

## Lunch 'n' Learn Series

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

### CREPES: SAVORY AND SWEET V

This is a hands-on lunch and learn! We will cover the basics of crepe making and then students will try their hand at turning out the perfect thin pancakes. First we will make savory crepes, then follow with dessert! Plenty of topping choices to satisfy all palates.

September 6, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

### CROQUE MOUSIOUR VS CROUQUE MADAME

That is right, we will discuss, make, and taste-compare these classic grilled cheese sandwiches so you can finally determine which is your favorite!

September 21, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

### BATTLE OF THE CLAM CHOWDERS

It's a battle as old as... well, New England: White vs Red. We will make them both, and you can decide—is it “or” or “and”??

October 5, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

### CLASSIC EGGS BENEDICT

The story goes like this: In 1894, Lemuel Benedict, a Wall Street broker who was suffering from a hangover, ordered “some buttered toast, crisp bacon, two poached eggs, and a hooker of hollandaise sauce” at the Waldorf Hotel in New York. Of course there is another who also claims to have created the Eggs Benedict. Come learn its history, the proper classic technique, and even some of the many variations this dish has seen.

October 9, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

### TOSS A PIZZA FRIDAY V

It's Friday! What better day to practice (or learn) how to throw a pizza! In this hands-on lunch 'n' learn, students will throw their own pie, top it with choices from our toppings bar, and while they cook, we will discuss all things pizza!

October 27, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

### SALTED CHOCOLATE AND ROSEMARY COOKIES

Herbs are not meant for savory dishes and teas alone. Herbs added to classic desserts can bring new life and excitement to family favorites—and a little flaked salt will make these cookies out of this world!

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

Instructor: Lindsay Smith

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

### CHILE RELLENOS

Blistering fresh chiles are the key to making a killer chili rellenos. Making fresh salsa ranchera is also essential. We will do both, batter and fry and serve up this southwestern soul satisfying meal in under an hour.

November 13, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

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

### CHICKEN À LA KING

This old-fashioned sounding dish is a lot like a deconstructed pot pie. It has all the same elements without the pastry (however, we spoon it over pan-toasted bread, which accomplishes much of the same idea.) Chicken à la king is one of those dishes that may have gone out of style, but is worth embracing again! Also, it's a great way to use Thanksgiving leftovers!

November 21, 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.

September 29, 11:30 a.m.-2 p.m.

October 31, 5-7 p.m.

November 10, 1-3:30 p.m.

Instructor: Lindsay Smith

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

### MEATLESS MONDAYS

Did you know going meatless once a week may have health benefits and will definitely benefit the planet? Whether you are a seasoned vegetarian or just trying to incorporate a few more meatless meals into your life, we could all use 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.

September 25, 5:30-7:30 p.m.

October 16, 5-7 p.m.

November 20, 12-2 p.m.

Instructor: Lindsay Smith

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

### SAUERKRAUT & KIMCHI V

Fermented vegetables are not only a great way to put up your harvest, but are extremely beneficial to gut health. Learning how to make your own sauerkraut and kimchi is super easy—it doesn't cost very much and only take about 15 minutes (plus ferment time.) In this class, we will talk about the difference between sauerkraut and kimchi, make starters for both for students to take home, and discuss flavor variations.

October 7, 11-1 p.m.

November 12, 4:30-6:30 p.m.

Instructor: Lindsay Smith

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

### PICKLES AND PRESERVES

Quick pickles, refrigerator pickles, savory jams and chutneys... all methods of, as Mario Batali says, “postponing the mortality of beautiful food stuff with a little salt, vinegar or sugar.” We will work together to break down the process into simple steps that will get you on your way to preserving everything you can!

September 30, 11 a.m.-1 p.m.

October 29, 12-2 p.m.

Instructor: Lindsay Smith

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

*“This is my invariable advice to people: learn how to cook—try new recipes, learn from your mistakes, be fearless and above all have fun!”*

*—Julia Child*

# CO:OP Culinary Learning Center

FALL  
2017  
Classes

**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.*

**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

DEMO

VEGETARIAN OPTION

WINE SAMPLING

BEER SAMPLING

## Simply in Season

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

### COOKING FARM TO TABLE

Farm-to-table cooking focuses on using fresh, seasonal and local ingredients and in these classes we will let the flavors of the season be our guide. Students can expect to learn new recipes and techniques, engage in thoughtful discussions, prepare and taste great food and hopefully leave inspired to “surrender to the harvest” and all its glory in any season. Each class will present different recipes and inspirations.

September 7, 5:30-7:30 p.m.  
October 10, 5:30-7:30 p.m.  
November 17, 12-2 p.m.

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

### AUTUMN GALETTES

If a crusty cake and pie had a baby, it'd be our favorite freeform dough creation: the galette. Starting with the flaky, crispy crust, fold it over your favorite fall-inspired savory or sweet toppings and go wild.

