



Learning Center



\$7
PER CLASS
+ payment processing fee

Fall
2020
Virtual Classes

Nourish. Cultivate. Cooperate.

Sign Up for Classes



Online

REGISTER ONLINE

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

For safety proccations 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 acessibility you have come to expect from the Co-op!

Class Legend

V

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.

Rosh Hashanah Apple Cake

Get ready to celebrate Jewish New Year with this modern twist on apples and honey. The recipe is a compilation put together by local confectionery Chef Elizabeth Feinberg, “the honey cake recipe itself is a variation of a recipe from Treasury of Jewish Baking. I love the long list of spices, the use of strong coffee and the addition of whiskey, all of which I believe belong in a good honey cake. As to the cake itself, I love upside down cake. I like the crispy caramelized sugar, I like flipping the cake over. I like pineapple and maraschino cherries. Rosh Hashanah 2020 called for something special, I think this may be it.” Shanah tovah!

September 17, 5:30-7 p.m.

Instructor: Elizabeth Feinberg

Cost: \$7

Eating for Two: Meal Planning during Pregnancy and Feeding Your Family Afterwards

Join Emily McNamara, as she explores Nutritional Therapy concepts in eating for two while also making meal planning easy and healthy for the entire family. Cook-along with her to have the fixings made for at least 3 meals and to learn some foods known to be especially good for the postpartum period. Expect an ingredient list about a week-ahead.... AND keep your eyes peeled in the Co-op for her Budding Nourishment Calendar sold during this holiday season!

September 21, 11 a.m.-1 p.m.

Instructor: Emily McNamara

Cost: \$7

Chicken Soup with 10 Vegetables

We are heading into chicken soup season, and I love this one because of all the vegetables! I am always looking for ways to veg-up my life, and this soup is a great way to do it. If including 10 different vegetables isn't your priority (or you simply want to use what you have in the crisper) cut some and double up on others.

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

Instructor: Lindsay Smith

Cost: \$7

Skillet Salmon with Kale and Apple Salad

Not another kale salad! We promise this one is perfect for fall... crunchy, tangy and sweet. Paired with pan seared salmon, this is a great weeknight meal that is sure to satisfy. Healthy cooking never tasted so good.

October 6, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

Spaghetti Squash— the squash that makes its own noodles!

Never heard of it? You probably have seen these big yellow squash in the store while on your way to find butternut and acorn squash and quickly moved on. So what's the big deal about these? They're easy to cook, and once cooked the squashy inside pulls apart into long, spaghetti-like strands ready for a sauce or tasty ingredients baked in its own bowl. Even the seeds of this squash are edible and nutritious. Mother Nature - being awesome again. Join me as we discuss how to work with this squash, the nutritional benefits and some delicious recipes, as we get ready to hunker down for the New England winter.

October 14, 12-1 p.m.

Instructor: Laurie Gelb

Cost: \$7

Weeknight Bolognese

Traditional Bolognese takes hours of long and slow cooking. It is the thing meant for Sunday dinners. It is why Italians call sauce, the gravy. And this recipe, is worthy of all those accolades and done in half the time. Perfect for family dinner any night of the week.

October 19, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

Techniques & Foundations

To become a good cook, you need to start with a 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!

October 11, 12-2 p.m.

Instructor: Lindsay Smith

Cost: \$7

MEALS IN MINUTES:

COOKING WITH YOUR INSTANT POT

Loaded Mac N Cheese

Still getting to know your Instant Pot? A great place to start is with a creamy macaroni and cheese recipe loaded with tender bits of chicken and perfectly cooked broccoli florets. An easy one-instant-pot recipe for the whole family! Not a meat eater? Let's double up on the veggies—easy peasy.

September 16, 11 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$7

Jollof Rice with Shrimp

Jollof Rice is an iconic dish of West Africa, where rice is simmered in reduced tomatoes, onions, peppers and regional seasonings. For this class we will use our Instant Pots to make short time of this popular one-pot rice dish. The recipe we will use calls for shrimp, but substitutions and suggestions will be offered.

October 21, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

MASTER THE TECHNIQUE

Herb Roasted Spatchcock Chicken

This is one of my most requested techniques and is quite easy once you learn how to do it! Why spatchcock (or butterfly) your chicken? By removing the backbone of a chicken, you can flatten it, resulting in crispier skin and even, quicker cooking. We will douse ours in fresh herbs for maximum flavors and while it cooks, whip up a fresh Caesar salad (perfect for tossing the caramelized roasted garlic from the chicken into). Perfect Sunday dinner. Yum.

October 4, 4:30-6:30 p.m.

Instructor: Lindsay Smith

Cost: \$7

Cacio E Pepe

With just six ingredients, how hard can this pasta dish be? Truth is, not that hard, if you know the right techniques... and you don't skimp on ingredients. Good cheese, good pasta, good olive oil, and perfect timing will make this dish. The alternative.... You will have a gloopy mess on your hands. This 20-minute dish will need every moment of your attention, but it is worth it. Lunch will be done in no time.

October 7, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$7

Cream of Leek and Potato Soup

According to Food and Wine Magazine, learning how to make a proper cream soup is something every home chef should know. And while soups may all have the same basic ingredients (base vegetables, broth, cream/butter) it is all in how you finish it in the end. That final adjustment of seasoning. A delicate cream of leek and potato soup is a perfect teaching tool for this technique. Plus it is just oh so good on a fall day.

October 28, 11:30-1 p.m.

Instructor: Lindsay Smith

Cost: \$7

Create Your Own Dinner Party!

