

CO|OP
Learning Center



\$7
PER CLASS
+ payment processing fee

Jan/Feb
2021
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 precautions due to COVID-19, we have suspended in-person classes at our Culinary Learning Center. Our online 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.

NEW YEAR'S BUDDHA BOWL

Start your New Year's off right with this healthy and satisfying grain bowl DEMO class. In this class we will discuss several types of grains and how to make them, roasting veggies, how to make crispy tofu and perfect jammy eggs, plus two delicious sauces- this class is like several classes in one! So grab your lunch and watch, discuss and learn!

January 13, 11:30 a.m.-1 p.m.

Instructor: Laurie Gelb

Cost: \$7

MLK DAY: WINTER SALAD W/BACON DRESSING AND BUTTERMILK CORNBREAD



Join me today in observing Martin Luther King Jr. Day by cooking two recipes from the cookbook Jubilee by Toni Tipton-Martin. "This book broadens the African American food story," Tipton-Martin writes in the introduction. "It celebrates the enslaved and the free, the working class, the middle class, and the elite. It honors cooking with intentionality and skill, for a purpose and with pleasure."

Join us early, at 4 p.m. to make another dish, Louisiana BBQ Shrimp and join in our discussion on what "allyship" means, and how to have uncomfortable but necessary conversations on racism and race in America.

January 18, discussion 4-5:15 p.m.,
class 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

EASTERN SHORE CRAB CAKES



The secret to a great crab cake is fresh crab meat, the right amount of filler and being mindful to not break up the crab too much. And these crab cakes deliver! We will pair the cakes with a fresh remoulade sauce and herbed potatoes. Add a simple salad and cold beer and you are transported to summer at the shore. We recommend you buy the best crab meat you can afford.

January 20, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

HOMEMADE HAMBURGER HELPER



Mid-week, one-pot comfort food the whole family is sure to love. Turn a lb of ground beef, some bacon, cheese pasta and spices into a warming dinner for four in no time flat. Adjust the spices to your tastes, and amounts of ingredients to accommodate the number of people you are serving (although this makes great leftovers!). Add a salad and you are done. Weeknight cooking at its best.

February 3, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

GOLDEN FORNICALIA LOAF



Fornicalia is the ancient Feast of the Ovens- a time to celebrate the baking of bread (the Roman Goddess, Fornax). This quick loaf is loaded with olives, capers, sundried tomatoes and cheese and is a perfect way to warm up the house, honor simple bread making and nourish your soul.

February 10, 11 a.m.-1:30 p.m.

Instructor: Lindsay Smith

Cost: \$7

GALENTINE'S DAY



Okay Ladies, just because we cannot gather in person, does not mean we cannot gather! So ring up your best gal-friends, sister and more, and join me in this fun Saturday brunch class to celebrate ourselves! I will teach you my favorite indulgent brunch recipes- shirred eggs and red velvet donuts. Add a little fresh fruit, and your choice of bubbly beverage and we have a virtual party!

February 13, 10 a.m.-12 p.m.

Instructor: Lindsay Smith

Cost: \$7

CABBAGE, ONION, AND FARRO SOUP



"This soup definitely has a grandma vibe," says cookbook author Joshua McFadden, "It is warm, comforting, nourishing and maybe just the tiniest bit old-fashioned. Which is exactly what you want on a cold February day.

February 21, 3-5 p.m.

Instructor: Lindsay Smith

Cost: \$7

SUNDAY BRUNCH: CRÊPES



Join us this Sunday morning-ish, for a fun hands-on class making breakfast crêpes. Crêpes are surprisingly simple, yet there are a few keys techniques to making them come out just right. No special equipment needed! And pick your filling- are you a sweet or savory? Or both? Several filling suggestions will be provided. No need to get dressed (well.. at least wear your pj's), grab your coffee or juice, and join in the fun!

February 28, 10-11:30 a.m.

Instructor: Lindsay Smith

Cost: \$7

SPECIAL EVENT

REGISTER BY FEBRUARY 7!

VALENTINE'S DAY CHOCOLATE TASTING

Here is a fun, new twist to Valentine's Day this year- a chocolate tasting party! Join us for a guided tasting of five different chocolate bars, where we will guide you through a chocolate tasting that will change the way you eat chocolate (and maybe introduce you to a new favorite treat!). This class is interactive, so you will be able to ask questions, share your tasting thoughts, and compare with others. This is a fun way to share chocolate with loved ones and new friends!

*There is a one week (Feb 7) advanced registration deadline so we can prepare kits to mail them or be picked up in-store.

February 14, 3-5 p.m.