September 26, 5-7 p.m.  
Instructor: Lindsay Smith  
Cost: \$20 Member; \$40 Non-member

### HARVEST SALADS

As the leaves change colors and the air turns crisp, our senses naturally turn toward the warming flavors of fall, and our salads are no exception. Loaded with sweet potato, apples, nuts, dark greens these salads are sure to satisfy both our desire to celebrate the harvest and nourish our souls.

November 8, 11 a.m.-1 p.m.  
Instructor: Lindsay Smith  
Cost: \$20 Member; \$40 Non-member

### FALL DESSERTS

In this class we will capture the sweet flavors of fall in several delicious treats. Pumpkin spice anyone? How about adding caramel to an apple strudel? Or Christopher Kimball's Brown Butter Cardamom Banana Bread? We will explore the essential elements (like adding a bit of spice) that make fall desserts so special.

October 23, 1-3 p.m.  
Instructor: Lindsay Smith  
Cost: \$20 Member; \$40 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. Limited seating.*

### SHRIMP 'N' GRITS

Take a trip to the low country to bask in the glory that is shrimp 'n' grits. This quintessential southern dish has everything you need—bacon, shrimp, creamy grits... Mmmm. Paired with some fresh cornbread, simple green salad and a crisp white wine, you will see just what this southern girl is talking about.

September 28, 5:30-7:30 p.m.  
Instructor: Lindsay Smith  
Cost: \$25 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 simple salad, and Spanish wine.

November 16, 5:30-7:30 p.m.  
Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

### BEEF WELLINGTON

There's no doubt that Beef Wellington is delicious. How can it not be? The exterior is a light, crisp, buttery crust, twinkling with crystals of sea salt. You slice through it to reveal layers of the finest ingredients in the Western world: slivers of prosciutto, a duxelles of wild mushrooms bound with cream, and finally foie gras, all encasing a core of medium-rare, buttery-soft beef tenderloin. Paired with wine and salad—a delicious night indeed.

October 19, 5:30-7:30 p.m.  
Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

### PIZZA PARTY

There's nothing like the taste of homemade pizza! You'll learn the steps to making your very own dough and a classic pizza sauce from scratch. Then choose from a host of toppings to enhance your creation – which we will cook up and eat!

September 8, 5-8 p.m.  
Instructor: Lindsay Smith  
Cost: \$20 Member; \$40 Non-member (each additional adult \$10, additional child \$5)

### HERBAL MEDICINE CHEST

Welcome to an exploration of homemade medicinal remedies. In this class, we will discover various methods to use herbs, flowers, vinegars, extracts and oils to make your own herbal first-aid kit. We will talk about best practices and how to choose/ find high quality ingredients. Each student will leave with a few samples of our creations.

September 24, 11 a.m.-2 p.m.  
Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 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!

October 13, 5-8 p.m.  
Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

### MAKE YOUR OWN PASTA: RAVIOLIS

Looking for something different to do? Make your own filled pasta! A fun-filled night where we will be making our own pasta, cheese and sauce!

November 10, 5-8 p.m.  
Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member (each additional adult \$10, additional child \$5)

## Beer & Wine Pairings

*An evening of food and drink. Learn about Co-op beer, cider, and wine offerings straight from the source!*

### SHELBURNE WINES

Join us for an evening with Shelburne wines and local seasonal food. Shelburne focuses on very interesting cold-climate grape varieties. This distinguishes them from the more widely distributed wines available from California. They are pioneers in growing these cold climate hybrid grapes, which are crosses of common European grapes with grapes native to colder parts of North America.

We will have three whites to taste: Louise Swenson (dry), La Crescent (Semi-dry) and our Riesling (also semi-dry). For reds: Marquette and our Marquette Untamed (a wild ferment version of the Marquette). We also have a wonderful desert wine, our Duet Ice Wine. This sweet wine should go great with an array of deserts.

We will serve several small plate tastings to complement the wines.

September 12, 5:30 to 7:30 p.m.  
Instructor: Ken Albert, Shelburn Wines  
Cost: \$25 Member; \$50 Non-member

### NEW BELGIUM GASTROPUB

Join us for a delicious evening with New Belgium Beer! We will be sampling a wide variety of beers and pairing them with some tasty seasonal gastropub fare. Beers to taste may include: Fat Tire Belgian Style Amber Ale, Fat Tire Belgian White Ale, Citradelic Tangerine IPA, Accumulation White, IPA, Voodoo Ranger IPA, Pilsner and a \*\*yet to be named sour beer\*\*.

November 8, 5:30 to 7:30 p.m.  
Instructor: Dan Wallin, Beer Ranger, New Belgium Brewing  
Cost: \$25 Member; \$50 Non-member

### CIDER AND CREPES

The Co-op is very excited to host a special evening with Eden Ciders and Skinny Pancake!

