



# Learning Center



**\$7**  
**PER CLASS**  
+ payment processing fee

**Winter**  
**2020**  
**Virtual Classes**

**Nourish. Cultivate. Cooperate.**

# Sign Up for Classes



## Online

REGISTER ONLINE

[WWW.COOPFOODSTORE.COOP/CLASSES](http://WWW.COOPFOODSTORE.COOP/CLASSES)

## Class sign-ups are available ONLINE ONLY

## Please Note:

- Classes will be held using the Zoom App.
- One registration gets you one unique link to be use on one electronic device.
- Tickets are non-refundable, non-transferable.
- Free class vouchers and class passes are not being accepted for virtual classes. Please save these for use when we can resume in-person classes. Thank you.
- Classes will be recorded for later viewing, and are available up to 30 days.
- All ages are welcomed to participate! Some classes have been designed with younger chefs in mind.
- Many of our classes will offer substitutions and modifications- just ask!
- Questions can be sent via email to: [classes@coopfoodstore.com](mailto:classes@coopfoodstore.com)

*For safety precautions due to COVID-19, we have suspended in-person classes at our Culinary Learning Center. Our on-line classes promise to deliver the same quality, fun and accessibility you have come to expect from the Co-op!*

### Class Legend



#### VEGETARIAN OPTION

One or more recipe prepared in these classes is vegetarian.



Cook-Along/ Hands-on Class

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

—JULIA CHILD

# Seasonal and Co-op Cooking

*One of the easiest ways to eat healthy, is to eat in season! These classes celebrate local, seasonal and regional fare.*

## Cheeseburger Tacos

That's right. Straight from Taqueria del Sol in Atlanta, GA these tacos were voted their most popular by kids and adults! They are super simple to make along with a classic jalapeño-cheese sauce and jalapeño-lime mayonnaise. Don't worry—the flavors all balance out and it's not too spicy.

**November 10, 5:30-7 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Cranberries: Go Beyond the Sauce and Sugar

When fresh cranberries appear in the fall, do you think Thanksgiving sauces, sugary desserts or a cranberry strand for the Christmas tree? This small, magical berry is so much more—and stands alone as a rich source of plant compounds, antioxidants and fiber. Join me for a demo class highlighting fresh cranberries in savory and delicious recipes. Just in time for the local, sustainably grown cranberries from the Vermont Cranberry Farm.

**November 11, 12-1 p.m.**

Instructor: Laurie Gelb

Cost: \$7

## Garden Fries with Garlicy-Leek Dipping Sauce

Got a lot of root veggies in your fall harvest? Garden fries are an easy and delicious way to use them up! This recipe can be served as an appetizer or as part of a main meal. Enjoy them with ketchup, or if you are looking to take it up a notch, serve them with a garlicky leek dipping sauce (this is also a great topping for baked potatoes)

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

Instructor: Lindsay Smith

Cost: \$7

## Sautéed Mushrooms and Mussels w/Steak

This is a new version of surf and turf and it is delicious! Even better if you remember to season your steak far in advance—up to 24 hours before cooking! You can also double the amount of mussels and make this a pescatarian dish. All you need is some good bread on hand to sop up the juice and a side salad to round out the meal.

**November 18, 5:30-7 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Gingerbread Cake with Date-Syrup Bourbon Sauce

According to Chef Nik Sharma, a good gingerbread cake should have both ground and crystallized ginger. The ginger and black pepper along with lime zest are extracted into the butter, before they are incorporated into the cake batter. Finished off with a smooth and luxurious date-syrup bourbon sauce, this just may be the perfect fall dessert.

**November 21, 11 a.m.-1 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Sweet Potatoes Reimagined

There is comfort in the traditional dishes of Thanksgiving, and then there is the delight of adding something new, or giving an old favorite a twist. In this demo class, we will explore three tasty sweet potato dishes that just might become your new tradition. We will show you how to make twice-baked sweet potatoes with shallots and Parmesan herb-topped sweet potato biscuits and the all but forgotten, Carolina sweet potato sonker.

**November 23, 11:30 a.m.-1 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Turkey and Dumpling Soup

Have leftover turkey? How about some bones from the big bird? Perfect. This is a great comfort food recipe that will help to use of the scraps of leftovers and of course bring some needed warmth to your soul! We will be making what some call "slippery biscuits" which are like a cross between a thick noodle and a flat dumpling, but we will also include a recipe for more traditional "fluffy biscuits" should that be your preference.

**December 1, 5:30-7 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Beef Wellington

One of our most popular in-person seasonal classes, now online! Work along with Co-op Food Educator Lindsay Smith to make your own individual Beef Wellies! Buttery-soft beef tenderloin, encased in a duxelle of wild mushrooms, wrapped inside thin prosciutto, swathed in a golden puff pastry crust- what is not to love?

**December 2, 5:30-7:30 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## New Year's Good Luck Foods!

After 2020, we are gonna need all the luck for 2021 we can get. So let's start with the food—and cook up these classic southern good luck dishes. We will be making Southern Style Collard Greens, Classic Hoppin' John and Skillet cornbread. The best part—these dishes taste even better the next day, so your cooking is done!

