



**Learning Center**



**Holiday  
2021  
Classes**

**Nourish. Cultivate. Cooperate.**

# Sign Up for Classes

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## Online

CLICK HERE TO REGISTER ONLINE

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

## Please note, NEW 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. Given the rapidly changing nature of the pandemic, all policies and procedures are subject to change.
- All attendees will be required to wear masks. Masks must cover both nose and mouth. You can remove your mask briefly while tasting and dining, of course!
- 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 will sit one per table, or you may purchase a double ticket and share the table with your guest (each participant will receive all materials and full servings of food).
- For HANDS-ON classes, instead of group cooking and family style eating, participants will now have their own stations, utensils, equipment, and ingredients. You may bring a guest to share your table. You will be provided additional ingredients to share and prepare with your guest. Member and Non-member plus guest ticket pricing is marked in ( ).
- 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 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](mailto:classes@coopfoodstore.com) as some classes can be adjusted accordingly.

# 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.



## WINE SAMPLING

A wine sample will be served with the meal.



## VEGETARIAN OPTION

One or more recipe prepared in these classes is vegetarian.

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

—JULIA CHILD



# Holiday Food Workshops

## HOLIDAY COOKIE SHOP:

### KENTUCKY BOURBON BALLS

Invented in 1939, the Kentucky Bourbon Ball is a great addition to any holiday cookie tray. The adult holiday cookie tray. Join in on the fun of making, rolling, and dipping (because we need the chocolate of course!) these tasty treats and creating unique gifts for friends and family (or just keep them for yourself!). Each person can expect to make 2 dozen balls. In-person participants will have candy gift boxes to choose from.

Sunday, December 5, 2-4 p.m.

Sunday, December 12, 2-4 p.m. *Virtual!*

Instructor: Lindsay Smith

#### Ticket Prices:

**In-person:** \$30 Member (+ guest \$45)

\$40 Non-member (+ guest \$60)

**Virtual:** \$7 Member and Non-member

## TAMALES

 (Virtual class only)

Co-op Food Educator Lindsay Smith shares her family's New Mexican tradition of making tamales for Christmas Eve. For the in-person workshop, we will be making traditional pork tamales with red chili sauce. You will learn how to make a delicious masa and then use the filling to roll your tamales. You will take the tamales home to cook, though there will be some finished ones in class for you to try!

For the *online* version of the class, you will receive several filling options (vegetarian included) and a video of how to make the pork filling. For the Zoom class portion, you will learn how to make the masa, fill, and roll your tamales! In this class, you can make any filling you like. We will also demonstrate the red sauce traditionally served on the side.

Tamales freeze well and can last up to 7 days uncooked in the refrigerator.

Saturday, December 18, 2-4 p.m.

Sunday, December 19, 12-2 p.m.

Sunday, December 19, 4-6 p.m. *Virtual!*

Instructor: Lindsay Smith

#### Ticket Prices:

**In-person:** \$30 Member (+ guest \$45)

\$40 Non-member (+ guest \$60)

**Virtual:** \$7 Member and Non-member

## CHRISTMAS MANICOTTI

Another holiday tradition for many households is homemade manicotti. Not the kind that use dried shells from the grocery aisle; the kind that start with a delicate homemade crepe (crespelle in Italian), stuffed with a spinach and cheese sauce, and then topped with a homemade tomato sauce (add sausage if you like!). These are fun to make, bring people together, and honestly are good any time of the year.

Wednesday, December 15, 5:30-7:30 p.m. *Virtual!*

Friday, December 17, 11 a.m.-1 p.m.

Instructor: Lindsay Smith

#### Ticket Prices:

**In-person:** \$30 Member (+ guest \$45)

\$40 Non-member (+ guest \$60)

**Virtual:** \$7 Member and Non-member

## YULE LOG WORKSHOP

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 the *in-person* workshop, you will build your own from scratch. We will roll our fresh-made sponge cakes, fill with soft buttercream, and decorate with meringue mushrooms and other wood-like accents. We will make all decorations in house!

The *online* workshop is TWO days. On day one, we will make and roll the sponge cake, pastry cream filling, and even start some of the fun decorations. On day two, we will make the chocolate buttercream frosting, the rest of the decorations, and put the whole cake together!

Tuesday, December 21, 11 a.m.-4 p.m.

Wednesday, December 22, 11 a.m.- 4 p.m.

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

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

Instructor: Lindsay Smith

#### Ticket Prices:

**In-person:** \$40 Member (per yule log)

\$55 Non-member (per yule log)

**Virtual:** \$14 Member and Non-member

# Lunch 'n' Learn Series

*Fast. One dish. Lunching done right!*

## POTATO LATKES

Honor the Festival of Lights (Nov 28 – Dec 6, 2021) by learning the important significance of latkes, and eating them too! 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.

Friday, December 3, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

### Ticket Prices:

\$10 Member (+ guest \$20);

\$15 Non-member (+ guest \$30)

## BACON JAM

That's right, I said bacon jam. Come learn this fun, quick, and showstopper of a jam that is great for gift giving, a party appetizer, or just slathering on a grilled cheese. Yum.