Eden Ciders crafts specialty ciders using traditional New England heirloom varieties, local seedling varieties and Old- World varieties. Using the cold winter climate of Northern New England to concentrate the flavors and sugars of the apples before fermenting, Eden Ciders has developed ciders that are unique and innovative. When Skinny Pancake served their first crepe in 2003, they set out to “walk the walk” of the local food movement. Now, 14 years and several brick-and-mortar locations later, they are doing just that. They have an unwavering commitment to constructing everything they do to be as local and sustainable as possible. And we are bringing them together for one special night at the Culinary Learning Center. Sign up now to get your crepe and cider on! Oh, and learn much more about the work these incredible businesses are doing.

October 12, 5:30 to 7:30 p.m.  
Instructor: Eleanor Ledger, Eden Cider & Ian Rose, Skinny Pancake  
Cost: \$25 Member; \$50 Non-member

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. Sign up for one of these special classes only offered here.

## SANDWICH MASTER CLASS

The sandwich is too simple to mess up, right? Wrong. Learn about all the mistakes people make and how to avoid them. The result will be sandwiches with ingredients exotic and traditional, condiments from inside and outside the box, treats for vegans and omnivores alike, and breads that will surprise and enchant you. Plus, sample fun things to drink with a sandwich.

September 20, 5:30-7:30 p.m.  
Instructor: Mark and Phillipa Lilienthal  
Cost: \$25 Member; \$50 Non-member

## CHICKEN, MANY WAYS

Time to celebrate this essential kitchen staple. In this class, participants will learn essential tips and tricks to make chicken reliably delicious, fun, and easy. We will explore how to spatchcock, poach, pound, sear, and pan roast different cuts. Then we will pair the birds with sauces, sides, and seasonings that turn ordinary into memorable. Marry your poultry with some easy wines and your boring old weekday chicken dinner has morphed into dinner-party fare. Hands-on, with wine tastings.

October 18, 5:30-7:30 p.m.  
Instructor: Mark and Phillipa Lilienthal  
Cost: \$25 Member; \$50 Non-member

## HOMESTEADING 101 WITH CELESTE LONGACRE

Celeste will be offering two classes this fall! Celeste will share her secrets to good health year round in making homemade bone broth. Or join in October, and learn how to make some quick and easy fermented foods to please your gut.

*Bone Broth*  
September 23, 11 a.m.-1 p.m.  
November 18, 11 a.m.-1 p.m.

*Fermented Foods at Home*  
October 21, 11 a.m.-1 p.m.

Instructor: Celeste Longacre  
Cost: \$20 Member; \$40 Non-member

## HAPPY NEW YEAR— ROSH HASHANA

Did you know that it will be a new year (5778) starting sundown Sept 20? Get new and improved, healthy and delicious ideas to serve at your Rosh Hashana table. What would Yotam Ottolenghi and my Auntie SELMA be serving at their table this year?

September 18, 6-8 p.m.  
Instructor: Gloria Finkelstein  
Cost: \$20 Member; \$40 Non-member

## CLAUDE MONET'S FALL TABLE

Join Gloria Finkelstein AKA "Madame G" this fall and help create colorful healthy French themed cuisine while learning about the culture and Français vocabulaire.

November 1, 12-2 p.m.  
Instructor: Gloria Finkelstein  
Cost: \$20 Member; \$40 Non-member

# Dig into Nutrition

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

## NUTRITION IN REAL LIFE

This class will expand the concepts of a "balanced" and "moderate" diet into practice: What foods and flavors can you rely on to make tasty meals and snacks that fit within recommended healthy eating suggestions? We will explore 2 foundational recipes that fit most diets and lifestyles and can also be adjusted and expanded based on personal preference and dietary goals. Appropriate for those with diabetes or who simply wish to put nutrition into action in their daily lives. Each class will cover different recipes.

September 14, 4-6 p.m.  
November 6, 4-6 p.m.

Instructor: Hannah Brillling  
Cost: Free

## TURKEY DAY VEGGIES

Whether you are making an entire vegetarian feast, wish to spice up your side dishes, or accommodate a guest, this class will be full of new vegetarian ideas for your holiday. Explore ingredients and techniques and leave confident in your ability to create something exciting this holiday season. Perfect for omnivores and vegetarians alike.

November 13, 4-6 p.m.  
Instructor: Hannah Brillling  
Cost: \$20 Member; \$40 Non-member

## COOKING ON A BUDGET

September is Hunger Awareness Month, so we at the Co-op are offering a free class on how to shop on a budget. Tips and tricks to help you navigate the store, plan a week's worth of meals, and leave a little extra to buy something special!

September 5, 11 a.m.-12:30 p.m.  
September 18, 3-5 p.m.

