


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Lunch 'n' Learn: Feta-Brined Chicken Sandwiches</i> 11:30 a.m.-12:30 p.m.	3	4 <i>May the 4th Be with You Trivia Night (Family Friendly)</i> 5:30-8:00 p.m.	5 <i>Lunch 'n' Learn: Cinco de Mayo Ceviche Tostadas</i> 11:30 a.m.-12:30 p.m. <i>Cinco de Mayo Street Taco Party</i> 5:30-8 p.m.	6
7	8	9 <i>Lunch 'n' Learn: Spring Herb Soup</i> 11:30 a.m.-12:30 p.m.	10 <i>Chicken Piccata</i> 5:30-7:30 p.m.	11 <i>Whole Roasted Trout</i> 5:30-7:30 p.m.	12	13
14	15 <i>Mother's Day Tea Party (Family Friendly)</i> 2:00-4:00 p.m.	16 <i>Wok Cooking: Moo Shu</i> 11 a.m.-1:00 p.m.	17 <i>Lunch 'n' Learn: Philly Cheesesteak Sandwich</i> 11:30 a.m.-12:30 p.m.	18 <i>Cheese and Herb Soufflé Dinner</i> 5:30-7:30 p.m.	19 <i>Chicken Souvlaki</i> 5:30-7:30 p.m.	20 <i>DIY: Spring Ravioli</i> 1:00-4:00 p.m.
21	22 <i>Lamb Chop Wine Dinner</i> 5:30-8:00 p.m.	23	24	25	26	27
28	29 CLOSED FOR MEMORIAL DAY 	30 <i>Knife Skills 101</i> 5:30-8 p.m.	31 <i>Rhubarb: Sweet and Savory</i> 11:00 a.m.-1:00 p.m.			



**Spring
2023
Classes**

Sign Up for Classes

Online



REGISTER ONLINE
WWW.COOPFOODSTORE.COOP/CLASSES

Phone



CALL 603-643-2667
7 A.M.- 8 P.M.

In-stores



VISIT THE SERVICE DESKS
AT LEBANON, HANOVER, WRJ

Class Protocols:

All of us at the Co-op Learning Center are thrilled to be back in the classroom! That said, keeping our participants and instructors safe and healthy is our top priority. Here are some of the extra steps we are taking to create a safe and awesome class experience:

- We are closely following all guidelines from the CDC and local public health officials. All policies and procedures are subject to change.
- We are restricting class size to allow for social distancing and better air circulation. Classes may fill up faster than usual, so please add your name to the wait list. If there is enough interest, we will add additional classes.
- For DEMO classes, we are returning to one ticket = one seat.
- For HANDS-ON classes, instead of group cooking and family style eating, participants will now have their own stations, utensils, equipment, and ingredients.

- Come to class prepared to learn and eat! All classes include extensive samples or a meal.
- Class reminders will be sent by email 48 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 (2) days before class.
- Member discount applies to fully vested Co-op Members who have at least 10 shares.
- Co-op Learning Center is not an allergen free kitchen. If you have food allergies please contact us at classes@coopfoodstore.com as some classes can be adjusted accordingly.

TECHNIQUES & CORE COOKING

KNIFE SKILLS 101*

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. Great for chefs of all ages. *please note, we only sell single tables for this class. **Hands-on class** **Saturday, April 22, 1-3:30 p.m.** OR **Tuesday, May 30, 5:30-8 p.m.**

Ticket Prices:

Member: \$20/Non-member: \$28

COOKING ESSENTIALS: SALT

The first thing any new chef learns is how to season the food. And by season, we mean salt (and pepper ... but really, salt).

Join this fun, interactive, and informative class where you will taste multiple kinds of salt and learn when to use them. You will also learn how to properly salt by hand, identify the sources of salt in a recipe, and make a tasty dish or two. Fun fact: salt is the only rock we eat ... intentionally. **Hands-on class** **Wednesday, April 26, 11 a.m.-1 p.m.**

Ticket Prices:

Member: Ticket for 1/\$20
Ticket for 2/\$40
Non-member:
Ticket for 1/\$28,
Ticket for 2/\$56

WHOLE ROASTED TROUT

This is one of my favorite recipes and

techniques to teach. Cooking a whole fish is easy and satisfying. Moreover, it is so delicious! There is something impressive about serving a whole fish stuffed with lemon and herbs. We will pair our tasty trout with a tender parsnip and carrot hash. Pro tip—if you are squeamish about the head (I encourage you to try it), just ask the fishmonger to remove it. **Hands-on class** **Thursday, May 11, 5:30 p.m.-7:30 p.m.**

