2007), was the first comprehensive survey of small-scale producers. A member of *Guilde Internationale des Fromagers*, he teaches the history of food at the New England Culinary Institute, is a visiting professor at the Slow Food University of Gastronomic Science, provides consulting services to small-scale food producers, and is a frequent speaker in Europe and the United States on artisan food, sustainable agriculture, and the working landscape. His latest book, *Salted & Cured: Savoring the Culture, Heritage, and Flavor of America's Preserved Meats* (2017), is a history of dry-curing from 1600 to the present.

During his career, Jeff was a meteorologist, museum curator and historian, and associate dean at the University of Pennsylvania's School of Veterinary Medicine. For more than a decade, he was active in Slow Food International and USA, serving as a director and treasurer of the national board.

ON THE WORLD'S STAGE: AMERICAN ARTISAN CHEESE AND CRAFT BEER



Since the 1980s, Americans have enjoyed a renaissance of fermented foods from beer and cheese to extraordinary charcuterie and salumi. Today, world-class American pasteurized and raw milk cheeses and craft beers identify a diverse, rich landscape of aroma, tastes, and textures. Join us for a conversation about New England's revival of fermented foods with a curated tasting of some of the region's best artisan cheeses and craft beers!

Thursday, June 14, 5:30-7:30 p.m.

Instructor: Jeff Roberts
Cost: \$45 Member; \$60 Non-member

THE RENAISSANCE OF AMERICAN BEER: NEW ENGLAND'S GLOBAL LEADERSHIP



Since the 1980s, Americans have enjoyed a resurgence of fermented foods from beer and cheese to extraordinary charcuterie and salumi. New England's remarkable leadership in the craft beer renaissance reflects innovation, hard work, constant change, and global excellence. Join us for an introduction to the region's craft beer culture and history. To better understand and appreciate our region's extraordinary success, we celebrate a curated tasting of local craft beer.

Tuesday, August 28, 5:30-7:30 p.m.

Instructor: Jeff Roberts
Cost: \$45 Member; \$60 Non-member

Co-op Dinner Club

A unique dining and learning experience. A full meal, wine pairing, and

MIDSUMMER'S NIGHT SOLSTICE PARTY!

They say that fire, food and fairies compose the folklore behind the midsummer holiday, which has roots in pagan summer solstice rituals seeking fertility, bountiful harvest and banishment of evil spirits. Join us for a fun night where we celebrate the summer's bounty, share stories of lore, and of course banish any evil spirits that hamper the fun! Food will be based on traditional Scandinavian fare with a New England twist.

Thursday, June 21, 5:30-8 p.m.

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

LOW-COUNTRY SHRIMP BOIL

A hot summer night in the low country is perfect time for an old-fashioned boil. Rounding out the menu with hot hush puppies, creamy cabbage-fennel slaw, and pecan pie bars (after all it is also national pecan pie day). Come get it- the shrimp will be hot and the beer tastings cold!

Thursday, July 12, 5:30-8 p.m.

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

A SUMMER NIGHT IN BANGKOK

We will transport ourselves to the streets of Bangkok and make home versions of some of the street foods you can find there on a hot summer evening. Menu may include: make your own Thai dim sum dumplings, chicken larb, green papaya salad, and Thai Boxing Chicken. A flavorful and fun night for sure!

Wednesday, August 22, 5:30-8 p.m.

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

Simply in Season

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

FARM TO TABLE

"Always explore your garden and go to the market before you decide what cook."—Alice Waters

Cooking farm-to-table or market-to-table is a different way of thinking- it is ingredient driven, not recipe driven. In this class we will do just that- we will shop first, then with some good pantry staples, show how it is possible to pull together multiple menus from a few simple ingredients. You will leave inspired to explore your local farmer's market, or tackle that CSA box!

Monday, June 4, 5:30-7:30 p.m.

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

SUMMERTIME IS GRILLIN' TIME

It's summertime and that means grillin' time! In this fun class we will cover the basics of grilling including making marinades and brines, cooking different meats (maybe a whole fish!) and vegetables and even making a grilled pizza. We will meet in the CLC and weather permitting we will use the Co-ops outside grill for our class. Demonstration, vegetarian options.

Friday, June 15, 5:30-7:30 p.m.

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

EASY BREEZY DINNERTIME

Summer is all about eating outside, keeping it simple and ingredients that are as fresh as possible! In this class we will share some easy summer-time dinner recipes as well as some simple tips and tricks to keeping meal-time as stress free as possible. Sounds like vacation to me!

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

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

SUMMER BERRIES

There is little more perfect than juicy fresh summer berries. Whether it be strawberries, blueberries, raspberries, blackberries- you name it- they are little pops of heaven. And while the best way to eat them is warmed from the sun straight off the plant, sometimes we like to cook with them too. In this class we will prepare 3-4 sweet and savory recipes that celebrate nature's candy.