Instructor: Lindsay Smith  
Cost: Free

## CO-OP BASICS

October is Co-op Month, so this month we are offering a free class that celebrates and showcases what is unique and special about shopping at the Co-op. You will have the opportunity to taste local products, learn about Co-op Basic brands, and how to navigate the store to optimize your budget.

October 5, 5-7 p.m.  
October 16, 1-3 p.m.  
Instructor: Lindsay Smith  
Cost: Free



Jump-start your  
**NUTRITION**



## Meet Hannah

Registered Dietitian  
Co-op's New Nutrition Specialist

Individual or small group store tours available by appointment. Email [hannahbrilling@coopfoodstore.com](mailto:hannahbrilling@coopfoodstore.com) or call 603-640-6577 for more information. Tours can address specific health concerns, such as Diabetes, heart health, low sodium, kidney disease, or others you may have.



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](mailto:classes@coopfoodstore.com)  
603-643-2667

# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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CLOSED for Labor Day

Cooking on a Budget 11 a.m.-1 p.m.

Lunch 'n' Learn: Crepes: Savory & Sweet 11:30 a.m.-12:30 p.m.

Cooking Farm to Table 5:30-7:30 p.m.

DIY Pizza Party 5-8 p.m.

Shelburne Wines 5:30-7:30 p.m.

Nutrition in Real Life 4-6 p.m.

Cooking on a Budget 3-5 p.m.  
Rosh Hashana 6-8 p.m.

Sandwich Master Class 5:30-7:30 p.m.

Lunch 'n' Learn Croque Mousieur vs. Croque Madame 11:30 a.m.-12:30 p.m.

Homesteading 101 11 a.m.-1 p.m.

DIY: Herbal Medicine 11 a.m.-2 p.m.

Meatless Mondays 5:30-7:30 p.m.

Autumn Gallettes 5-7 p.m.

Dinner Club: Shrimp 'n' Grits 5:30-7:30 p.m.

Knife Skills 101 11:30 a.m.-2 p.m.

Pickles and Preserves 11 a.m.-1 p.m.

# OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 <i>Lunch 'n' Learn: Chowders</i> 11:30 a.m.-12:30 p.m. <i>Co-op Basics</i> 5-7 p.m.	6	7 <i>Sauerkraut &amp; Kimchi</i> 11 a.m.-1 p.m.
8	9 <i>Lunch 'n' Learn: Eggs Benedict</i> 11:30 a.m.-12:30 p.m.	10 <i>Cooking Farm to Table</i> 5:30 p.m.-7:30 p.m.	11	12 <i>Cider and Crepes</i> 5:30-7:30 p.m.	13 <i>DIY: Sushi Night</i> 5-8 p.m.	14
15	16 <i>Co-op Basics</i> 1-3 p.m. <i>Meatless Mondays</i> 5-7 p.m.	17	18 <i>Chicken, Many Ways</i> 5:30-7:30 p.m.	19 <i>Dinner Club: Beef Wellington</i> 5:30-7:30 p.m.	20	21 <i>Homesteading 101</i> 11 a.m.-1 p.m.
22	23 <i>Fall Desserts</i> 1-3 p.m.	24	25	26	27 <i>Lunch 'n' Learn: Toss a Pizza Friday</i> 11:30 a.m.-12:30 p.m.	28
29 <i>Pickles &amp; Preserves</i> 12-2 p.m.	30 <i>Lunch 'n' Learn: Salted Chocolate &amp; Rosemary Cookies</i> 11:30 a.m.-12:30 p.m.	31 <i>Knife Sills 101</i> 5-7:30 p.m.				

# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 <i>Nutrition in Real Life</i> 4-6 p.m.	7	8 <i>Harvest Salads</i> 11 a.m.-1 p.m. <i>New Belgium Gastropub</i> 5:30-7:30 p.m.	9	10 <i>Knife Skills</i> 1-3:30 p.m. <i>DIY: Raviolis</i> 5-8 p.m.	11
12 <i>Sauerkraut &amp; Kimchi</i> 4:30-6:30 p.m.	13 <i>Lunch 'n' Learn Chili Rellenos</i> 11:30 a.m.-12:30 p.m. <i>Turkey Day Veggies</i> 4-6 p.m.	14	15	16 <i>Dinner Club: Paella</i> 5:30-7:30 p.m.	17 <i>Cooking Farm to Table</i> 12 p.m.-2 p.m.	18 <i>Homesteading 101</i> 11 a.m.-1 p.m.
19	20 <i>Meatless Mondays</i> 12 p.m.-2 p.m.	21 <i>Lunch 'n' Learn Chicken à la King</i> 11:30 a.m.-12:30 p.m.	22	23 <i>CLOSED for Thanksgiving</i>	24	25
26	27	28	29	30		
			1 <i>Monet's Fall Table</i> 12-2 p.m.	2	3	4