Ticket Prices:

Member: Ticket for 1/\$20
Ticket for 2/\$40

Non-member:

Ticket for 1/\$28
Ticket for 2/\$56

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 CLOSED FOR EASTER 	10	11 Lunch 'n' Learn: Viet-Cajun Fried Fish Po'boy 11:30 a.m.-12:30 p.m.	12 Palak Paneer 11 a.m.-12:30 p.m. OR 5:30-7:00 p.m.	13	14	15
16	17	18	19 Lunch 'n' Learn: Shrimp Scampi Linguini 11:30 a.m.-12:30 p.m. Wok Cooking: Pad Thai 5:30-7:00 p.m.	20	21	22 Knife Skills 101 1:00-3:30 p.m. Earth Day: Green Shakshuka 5:00-7:00 p.m.
23	24	25 Ouzi 5:30-8:00 p.m.	26 Cooking Essentials: Salt 11:00 a.m.-1:00 p.m.	27	28	29 Spring Patterned Cake Roll 1:00-4:00 p.m.
2	3	4	5 Lunch 'n' Learn: Matzo Ball Soup 11:30 a.m.-12:30 p.m.	6 Gumbo Z'Herbes 5:30-8:00 p.m.	7 Easter Cookies: Session 1 5:00-7:00 p.m.	8 Easter Cookies: Session 2 4:00-6:00 p.m.

CO-OP COOKING: SEASONAL & LOCAL

GUMBO Z'HERBES

Made with nine kinds of greens, this vegetarian gumbo is traditionally served during the Lenten season in Louisiana. This demo class will show all the steps in making gumbo z'herbs, as well as classic cornbread, before we feast! Come and learn the history of this stew and share a bowl. **Demonstration Class**

Thursday, April 6, 5:30-8 p.m.

Ticket Prices:

Member: \$20
Non-member: \$28

EARTH DAY: GREEN SHAKSHUKA

Perfect for Earth Day, Green Shakshuka is loaded with power greens like spinach, kale, and Brussels sprouts, then eggs are nestled in to poach gently. It is easy and takes one pan to make. This all-purpose vegetarian recipe is a dish that can be served for breakfast, lunch, or dinner. Just add your favorite bread. **Hands-on class**

Saturday, April 22, 5-7 p.m.

Ticket Prices:

Member: Ticket for 1/\$20
Ticket for 2/\$40
Non-member:
Ticket for 1/\$28
Ticket for 2/\$56

CHICKEN PICCATA

Lemony, caper-topped, and just buttery enough, chicken piccata is a simple weeknight supper that's easy to love, and so very fast—just ten minutes from sauté pan to table. With a side of roasted new potatoes and simple salad, this is easy weeknight dining. **Hands-on class**

Wednesday, May 10, 5:30 - 7:30pm

Ticket Prices:

Member: Ticket for 1/\$20
Ticket for 2/\$40
Non-member:
Ticket for 1/\$28
Ticket for 2/\$56

CHEESE AND HERB SOUFFLÉ DINNER

It's National Cheese Soufflé Day and what a perfect reason to make some for dinner. Soufflés are a classic that are impressive and easier to make than you think. We will whip up personal-sized soufflés and while they are cooking, mix an easy vinaigrette for a simple salad and crusty bread to round out the meal. A hands-on class you will not forget. **Hands-on class**

Thursday, May 18, 5:30-7:30 p.m.

Ticket Prices:

Member: Ticket for 1/\$20
Ticket for 2/\$40
Non-member:
Ticket for 1/\$28
Ticket for 2/\$56

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 ... err... vegetable and expand our repertoire from just the typical rhubarb pie. This is a demo class, come sit back, learn, and taste several new rhubarb preparations! **Demonstration Class**

Saturday, May 31, 11 a.m.-1 p.m.

Ticket Prices:

Member: Ticket for 1/\$20
Non-member: Ticket for 1/\$28

WOK COOKING: PAD THAI | Wednesday, April 19, 5:30-7:00 p.m.



SPECIAL EVENTS



MAY THE 4TH BE WITH YOU! Trivia Night – (family friendly)

Calling all Star Wars fans! Come for a night of trivia and galactic treats. Three rounds of trivia and a final question with prizes. Menu includes: rings of Hudalla, Yoda's Rootleaf Stew, Huttese Slime Pods, and Zoochberry Surprise. Bring your best Star Wars teams!

**Thursday, May 4,
5:30-8:00 p.m.**

Ticket Prices:

Member/Non-member: \$15

CINCO DE MAYO STREET TACO PARTY

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, with Mexican beers and inspired non-alcohol beverages to wash them down. **Hands-on class**

Friday, May 5, 5:30-8:00 p.m.