**December 31, 3-5 p.m.**

Instructor: Lindsay Smith

Cost: \$7

# Techniques & Foundations

*To become a good cook, you need to start with good foundations and good techniques*

## Knife Skills 101

Slice, dice, and mince like a chef! We are bringing our popular knife skills class right into your own home. 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. Great for chefs of all ages!

**November 15, 12-2:30 p.m.**  
Instructor: Lindsay Smith  
Cost: \$7

## MEALS IN MINUTES:

### COOKING WITH YOUR INSTANT POT

#### Spiced Butternut Squash Soup

This class is a two-fer! Learn how to efficiently cut and peel a butternut squash, and then use your instant pot to make a deliciously satisfying and healthy soup. This is sure to be a regular in your winter rotation.

**November 19, 11 a.m.-12:30 p.m.**  
Instructor: Lindsay Smith  
Cost: \$7

#### Frijoles con Puerco

Frijoles con Puerco simply means beans with pork. This is a classic dish from the Yucatan and may become your new favorite New Year's good luck dish, because we NEED a new good luck dish for 2021! Beans and pork are a classic combo, add in two types of citrus for added zing and flavor and you have a winning combination!

**December 30, 4:30-6 p.m.**  
Instructor: Lindsay Smith  
Cost: \$7

## MASTER THE TECHNIQUE

### Homemade Stock

One might say soup season is here, but I prefer to say stock season is here. Since every good soup starts a well balanced stock. With all the holiday cooking, there are lots of veggie ends and even animal bones prime for making stocks! In this essential technique class we will discuss both a vegetarian stock and a chicken or turkey stock. Students are welcome to choose one or make both (this is a great time to use that leftover Thanksgiving turkey carcass!). We will also make a vegetable broth base—think homemade bouillon.

**November 29, 2:30-4:30 p.m.**  
Instructor: Lindsay Smith  
Cost: \$7

### Biscotti

Simple Pleasures - A cup of tea, a cup of espresso—and a beautiful biscotti. Try your hand at making biscotti, the traditional Italian pastry. These classic biscotti cookies are dry and crisp, so they're ideal for dipping in a delicious cup of coffee or tea. Baking twice, gives them their dry, crunchy texture. In this cook-along class, we will bake two different kinds and discuss other variations. Stored properly, these biscotti last up to 2 weeks and bring a smile to any receiver of this delightful biscuit.

**December 10, 2-3:30 p.m.**  
Instructor: Laurie Gelb  
Cost: \$7

## Create Your Own Dinner Party!

*Missing friends and family? This is a fun way to "get together, cook, eat, and connect!"*

### WORK WITH OUR FOOD EDUCATION SPECIALIST TO PICK YOUR PERFECT MENU OR THEME.

- We provide the recipes and instruction.
- Once the food is made, we leave and you stay and zoom away!
- 5 person minimum
- \$10 per person



For more information email: [classes@coopfoodstore.com](mailto:classes@coopfoodstore.com)

# Global Cuisine

*Tired of the same old thing for dinner? These cook-along classes offer some new ideas from around the world.*

## Potato Latkes

Get ready for the Festival of Lights (Dec 10 – Dec 18, 2020) by brushing up on your latke skills. These latkes are crispy and salty on the outside, soft and melty on the inside. It just would not be Hanukkah without a plate of these delicious fried treats on the dinner table.

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

Instructor: Lindsay Smith

Cost: \$7

## Feast of Seven Fishes:

The Feast of Seven Fishes is an Italian-American Christmas Eve tradition of abstaining from eating meat on the eve of a feast day, by eating an abundance of seafood. Typically, the holiday includes making (at least) seven different seafood dishes, but why not make one with lots of seafood! .

**December 12, 5:30-7:30 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Ultimate Mediterranean Mezze Platter

Mezze essentially means small plates for sharing, and is a wonderful unpretentious and inviting appetizer for a crowd, but it can also serve as the whole meal. Putting one together is more of assembling than cooking, however there are a few parts that are best made fresh. We will make our own baba ganoush, hummus, lavash and roasted red peppers. Along with olives, cheese and other tasty nibbles, this really is the ultimate Mediterranean Mezze Platter that you will linger over for hours.

**December 14, 5:30-7 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Posole Rojo with Chicken

I am breaking all the rules this year, and why not. 2020 hasn't exactly behaved. Normally my posole is made with pork and takes two days to make, but for this class we will make a faster version with chicken. Think of this as Mexico's answer

to chicken noodle soup. It is simple, delicious and even good for you!

**December 17, 5:30-7 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Holiday Tourtière

This French Canadian meat pie is a holiday tradition. There is no one correct filling; the meat depends on what is regionally available. In coastal areas, fish such as salmon is commonly used, whereas pork, beef, rabbit and game are often included inland. The name derives from the vessel in which it was originally cooked, a tourtière. Our filling will consist of beef, pork, potatoes, and various spices all tucked into a flaky crust. We will balance the dish with a simple homemade cranberry apple chutney, and you will be all set for the holidays!