Wednesday, August 1, 5:30-7:30 p.m.

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

Do it Yourself

Interactive classes where you get to make delicious dishes yourself!

Great for a fun family outing or date night!

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, June 1, 5:30-8 p.m.

Instructor: Lindsay Smith
Cost: \$50 Member; \$65 Non-member

HERBAL CREATIONS

Herbs are the best of both worlds—pretty and delicious (not to mention nutritious!). In this class we will explore the culinary side of herbs. We will create inspiring sauces, pesto, desserts, garnishes and more. In addition, we will discuss the best way to freeze, dry and preserve herbs so you can enjoy them all year long. Lunch is provided.

Sunday, June 10, 10 a.m.-1 p.m.

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

SMALL BATCH PRESERVES

Small batch preserves are a fun way to make a quick and tasty condiments (sweet or savory) with that little extra summer produce, without having to purchase cases of fruits and veggies or drag out that big canner. You will be surprised on how much we can make in a short time with a little extra produce.

Sunday, August 26, 4-6:30 p.m.

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

MEXICAN STREET FOOD

Mexican street food is popular for a reason. In this fun evening, you will learn how to make homemade tortillas, fresh salsa verde, roasted salsa roja, fun taco fillings and end with classic sopaipillas. Olé!

Friday, August 24, 5:30-8 p.m.

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

"I believe in the magic of preparation. You can make just about any foods taste wonderful by adding herbs and spices. Experiment with garlic, cilantro, basil and other fresh herbs on vegetables to make them taste great."

—Jorge Cruise

Lunch 'n' Learn Series

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

CHICKEN ENCHILADAS VERDES

Chicken, cheese, fresh salsa verdes—really what more do we need to say then, mmm.

Tuesday, June 5,

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

Instructor: Lindsay Smith

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

RÖSTI

The classic pasta dish that everyone should know—and how to make it seasonal!

Wednesday, June 13,

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

Instructor: Lindsay Smith

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

CALAMARI—2 WAYS

The key to preparing calamari is to either cook it really fast or really slow; anything in between will leave you with a chewy texture. In this class we will prepare our calamari two ways—fried and grilled-yum!

Wednesday, June 20

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

Instructor: Lindsay Smith

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

THE BEST

STEAK SANDWICH

This glorious steak sandwich tastes like meaty heaven but won't break your budget!

Wednesday, July 25,

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

Instructor: Lindsay Smith

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

FRESH RICOTTA

Learn to make fresh Ricotta cheese in under an hour and then we will make that ricotta into a simple appetizer perfect for summer evenings and into Lemon-ricotta pancakes!

Tuesday, August 21

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

Instructor: Lindsay Smith

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

SCALLOP CEVICHE

Aguachile (chile water) is a vibrant sauce made with fresh chiles, herbs and cucumbers that's fantastic on any type of fish or shellfish. Here we will pair it with fresh scallop ceviche for a light and refreshing summer lunch.

Thursday, August 30

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, June 7, 12-2:30 p.m.

Monday, July 2, 5:30-8 p.m.

Thursday, August 2, 5:30-8 p.m.

Instructor: Lindsay Smith

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

KNIFE SKILLS 201 V

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.

Wednesday, June 20, 5:30-8 p.m.

Sunday, July 22, 4-6:30 p.m.

Tuesday, August 14, 5:30-8 p.m.

Instructor: Lindsay Smith

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

COOKING ESSENTIALS

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 see website for more details on each class.

Pantry Essentials:

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

Emulsions

Tuesday, July 24, 5:30-8 p.m.

Seafood

Thursday, August 16, 5:30-8 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.

FATHER'S DAY DINNER

For our Father's Day Dinner, we will be celebrating Dad (by making and eating yummy food!) We will cook up juicy cheeseburgers, zesty oven fries and classic root beer floats for dessert! (We will even give dad a beer if he wants!)

Sunday, June 17, 5-7:30 p.m.

Instructor: Lindsay Smith

*Cost: \$45 Member; \$65 Non-member

SUSHI NIGHT V

For Sushi Night we will spend a fun Friday Night Learning working together to make your own sushi rolls! Customize your rolls to fit your tastes. Each family will make 5-6 rolls including a fun desert roll! Sign up today- space is limited!

Friday, July 6, 5-7:30 p.m.

Instructor: Lindsay Smith

*Cost: \$60 Member; \$75 Non-member

CARNIVAL NIGHT V

For Carnival Night learn how to make those yummy carnival treats at home including fresh squeezed lemonade, corn or pretzel dogs, Mexican grilled corn on the cob, and of course – funnel cakes!

Friday, August 17, 5-7:30 p.m.

Instructor: Lindsay Smith

*Cost: \$45 Member; \$65 Non-member

*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.