Ticket Prices:

Member: Ticket for 1/\$30
Ticket for 2/\$60
Non-member: Ticket for 1/\$40
Ticket for 2/\$80

MOTHER'S DAY TEA PARTY (family friendly)

What better way to celebrate Mom than to treat her to a lunch of fun finger sandwiches, delicate scones, tasty, tiny desserts, and of course, perfectly brewed tea? So, dress up in your favorite hat, grab your mom and friends, and let's tea! Pinkies out! (Priced per person, class will be set up

by tables.) **Demonstration Class**

Sunday, May 14, 2-4 p.m.

Ticket Prices:

Member: \$15
Non-member: \$20



LAMB CHOP WINE DINNER

Join us for a special night of multiple courses. We will start with a nibble board of seasonal bites, a salad with fresh pea shoots and spring veggies, then the star—rosemary and garlic lamb chops over a delicate parsnip purée. We will finish with a light lemon pudding cake. Spring has arrived. This is a demo class. Wine pairings. Limited seating. *Free class vouchers not available for this class. **Demonstration Class**

Sunday, May 21, 5:30-8:00 p.m.

Ticket Prices:

Member: Ticket for 1/\$45
Non-member: Ticket for 1/\$55



GLOBAL CELEBRATIONS



OUZI

Ouzi is a fragrant dish of spiced rice with minced lamb that is both a staple and a treat. The rice is spiced with cardamom, cinnamon, pepper, with mixed with peas and carrots, ground lamb, and fried pine nuts. To make ours extra special we will wrap in filo dough to make little bundles, and serve with laban b khyar or cucumbers in yogurt. This is elegant comfort food. **Hands-on class**

Tuesday, April 25, 5:30-8:00 p.m.

Ticket Prices:

Member: Ticket for 1/\$30
Ticket for 2/\$60
Non-member: Ticket for 1/\$28
Ticket for 2/\$42

WOK COOKING: MOO SHU

This class is part knife skills and part wok skills. First, we will start by preparing your protein of choice (pork, chicken, tofu), then work on julienned a variety of vegetables; finally mixing up the delicious savory sauce that pulls the whole dish together. Once all the prep work is done, it is short work in our woks. Served with Mandarin Pancakes. **Hands-on class**

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

Member: Ticket for 1/\$20
Ticket for 2/\$40
Non-member: Ticket for 1/\$28
Ticket for 2/\$56

DIY: SPRING PATTERNED CAKE ROLL | Saturday, April 29, 1-4 p.m.



PALAK PANEER

Palak Paneer is a popular Indian dish made with paneer cheese cooked in a smooth, rich, spinach gravy. We will blend just the right amount of spices to not overpower the dish. Served with rice, this is a deeply satisfying vegetarian main course. **Hands-on class**

**Wednesday, April 12,
11:00 a.m.-12:30 p.m. OR 5:30-7:00 p.m.**

Ticket Prices:

Member: Ticket for 1/\$20
Ticket for 2/\$40
Non-member: Ticket for 1/\$28
Ticket for 2/\$56

WOK COOKING: PAD THAI

Learn how to make this iconic noodle stir-fry. We will use a recipe that skips the hard-to-find ingredients, but still allows us to arrive at a recipe that delivers fantastic results—perfectly balanced flavors and layers of contrasting flavors. Moreover, we will talk about how to master Wok Hei. Choose from chicken, shrimp, or tofu. **Hands-on class**

Wednesday, April 19, 5:30-7:00 p.m.

Ticket Prices:

Member: Ticket for 1/\$20
Ticket for 2/\$40
Non-member: Ticket for 1/\$28
Ticket for 2/\$56



CHICKEN SOUVLAKI

Souvlaki stands for “meat-on-a-skewer” and is one of the most popular street foods in Greece. Our version is chicken in a simple marinade of raw garlic along with spices like oregano, rosemary, and sweet paprika, and a combination of excellent extra virgin olive oil, lemon juice, and dry white wine. It’s then grilled and garnished with a cooling tzatziki sauce, wrapped in a delicious crispy pita. Best of all? It tastes like heaven! **Hands-on class**

Friday, May 19, 5:30-7:30 p.m.

Ticket Prices:

Member: Ticket for 1/\$20
Ticket for 2/\$40
Non-member: Ticket for 1/\$28
Ticket for 2/\$56

LUNCH 'N' LEARN SERIES

Fast. One dish. Lunching done right! All Lunch 'n' Learn classes are held from 11:30 a.m. to 12:30 p.m. and ticket prices are \$10 for Members and \$15 for Non-members.