Missing friends and family? This is a fun way to "get toether", 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

Global Cuisine

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

Pork Schnitzel

Oktoberfest 2020 may be cancelled in Munich, but no reason we cannot celebrate with a fun dinner at home. We start with an easy and delicious pork schnitzel, pair it with a quick pickle (perfect for cutting through the richness of the schnitzel) and of course let's not forget some spätzle! Grab your favorite Oktoberfest beverage and cook along. Guten Appetit!

September 15, 5:30-7:30 p.m.

Instructor: Lindsay Smith

Cost: \$7

Mongolian Beef Noodles

This is a perfect dish anytime of the year. Beefy, noodley, saucy... with a little fresh veg to balance it out. You will learn some unique techniques that make this dish extra special.

September 23, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$7

Root Vegetable and Cauliflower Tagine

Tagines are incredibly versatile, and this Moroccan-style dish a great way to add some new flavors into your regular routine. The spice list might look a bit intimidating, but do not let it deter you. We will learn about blooming and flavor building, and you'll end up with a delicious dinner with plenty for leftovers. This recipe is vegetarian but you can add meat if you prefer.

October 1, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

Gumbo Night

It's gumbo night at the CLC! We will work together to make a dark deep roux (the key to a good gumbo) – so think 30 minutes of stirring and chatting. Once the roux is done, the rest goes easy—best if you have it all prepared ahead of time. Maybe some rice or cornbread on the side and you will be singing Ya Ya!

October 12, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

Caribbean Smothered Chicken

“Smothering” in terms of soul-food cooking means flavor. Technically it is a form of stove-top braising of slow-cooking meat in blanket of saucy aromatics that end up as the gravy. We will be using Carla Hall's recipe with a Caribbean spice spin, adding coconut, lime and chiles. Great dish for the family to make together!

October 16, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

Chicken and Mushroom Bulgogi

This savory bulgogi marinade is made with some common (or should be) pantry items and can be used with any protein or vegetables, so substitutions are encouraged to fit your tastes! As the dish cooks, the marinade caramelizes into a sweet-n-salty glaze that coats the meat (or substitute) and vegetables. Serve in crisp lettuce leaves to add a fresh balance. If you like, bulgogi is traditionally served with kimchi on the side.

October 29, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

Do It Yourself

Fun, cook-along cooking projects for special occasions!

Homemade Dumplings

It's national dumpling day! And the best way to observe national dumpling day is to serve an entire meal of dumplings! The best part about dumplings is that you can use whatever ingredients you like. We will offer multiple filling suggestions, wrapping options, cooking methods and final recipes, so you can truly make them to suit your tastes. So let's get wrapping!

September 26, 10 a.m.-12 p.m.

Instructor: Lindsay Smith

Cost: \$7

Boston Cream Pie

First, you know I love a national day and I just couldn't let this one slip by. Second, what better way to spend a Friday night then making cake? Boston Cream Pie originated from the Boston Parker House Hotel in the 1800s, back when cakes and pies were made in the same tins (hence the name Pie). It is decadent and perfect. Together we will make the spongy butter cake, the thick and creamy vanilla custard, and the luscious chocolate ganache.

October 23, 6-8 p.m.

Instructor: Lindsay Smith

Cost: \$7

Eggplant Parmesan

Layers of perfectly breaded eggplant, melty cheese, tangy sauce.... What could be better? Spend a fall Saturday morning with us, making this ooey-gooley, vegetarian main dish. Perfect dinner for ghosts and goblins of all sizes.

October 31, 10 a.m.-12 p.m.

Instructor: Lindsay Smith

Cost: \$7

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 <i>Pork Schnitzel</i> 5:30-7:30 p.m.	16 <i>Instant Pot Loaded Mac 'N' Cheese</i> 11 a.m.-12:30 p.m.	17 <i>Rosh Hashanah Apple Cake</i> 5:30-7 p.m.	18	19
20	21 <i>Eating for Two: Meal Planning during Pregnancy and Feeding Your Family Afterward</i> 11 a.m.-1 p.m.	22	23 <i>Mongolian Beef Noodles</i> 11:30 a.m. -12:30 p.m.	24	25	26 <i>Dumpling Day!</i> 10 a.m.-12 p.m.
27	28	29	30 <i>Chicken Soup w/10 Vegetables</i> 11 a.m.-12:30 p.m.			

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>Root Vegetable & Cauliflower Tagine</i> 5:30-7 p.m.	2	3
4 <i>Herb Roasted Spatchcock Chicken</i> 4:30 - 6:30 p.m.	5	6 <i>Skillet Salmon w/ Kale & Apple Salad</i> 5:30 -7 p.m.	7 <i>Cacio E Pepe</i> 11:30 a.m.-12:30 p.m.	8	9	10
11 <i>Knife Skills 101</i> 12-2 p.m.	12 <i>Gumbo Night</i> 5:30-7 p.m.	13	14 <i>Spaghetti Squash</i> 12-1 p.m.	15	16 <i>Caribbean Smothered Chicken</i> 5:30-7 p.m.	17
18	19 <i>Weeknight Bolognese</i> 5:30-7 p.m.	20	21 <i>Jollof Rice w/Shrimp</i> 5:30-7 p.m.	22	23 <i>Boston Cream Pie</i> 6-8 p.m.	24
25	26	27	28 <i>Cream of Leek & Potato Soup</i> 11:30 a.m.-1 p.m.	29 <i>Chicken & Mushroom Bulgogi</i> 5:30-7 p.m.	30	31 <i>Eggplant Parmesan</i> 10 a.m.-12 p.m.