**December 22, 5:30-7:30 p.m.**

Instructor: Lindsay Smith

Cost: \$7

# Do It Yourself

*Fun, cook-along cooking projects for special occasions!*

## Bacon Jam

That's right, bacon jam. Slow cooked bacon, caramelize some onions, a little maple syrup, a decent amount of bourbon, and a splash of vinegar. The resulting spread is chunky, with plenty of smoky, savory flavor and back notes of sweetness and bourbon. Bacon jam is an incredible gift to give—especially around the holidays, or keep it—it is the greatest gift you can give to your future self.

**December 5, 11 a.m.-12:30 p.m.**

Instructor: Lindsay Smith

Cost: \$7

## Holiday Candy

Holidays will be here soon! Memories of candy and cookies made by hand, and ready for gifting or enjoying. Who doesn't love homemade candies. Join us for peppermint patties, pecan nougat rolls, and more in this two hour cook along class. Guaranteed fun, tasty and a warm wonderful way to spend an afternoon. A candy making treat to enjoy

alone or grab your favorite helper to join the fun.

**December 6, 2-4 p.m.**

Instructor: Elizabeth Feinberg

Cost: \$7

## Tamales

Co-op Food Educator Lindsay Smith shares her family's New Mexican tradition of making tamales for Christmas Eve. For this special two day class, students will check in to discuss how to make their filling on day one (from a choice of recipes including the traditional pork, a chicken recipe, or a vegetarian filling). Then on day two, we will work together to make our red sauce, mix the masa, learn how to fill and roll, so you are ready to cook your tamales for the holidays!

**Day 1: December 19, 10-11 a.m.**

**Day 2: December 20, 2-4 p.m.**

Instructor: Lindsay Smith

Cost: \$14

## Bûche De Noël: Holiday Yule Log

The tradition of the Yule log goes back to medieval times when a large log was burned to cleanse the air of the previous events of the year and to protect the house in the coming year. Eventually this tradition changed to small logs and/or edible ones and the Bûche de Noël was born.

For this special two day class, on day one we will make and roll the sponge cake, and pastry cream filling and even start some of the fun decorations. On day two, we will make the chocolate buttercream frosting, other fun decorations and put the whole cake together!

**Day 1: December 23, 10 a.m.-12:30 p.m.**

**Day 2: December 24, 10 a.m.-12:30 p.m.**

Instructor: Lindsay Smith

Cost: \$ 14

# November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 	4	5	6	7
8	9	10 <i>Cheeseburger Tacos</i> 5:30 - 7:00 p.m.	11 <i>Cranberries!</i> 12:00 - 1:00 p.m.	12	13 <i>Garden Fries</i> w/ <i>Garlicy-Leek</i> <i>sauce</i> 11:30 a.m.-12:30 p.m.	14
15 <i>Knife Skills 101</i> 12:00 - 2:30 p.m.	16	17	18 <i>Sautéed Mushrooms</i> and <i>Mussels w/ Steak</i> 5:30 - 7:00 p.m.	19 <i>Instant Pot:</i> <i>Spiced Butternut</i> <i>Squash Soup</i> 11:00 a.m. - 12:30 p.m.	20	21 <i>Gingerbread Cake</i> w/ <i>Date-syrup-Bourbon</i> <i>Sauce</i> 11:00 a.m.- 1:00 p.m.
22	23 <i>Sweet Potatoes</i> <i>Reimagined</i> 11:30 a.m.-1:00 p.m.	24	25	26 	27	28
29 <i>Homemade Stock</i> 2:30 - 4:30 p.m.	30					

# December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>Turkey and Dumplings Soup</i> 5:30 - 7:00 p.m.	2	3	4	5 <i>Bacon Jam</i> 11:00 a.m. - 12:30 p.m.
6 <i>Holiday Candy</i> 2:00 - 4:00 p.m.	7	8	9 <i>Potato Latkes</i> 11:30 a.m. - 12:30 p.m. <i>Beef Wellington</i> 5:30 - 7:30 p.m..	10 <i>Biscotti</i> 2:00 - 3:30 p.m.	11	12 <i>Feast of Seven Fishes: Linguine alla Scoglio</i> 5:30 - 7:30 p.m.
13	14 <i>Ultimate Mediterranean Mezze Platter</i> 5:30 - 7:00 p.m.	15	16	17 <i>Posole Rojo w/ Chicken</i> 5:30 - 7:00 p.m.	18	19
20 <i>Tamales</i> 2:00 - 4:00 p.m.	21	22 <i>Holiday Tourtiere</i> 5:30 - 7:30 p.m.	23 <i>Buche de Noel (day 1)</i> 10:00 a.m. - 12:00 p.m.	24 <i>Buche de Noel (day 2)</i> 10:00 a.m. - 12:00 p.m.	25 	26
27	28	29	30 <i>Instant Pot: Fijoles con Puerco</i> 4:30 - 6:00 p.m.	31 <i>New Year's Good Luck Foods</i> 3:00 - 5:00 p.m.		