MATZO BALL SOUP

Traditionally served at Passover, this brothy soup is usually served with little or no vegetables. However, we will be making a more embellished soup with carrots, celery, and asparagus. The matzo balls are seasoned with fresh herbs, and the garlic-peppercorn stock is like a healthful spring tonic. Recipe courtesy of Moosewood Restaurant, Ithaca, NY. **Demonstration Class**

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

VIET-CAJUN FRIED FISH PO'BOY

Viet-Cajun is a new kind of fusion merging the flavors of the south with the ingredients of South Asia, Vietnam. For this lunch 'n' learn we will merge two delicious sandwiches into one—the Bahn Mi and the Po'boy. This sandwich is salty, sweet, spicy, and crisp featuring fried fish with a fish sauce caramel, Vietnamese mayonnaise, and punchy tart pickles. **Demonstration Class**

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

SHRIMP SCAMPI LINGUINI

Fast, easy, full of garlic and butter... what is not to love! Come learn the secrets to the perfect shrimp scampi. Serve over a bed of pasta, this is a fast and satisfying lunch. Hint-chewing on some parsley after will help with the garlic breath. What a fun way to celebrate National Garlic Day! **Demonstration Class**

**Wednesday, April 19
11:30 a.m.-12:30 p.m.**

FETA-BRINED CHICKEN SANDWICHES

Chicken cutlets are easy to overcook thus becoming tasteless and dry. One secret to flavorful cutlets is a quick marinade in feta brine ahead of grilling. Then we will whip the feta cheese with lemon juice and olive oil for a tasty sandwich spread. **Demonstration Class**

**Tuesday, May 2
11:30 a.m.-12:30 p.m.**

CINCO DE MAYO CEVICHE TOSTADAS

Ceviche is a Latin American dish made from raw fish cured in fresh citrus juices and sometimes garnished with onions, peppers, and other seasonings. For this Cinco de Mayo celebration, we will top freshly fried corn tortillas with a sweet and spicy snapper

ceviche and wash it down with some fresh agua fresca. **Demonstration Class**

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

SPRING HERB SOUP

This spring herb soup is perfect for those slightly chilly days where the sun is shining. This is also a great lesson in soup building. We will start with pancetta for flavor, onions, pasta, good stock, herbs, and beans. Then, a little pecorino-Romano to top it off. With a nice chunk of bread, this is a satisfying lunch. **Demonstration Class**

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

PHILLY CHEESESTEAK SANDWICH

The secret to a good Philly cheesesteak? Good, thinly sliced ribeye steak, a smooth cheese sauce, and toppings (if you choose) of onions and peppers. Of course, they say the real secret is in the roll. We may not have south Philly rolls, but I promise these will do just fine. **Demonstration Class**

**Wednesday, May 17
11:30 a.m.-12:30 p.m.**

DO-IT-YOURSELF CLASSES

DIY: EASTER COOKIES*

In this fun hands-on class, students will practice the art of cookie decorating. With a variety of sugar cookie eggs, chickens, and other spring shapes, you will learn about different royal icing consistencies, how to pipe an outline, the flood technique, and add details with icing. Each student will have a dozen cookies to take home. *Two (2) class time options available. **Hands-on class**

**Friday, April 7, 5-7 p.m.
OR
Saturday, April 8, 4-6 p.m.**

Ticket Prices:

Member: Ticket for 1/\$30
Ticket for 2/\$45
Non-member: Ticket for 1/\$40
Ticket for 2/\$60

DIY: SPRING PATTERNED CAKE ROLL

Swiss roll cakes are fun and challenging to make! We will try our hand at making a pretty spring pattern, then a chiffon cake base, and a light stabilized whipped cream filling. Perfect to celebrate May Day! This class is priced per cake- you may bring 2-3 people to help make it. One (1) cake per sign-up. **Hands-on class**

Saturday, April 29, 1-4 p.m.

Ticket Prices:

Member: Ticket for 1/\$30
Non-member: Ticket for 1/\$40

DIY: SPRING RAVIOLI

Homemade ravioli is a great weekend project and ours will celebrate spring! First, we make and hand roll the pasta dough, then create a filling made with peas, mint, and ricotta, then finally cook up a few and top with a delicate prosciutto, butter, and pea shoot sauce to enjoy! Take home any raviolis you do not eat to freeze and make later. **Hands-on class**

Saturday, May 20, 1-4 p.m.

Ticket Prices:

Member: Ticket for 1/\$30
Ticket for 2/\$45
Non-member: Ticket for 1/\$40
Ticket for 2/\$60