



CO|OP
Learning Center

Spring
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 this spring virtual session. 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.
- Profits from ticket sales will be donated to a local fund helping workers effected by COVID-19 closures.
- 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



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

1 Hour Demo Classes

These classes are specifically designed as demonstration classes. Sit back, watch, learn and ask questions!

Peruvian Lomo Saltado

Lomo Saltado is a popular, traditional Peruvian dish, a stir-fry that typically combines marinated strips of sirloin with onions, tomatoes, french fries, and other ingredients; and is typically served with rice. Yum.

May 15, 11:00 a.m. to 12:00 p.m.

Instructor: Lindsay Smith

Cost: \$7

Grain Bowls! Quinoa, Black Bean and Mango Salad with Lime Dressing V

In this demo-style class sit back and learn how to make this simple, healthy, flavor-bomb of a grain bowl with easy substitutions so you can tailor it to your pantry and tastes!

May 22, 11 a.m. to 12 p.m.

Instructor: Lindsay Smith

Cost: \$7

Chocolate Soufflé V

Because we all need a chocolate treat in the middle of the week. For this special 1-hour class, feel free to cook along if you want! We will take the mystery out of this classic dessert so you can wow your friends or family any time!

June 3, 11 a.m. to 12 p.m.

Instructor: Lindsay Smith

Cost: \$7

Porta-Blu V

One of my favorite sandwiches from a pub in PA was the grilled Portobello sandwich with blue cheese and crispy fried onions. In this class, we will recreate that sandwich as well as show a few other options including one that is totally plant based. The ultimate veggie burgers!

June 5, 11 a.m. to 12 p.m.

Instructor: Lindsay Smith

Cost: \$7

Pizza al Taglio – Pizza by the slice V

This pizza is memorable—baked in a rectangular pan and cut into slabs. It has a bubbly crumb and delicate crisp bottom, which bears a likeness to the well-known focaccia. In this hour demo, you will learn how to make your own dough, ferment in the refrigerator and ready the dough for pizza. We will finish with a discussion around toppings—you will think you are on holiday in Rome!

June 10, 12 to 1 pm

Instructor: Laurie Gelb

Cost: \$7

Sesame Salmon with Grapefruit Slaw

A simple and healthy dinner you can make in the skillet or on the grill. A sesame-seed crust gives salmon a great crunch and the addition of grapefruit to a fresh crunchy slaw provides a refreshing counterpoint to the oily fish.

June 12, 11 a.m. to 12 p.m.

Instructor: Lindsay Smith

Cost: \$7

Plant Powered! Bean and Greens

Enchiladas with Cilantro Sauce V

Hearty and packed with flavor, these veggie filled enchiladas make use of one of the classic combos- beans and greens in a robust tomato sauce and topped with fresh avocado and a tangy cilantro crema (both dairy and dairy free versions will be discussed). Perfect for lunch or dinner!

June 15, 11 a.m. to 12 p.m.

Instructor: Lindsay Smith

Cost: \$7

Building Flavor V

In this one-hour class, Food Educator Lindsay Smith will show you some easy techniques to build more flavor through simple changes to how we build a dish. We will be making a vegetarian minestrone soup as our example. This is a great techniques class!

June 23, 2 to 3 p.m.

Instructor: Lindsay Smith

Cost: \$7

Energy All-Morning Breakfast Bars V

These breakfast bars are perfect for summer (or all year long), a quick healthy breakfast, perfect to take on a hike/bike/paddle or any other adventure. You can customize them to your tastes. Once you learn how to make them, they are guaranteed to be in your regular rotation.

June 29, 11 a.m. to 12 p.m.

Instructor: Lindsay Smith

Cost: \$7

Hands-On Classes

*These classes are specifically designed for participants to cook along with the instructor.
Of course, you are also always welcome to just sit back and watch!*

Linguine alla Scoglio

Chocked full of seafood, this pasta dish is perfect as a comfort food or dining al fresco on your porch. Together we will walk through the steps to make this dish pack a punch of that delicious “fresh from the sea” flavor.

May 21, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Got Tofu? Tofu - Two ways V

If you have ever purchased tofu, only to throw it away, baffled by what to do with it—this class is for you! Tofu is an excellent protein alternative, inexpensive, low in calories with no cholesterol, and an excellent source of iron and calcium. We will go top to bottom—where to find it in the store, how to press, marinade, cook, store and freeze this versatile plant protein.

May 27, 11 a.m. to 1 pm

Instructor: Laurie Gelb

Cost: \$12

Italian Flatbread V

Italian Flatbreads, called Piadina, is one of the fastest quick breads you can whip up from scratch, making it a perfect lunch or weeknight meal solution. In this fun hands-on class, we will prepare the dough, roll out the flatbreads, cook them up, and discuss several topping options. Two opportunities!

May 28, 5:30 p.m. to 7:30 p.m.

May 29, 11 a.m. to 1 p.m.

Instructor: Lindsay Smith

Cost: \$12

Coq au Vin Blanc

It is national Coq au Vin day, and we have a special recipe for the occasion! Succulent chicken with crimini mushrooms braised in white wine and a splash of cream... the perfect French country comfort food.

May 29, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Spring Risotto V

Risotto is better made with friends. All that stirring and, well... stirring, can get tiresome, so what better way than to make it with friends. Socially distant friends. We will talk about the dos and don'ts of this versatile dish that will have you making it all year long and changing it up for every season!