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.

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Do It Yourself: Sushi Night</i> 5:30-8 p.m.	2
3	4 <i>Simply in Season: Farm to Table</i> 5:30-7:30 p.m..	5 <i>Lunch 'n' Learn: Chicken Enchiladas Verde</i> 11:30 a.m.-12:30 p.m.	6	7 <i>Knife Skills 101</i> 12-2:30 p.m. <i>Cooking Essentials: Pantry Essentials</i> 5:30-8 p.m.	8	9 <i>Authentic Indian Cuisine with Aarti</i> 3-5 p.m.
10 <i>Do It Yourself: Herbal Creations</i> 10 a.m.-1 p.m.	11	12	13 <i>Lunch 'n' Learn: Rosti</i> 11:30 a.m.-12:30 p.m. <i>Pasta Fresca</i> 5:30-8 p.m.	14 <i>On The World's Stage: American Artisan Cheese and Craft Beer</i> 5:30-7:30 p.m.	15 <i>Simply in Season: Summertime is Grillin' Time</i> 5:30-7:30 p.m.	16
17 <i>Family Cook Night: Father's Day Dinner</i> 5-7:30 p.m.	18	19	20 <i>Lunch 'n' Learn: Calamari-2 Ways</i> 11:30 a.m.-12:30 p.m. <i>Knife Skills 201</i> 5:30-8 p.m.	21 <i>Claude Monet's Spring Table</i> 11:30 a.m.-1:30 p.m. <i>Midsummer's Night Sol- stice Party</i> 5:30-8 p.m.	22	23
24	25 <i>Co-op Kid's Cooking Camp: Jr. Chefs</i> 8:30 a.m.-4 p.m.	26 <i>Co-op Kid's Cooking Camp: Jr. Chefs</i> 8:30 a.m.-4 p.m.	27 <i>Co-op Kid's Cooking Camp: Jr. Chefs</i> 8:30 a.m.-4 p.m.	28 <i>Co-op Kid's Cooking Camp: Jr. Chefs</i> 8:30 a.m.-4 p.m.	29 <i>Co-op Kid's Cooking Camp: Jr. Chefs</i> 8:30 a.m.-4 p.m.	30

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Knife Skills 101</i> 5:30-8 p.m.	3	4	5	6 <i>Family Cook Night: Sushi Night</i> 5-7:30 p.m.	7
8	9 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30-11 a.m. <i>Simply in Season: Easy Breezy Dinnertime</i> 5:30-7:30 p.m.	10 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30-11 a.m. <i>Italian Antipasti: Cinque Sapori (5 Tastes)</i> 5:30-8 p.m.	11 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30-11 a.m.	12 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30-11 a.m. <i>Dinner Club: Low-Country Shrimp Boil</i> 5:30-8 p.m.	13 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30-11 a.m.	14
15	16 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	17 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	18 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	19 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	20 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	21
22 <i>Knife Skills 201</i> 4-6:30 p.m.	23	24 <i>Cooking Essentials: Emulsions</i> 5:30-8 p.m.	25 <i>Lunch 'n' Learn: Best Steak Sandwich</i> 11:30 a.m.-12:30 p.m. <i>Summer Dining with Chef Martin</i> 5:30-7:30 p.m.	26	27	28
29	30	31				

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Simply in Season: Summer Berries</i> 5:30-7:30 p.m.	2 <i>Knife Skills 101</i> 5:30-8 p.m.	3	4
5	6 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	7 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	8 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	9 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	10 <i>Co-op Kid's Cooking Camp: Jr. Chef's</i> 8:30 a.m.-4 p.m.	11
12	13 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30 -11 a.m.	14 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30 -11 a.m. <i>Knife Skills 201</i> 5:30-8 p.m.	15 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30 -11 a.m.	16 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30 -11 a.m. <i>Cooking Essentials: Seafood</i> 5:30-8 p.m.	17 <i>Co-op Kid's Cooking Camp: Sous-Chef's</i> 8:30 -11 a.m. <i>Family Cook Night: Carnival Night</i> 5-7:30 p.m.	18
19	20	21 <i>Lunch 'n' Learn: Fresh Ricotta</i> 11:30 a.m.-12:30 p.m.	22 <i>Dinner Club: A Summer Night in Bangkok</i> 5:30-8 p.m.	23	24 <i>Do It Yourself: Mexican Street Food</i> 5:30-8 p.m.	25
26 <i>Do It Yourself: Small Batch Preserves</i> 4-6:30 p.m.	27	28 <i>The Renaissance of American Beer</i> 5:30-7:30 p.m.	29 <i>Homemade Sorbet: 3 Flavors</i> 5:30-8 p.m.	30 <i>Lunch 'n' Learn: Scallop Ceviche with Aquachile</i> 11:30 a.m.-12:30 p.m.	31	