Instructor: Lindsay Smith

Cost: \$7, optional chocolate kit \$20

(+\$3.80 shipping & handling for mailing)

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!

January 30, 11 a.m.-2 p.m.

February 23, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$7

MEALS IN MINUTES:

COOKING WITH YOUR INSTANT POT

STEEL-CUT OATS

Start your day off right with a healthy breakfast of warm oats. Cooking steel-cut oats in an instant pot means that the grains tenderize quickly without needing to be stirred or risk of boiling over. We will explore options for adding deep warming flavors.

January 27, 9:30-10:30 a.m.

Instructor: Lindsay Smith

Cost: \$7

ASIAN CHICKEN SOUP

Cold winter nights are begging for the clean-tasting, aromatic twist on chicken soup. With the addition of healthy greens and warming ginger, this soup will feed your soul. Add fragrant jasmine rice to round out the meal.

February 9, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$7

MASTER THE TECHNIQUE

SPATCHCOCK CHICKEN AND GRAVY DINNER

Ultra-comforting chicken and gravy dinner plus one of my most requested techniques... this is a class you do not want to miss! 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. While the chicken is cooking we will make a proper gravy out of the backbone and scraps (if you can secure a chicken neck, do it!). Some mashed potatoes and side of veg and you have a perfect Sunday supper. Please note: a 12-inch skillet is needed.

January 10, 4:30-6:30 p.m.

Instructor: Lindsay Smith

Cost: \$7

SALAD DRESSING 101

Learn how to whisk up your own deliciously satisfying salad dressing in minutes. In this DEMO class we will go over the basics for making three different salad dressings. With these template recipes, the possibilities are endless. Once you learn to make your own, you may never go store bought again!

February 18, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$7

Global Cuisine

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

CLASSIC KOREAN BIBIMBAP

January 13 is the annual celebration of Korean American day, commemorates the arrival of the first Korean immigrants in 1903. Korean Bibimbap is arguably the best known Korean dish around the world, and not only is it beautiful, but it is also healthy, it is easily tweaked for different palates and spice levels. So join me in observing this national day by learning how to make this delicious dish!

January 13, 5:30-7 p.m.
Instructor: Lindsay Smith
Cost: \$7

PERUVIAN LOMO SALTADO

Lomo saltado is a popular dish that is a uniquely Peruvian style of Chinese food. It incorporates Peruvian ingredients and is altered to suit Peruvian tastes, however is based in Peru's Chinese Immigrant culture. The dish is technically a stir-fry that combines marinated strips of sirloin with onions, tomatoes, french fries, and other ingredients; and is usually served with rice. And it is oh so good.

January 27, 5:30-7 p.m.
Instructor: Lindsay Smith
Cost: \$7

LUNAR NEW YEAR: DUMPLINGS

2021 is the Year of the Ox. Sturdy, dependable, hardworking. And after the last year, we could all use a bit of that! So let's celebrate and create a little luck by gathering and making traditional dumplings. We will offer multiple filling suggestions, wrapping options, cooking methods and final recipes, so you can truly make them to suit your tastes. Put on something red, grab your family and let's celebrate the start to a new year!

February 12, 5:30-8 p.m.
Instructor: Lindsay Smith
Cost: \$7

MARDI GRAS: ÉTOUFFÉE

It's Mardi Gras cher, and we are making étouffée! The literal translation means, to smother, and smother we will. Traditional étouffée is made with crawfish (and if you can find some, get some!), but we will make it with either shrimp (chevrette), catfish or if you prefer chicken. Over a bed of rice – you will be ready to dance the night away! Allons! Laissez les bons temps rouler!

February 16, 5:30-7 p.m.
Instructor: Lindsay Smith
Cost: \$7

Do It Yourself

Fun, cook-along cooking projects for special occasions!

CORNISH PASTIES

A pasty is a handheld meat pie. Originating in Cornwall, England, they were a perfect food on the go for miners. When laborers immigrated to the United States, they brought the pasty with them- the Michigan Upper Peninsula is also known for its pasties! To be consider authentic, a pasty must be made with diced beef, potato, rutabaga and onion. So that is what we shall do. This is a great family activity and dinner!

January 23, 5-7 p.m.
Instructor: Lindsay Smith
Cost: \$7

most famous is the story of San Pantaleon, a missionary, arriving in a small village in Italy on the 29th of an unknown month. He knocked at the door of a very poor house. An elderly couple let him in and offered him the only food they had: Gnocchi! After their guest left their home, the couple found gold coins under their gnocchi plates. San Pantaleon assembled all the villagers and directed them to gather each 29th day of the month in order to have luck and prosperity in their lives.