June 4, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Shrimp and Grits

Originally a breakfast dish, this once obscure low country dish with roots tracing back to Mozambique, is now found on almost any menu in the south. We will be preparing the classic version from Crook's Corner in Chapel Hill, NC. Think shrimp, bacon, mushroom and scallions over cheesy grits. Tabasco optional (but recommended). Sign up today!

June 19, 5:30 – 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Catfish Dinner

It's national catfish day, so why not cook up a tasty southern catfish dinner! We will fry our catfish, whip up some secret sauce, quick collard greens and a pan of golden corn bread. With some fresh slicing tomatoes on the table—you will have yourself a proper fish-fry.

June 25, 5:30 to 7:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Dinner Served

*Our Dinner Served series is for anyone, but specially created with teen cooks in mind!
Tasty one-pot/pan dishes served by 6:30!*

Chicken Pizzaiola with Roasted Broccoli and Garlic Bread

Pizza flavored chicken, one sheet pan, some veg and bread on the side—this is the ultimate in family friendly cooking! Once we get dinner in the oven, we will talk toppings, get the kitchen cleaned up and table set.

May 19, 4:30 – 6:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Skillet Burrito Bowl V

This dish has all the ingredients for a stuffed black bean burrito, without the fuss of trying to contain it in a tortilla! We will learn about basic flavor building techniques—like blooming spices to create an intense flavor base. There is no shortage of toppings here, including fresh made salsa, so everyone can build their own burrito. Missing the meat? We will offer suggested modifications in case you would like to add some in.

June 2, 4:30 – 6:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Pasta Frittata with Sausage

A pasta frittata is not only impressive and tastes oh so good, it builds some great skills and is fun to make! Once the techniques of this dish are mastered, there is no end to the ingredient combinations you can make. Paired with a simple salad, this will be a fantastic dinner!

June 16, 4:30 – 6:30

Instructor: Lindsay Smith

Cost: \$12

Sichuan-Style Orange Beef with Sugar Snap Peas

Better than takeout—this all in one meal will sure to please! Here we will use beef and sugar snap peas, but feel free to swap out ingredients for ones that you prefer! We will finish off the meal with fluffy white rice.

June 30, 4:30 – 6:30

Instructor: Lindsay Smith

Cost: \$12

DIY

Fun cooking projects for special occasions!

Memorial Day Key-Lime Ice Box Cake V

We may not be able to have the big neighborhood gathering this year, or party at the lake, but we can have tasty food and ice box cake! Together we will put together this easy ice box cake the only hard part is waiting until Memorial Day to eat it!

May 24, 5 to 7 p.m.

Instructor: Lindsay Smith

Cost: \$12

Hand-Rolled Ravioli V

This extra special online class is perfect for the whole family! We will first mix up the egg-dough by hand, and while it is resting, make our filling and a simple sauce or two. Then we will hand-roll the pasta into sheets, fill, seal and cook! Lots of fun for everyone to get involved.

June 7, 4:30 to 7:00 p.m.

Instructor: Lindsay Smith

Cost: \$12

Strawberry Shortcake Cake-Roll V

That's right. You heard me. Strawberry shortcake in a roll! Does the idea of rolling cake intimidate you? Don't be scared. Together with friends, we will create this easy, forgiving and fun recipe! Perfect way to welcome summer. Let's up our quarantine cooking game—together!

June 20, 10 a.m. to 1 p.m.

Instructor: Lindsay Smith

Cost: \$12

MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 <i>Peruvian Lomo Saltado</i> 11 a.m. - 12 p.m.	16
17	18	19 <i>Dinner Served: Chicken Pizziaolia</i> 4:30- 6:30 p.m.	20	21 <i>Linguine alla Scoglio</i> 5:30-7:30 p.m.	22 <i>Grain Bowls!</i> 11 a.m. - 12 p.m.	23
24 <i>DIY: Memorial Day Ice Box Cake</i> 5 - 7 p.m.	25	26	27 <i>Tofu Two Ways</i> 11 a.m. - 1 p.m.	28 <i>Italian Flatbread</i> 5:30-7:30 p.m.	29 <i>Italian Flatbread</i> 11 a.m. - 1 p.m. <i>Coq au Vin Blanc</i> 5:30-7:30 p.m.	30

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 <i>Dinner Served: Burrito Bowls 4:30- 6:30 p.m.</i>	3 <i>Chocolate Souffle 11 a.m. - 12 p.m.</i>	4 <i>Spring Risotto 5:30-7:30 p.m.</i>	5 <i>Potta- Blu 11 a.m. - 12 p.m.</i>	6
7 <i>DIY: Hand-Rolled Raviolis 4:30-7 p.m.</i>	8	9	10 <i>Pizza al Taglio 11 a.m. - 12 p.m.</i>	11	12 <i>Sesame Salmon 11 a.m. - 12 p.m.</i>	13
14	15 <i>Bean and Greens Enchiladas 11 a.m. - 12 p.m..</i>	16 <i>Dinner Served: Pasta Frittata 4:30- 6:30 p.m.</i>	17	18	19 <i>Shrimp 'n' Grits 5:30-7:30 p.m.</i>	20 <i>DIY: Strawberry Shortcake Cake-Roll 10 a.m. to 1 p.m.</i>
21	22	23 <i>Building Flavor 2 - 3 p.m.</i>	24	25 <i>Fried Catfish Dinner 5:30-7:30 p.m.</i>	26	27
28	29 <i>Engery All-Morning Breakfast Bars 11 a.m. - 12 p.m.</i>	30 <i>Dinner Served: Sichaun Beef 4:30- 6:30 p.m.</i>				