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

Instructor: Lindsay Smith

### Ticket Prices:

\$10 Member (+ guest \$20);

\$15 Non-member (+ guest \$30)

## YORKSHIRE PUDDING

Yorkshire pudding is a holiday staple in many houses. Come learn the tips and tricks to making this savory popover come out perfectly!

Wednesday, December 15, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

### Ticket Prices:

\$10 Member (+ guest \$20);

\$15 Non-member (+ guest \$30)

# Holiday Feasts

## BEEF WELLINGTON

One of our most popular seasonal classes, now both in-person and 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? Salad and wine are perfect to round out this meal!

Tuesday, December 7, 5:30-8 p.m.

Thursday, December 9, 5:30-8 p.m.

Friday, December 10, 5:30-7:30 *Virtual!*

Instructor: Lindsay Smith

### Ticket Prices:

**In-person:** \$40 Member (+guest \$60)

\$55 Non-member (+ guest \$80)

**Virtual:** \$7 Member and Non-member

## THE FEAST OF SEVEN FISHES

The Feast of the Seven Fishes is an Italian-American Christmas Eve tradition. Christmas Eve is considered a “fasting” day—from meat ... so bring on the fish! In this hands-on class, you will create your own feast stew as well as have some seafood-based appetizers to try.

Friday, December 17, 5:30-8 p.m.

Instructor: Lindsay Smith

### Ticket Prices:

**In-person:** \$40 Member (+guest \$60)

\$55 Non-member (+ guest \$80)

## NEW YEAR'S GOOD LUCK FOODS- *Virtual!*

We all want health, wealth, and heaping gobs of good luck. However, are we being overly superstitious by following rituals to ensure we have a prosperous New Year? Superstition or not, why hedge your bets? These rituals are not only fun, they are delicious! Join us virtually as we get you ready to ring in the New Year! We will have several options to pick from- you decide.

Friday, December 31, 11 a.m.-1 p.m.

Instructor: Lindsay Smith

**Virtual:** \$7 Member and Non-member

# DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lunch 'n' Learn: Yorkshire Pudding 11:30 a.m.-12:30 p.m. Christmas Manicotti <i>Virtual!</i> 5:30 - 7:30 p.m.	2 Lunch 'n' Learn: Bacon Jam 11:30 a.m.-12:30 p.m. Beef Wellington 5:30-8 p.m.	3 Lunch 'n' Learn: Potato Latkes 11:30 a.m.-12:30 p.m.	4
5 Holiday Cookie Shop: Kentucky Bourbon Balls 2-4 p.m.	6	7 Beef Wellington 5:30-8 p.m.	8	9 Lunch 'n' Learn: Bacon Jam 11:30 a.m.-12:30 p.m. Beef Wellington 5:30-8 p.m.	10 Beef Wellington <i>Virtual!</i> 5:30-8 p.m.	11
12 Holiday Cookie Shop: Kentucky Bourbon Balls <i>Virtual!</i> 2-4 p.m.	13	14 Christmas Manicotti 5:30 - 7:30 p.m.	15 Lunch 'n' Learn: Yorkshire Pudding 11:30 a.m.-12:30 p.m. Christmas Manicotti <i>Virtual!</i> 5:30 - 7:30 p.m.	16 Holiday Tourtière 11 a.m. - 1 p.m.	17 Christmas Manicotti 11 a.m. - 1 p.m. Feast of Seven Fishes 5:30 - 8 p.m.	18 Tamale Workshop 2- 4p.m.
19 Tamale Workshop 12- 2 p.m. Tamale Workshop <i>Virtual!</i> 4- 6p.m.	20	21 Yule Log Workshop 11 a.m.-4 p.m.	22 Yule Log Workshop 11 a.m.-4 p.m.	23 Yule Log Workshop- part 1 <i>Virtual!</i> 10 a.m.-12:30 p.m. Holiday Tourtière <i>Virtual!</i> 5:30- 7:30 p.m.	24 Yule Log Workshop- part 2 <i>Virtual!</i> 10 a.m.-12:30 p.m.	25 CLOSED CHRISTMAS DAY
26	27	28	29	30	31 New Year's Good Luck Foods 11 a.m. - 1 p.m.	1 CLOSED NEW YEARS DAY

# Sustainability in the Learning Center

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## No Waste Kitchen

Although we have a dedicated farmer who takes all of our compost—food waste is still waste. In order to reduce our food waste we try to utilize the ingredients in our kitchen to the best of our advantage.

We rely on our bulk department for as many ingredients as possible, purchasing only what we'll need.

## Reducing Plastic

In efforts to reduce our plastic consumption, we are doing away with purchasing plastic bottles of seltzer and sparkling waters for class. Water will be provided in each class and some classes may include the preparation of infused water or tea.

## Reduce Packaging

Many times we send class participants home with additional food prepared in class. Participants may bring their own containers to take home this food if they wish. The Learning Center will provide compostable to-go containers as well.