Everybody is lucky and you as well can enjoy homemade gnocchi on the 29th day of each month. Join me as we make a plate of lucky gnocchi together! Suitable for families.

January 29, 5-6:30 p.m.
Instructor: Laurie Gelb
Cost: \$7

LUCKY GNOCCHI DAY

Gnocchi: petite, pillow like Italian potato pasta - delicious to eat and a fun family activity. Serve with a marinara sauce or basil pesto – the options are endless! There are many stories about the lucky gnocchi tradition. The

VALENTINE'S DAY CHOCOLATE CHERRIES

Show your sweetie how much you care—make chocolate cherries from the heart. Liquor cured, liquid center, cherry and chocolate—these sweet tempting treats are a perfect for Valentine's Day. Using fondant, these treats will be a delightful and fun gift.

January 31, 2-4 p.m.
Instructor: Elizabeth Feinberg
Cost: \$7

FETTUCCINE ALFREDO

A perfect winter weekend DIY dinner! The original Alfredo sauce was invented in Rome by a man named, of course, Alfredo, uses only pasta, butter, and Parmesan cheese- no cream! First, we will make our own pasta, then cut the noodles either hand-cut or use a pasta machine if you have one. Since fresh pasta cooks in minutes, making the sauce will be an exercise in timing- but the result is delicious. You can add a protein if you like or eat as is. Goes best with bread, salad and good company!

February 6, 5-7 p.m.
Instructor: Lindsay Smith
Cost: \$7

JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10 <i>Spatchcock Chicken and Gravy Dinner 4:30-6:30 p.m.</i>	11	12	13 <i>New Year's Buddha Bowl 11:30 a.m.-1 p.m. Classic Korean Bibimbap 5:30-7 p.m.</i>	14 <i>No Waste Cooking 12-1:30 p.m.</i>	15	16
17	18 <i>MLK Day: Winter Salad discussion 4-5:15 p.m. Class 5:30-7 p.m.</i>	19	20 <i>Eastern Shore Crab Cakes 5:30-7 p.m.</i>	21	22	23 <i>Cornish Pasties 5-7 p.m.</i>
24	25	26	27 <i>Meals in Minutes: Steel-Cut Oats 9:30-10:30 a.m. Peruvian Lomo Saltado 5:30-7 p.m.</i>	28	29 <i>Lucky Gnocchi Day 5-6:30 p.m.</i>	30 <i>Knife Skills 101 11 a.m.-2 p.m.</i>
31 <i>Valentine's Day Chocolate Cherries 2-4 p.m.</i>						

FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p><i>Plant-Forward Series: Eating for a Sustainable Future</i> 2-3:30 p.m.</p>	<p>2</p>	<p>3</p> <p><i>Homemade Hamburger Helper</i> 5:30-7 p.m.</p>	<p>4</p>	<p>5</p>	<p>6</p> <p><i>Fettuccine Alfredo</i> 5-7 p.m.</p>
<p>7</p>	<p>8</p> <p><i>Plant-Forward Series: Eating for a Sustainable Future</i> 2-3:30 p.m.</p>	<p>9</p> <p><i>Asian Chicken Soup</i> 5:30-7 p.m.</p>	<p>10</p> <p><i>Golden Fornicalia Loaf</i> 11 a.m.-1:30 p.m.</p>	<p>11</p>	<p>12</p> <p><i>Lunar New Year: Dumplings</i> 5:30-8 p.m.</p>	<p>13</p> <p><i>Galentine's Day</i> 10 a.m.-12 p.m.</p>
<p>14</p> <p><i>Valentine's Day Chocolate Tasting</i> 3-5 p.m.</p>	<p>15</p> <p><i>Plant-Forward Series: Eating for a Sustainable Future</i> 2-3:30 p.m.</p>	<p>16</p> <p><i>Mardi Gras: Étouffée</i> 5:30-7 p.m.</p>	<p>17</p>	<p>18</p> <p><i>Salad Dressing 101</i> 11:30 a.m.-12:30 p.m.</p>	<p>19</p>	<p>20</p>
<p>21</p> <p><i>Cabbage, Onion, and Farro Soup</i> 3-5 p.m.</p>	<p>22</p> <p><i>Plant-Forward Series: Eating for a Sustainable Future</i> 2-3:30 p.m.</p>	<p>23</p> <p><i>Knife Skills 101</i> 5:30-8 p.m.</p>	<p>24</p>	<p>25</p> <p><i>"Core" Cooking</i> 11:30 a.m.-1 p.m. or 6-7:30 p.m.</p>	<p>26</p>	<p>27</p>
<p>28</p> <p><i>Sunday Brunch: Crêpes</i> 10-11:30 a.m.</p>						