



CO:OP
Learning Center

Summer

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.
- 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

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.

The Grill Life

With summer heat driving us out of the kitchen and cooking outdoors more, new and fun exciting grill recipes are always welcome! In this hands-on class, we will fire up the grill, and make everything from salad, main, side and dessert on the grill! Menu includes: grilled Romaine salad, grilled flank steak with green sauce and vegetables, and grilled watermelon for dessert. Let's get your best grill life on!

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

Instructor: Lindsay Smith

Cost: \$12

Butter Chicken

One of Andrew Zimmerman's (the guy who eats ANYTHING) favorite all time meals, this chicken is pounded, breaded, and cooked with lemon and capers in an obscene amount of butter. And it is sooooo worth it. Pair with rice and a simple salad and we have dinner on the veranda!

July 13, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$12

Zucchini and Carrot Fritters (V)

It's about that time when the zucchini you planted is producing like crazy! These easy fritters are a great way to use up zucchini, summer squash and really any other vegetable you might have! Plus they are fun to eat. We will pair them with a cooling tangy yogurt-mint sauce. Best eaten right away, they often disappear as fast as you can make them!

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

Instructor: Lindsay Smith

Cost: \$12

Budding Nourishment:

Our Digestion and Herbs (V)

Healing starts with the gut. Regularly incorporating herbs in your diet helps this system function properly and maintain the well for the health of the whole body. Adding herbs to your cooking is easy and delicious. In this hands-on class, we will explore some of the different common herbs found in grocery stores and kitchen gardens, and learn several recipes that are super tasty, and will easily get you on your way to improved gut health.

July 27, 11 a.m.-1 p.m.

Instructor: Emily McNamara

Cost: \$12

New England Cod and Potato Cakes

Cod is the sacred fish of New England, and this regional classic honors both the fish and the traditional frugality of New Englanders. We will use some time saving and heat saving techniques that allow for a crispier end product and more tolerable kitchen! We will also make a quick fresh tartar sauce—the perfect complement to the cod cakes.

July 28, 5:30-7:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Summer Herb Time! (V)

So you have grown a bunch of herbs this year, but what comes next? Fresh herbs are easy to use but how do we save them for winter when fresh herbs are not readily available? How can I adapt recipes to suit the herbs I have?

In this hands-on class, we will make freezer friendly herb mixtures that will be ready when you are! Preserved in oil, in the freezer, in ice cube shapes, ready to toss into pasta, tomato sauce, quiche, rice or even bread. If you can dream it, you can add these herbs to it.

August 4, 11 a.m.-1 p.m.

Instructor: Elizabeth Feinberg

Cost: \$12

Risotto-Style

Summer Heirloom Farro (V)

We will be using Michel Nischan's recipes to make this delicious dinner packed with summer vegetables. We will be using whole grain Farro to make this risotto-style dish, so it is technically not a risotto, but regardless, it is a great way to use your garden bounty.

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

Instructor: Lindsay Smith

Cost: \$12

Pernil-Style Pork Tenderloin

This is an easier and quicker version of classic Puerto Rican Pernil using pork tenderloin. Packed with a ton of flavor, Pernil is traditionally served with a side of rice and beans, but for summer dining, I prefer it with sweet creamy corn, fresh tomatoes and avocado, served taco style. A great Friday night dinner!

August 14, 5:30-7 p.m.

Instructor: Lindsay Smith

Cost: \$12

Budding Nourishment:

Hydration & The Fruits of the Season (V)

Most of us just are not hydrated enough — and with the sizzling summer heat coming soon, getting adequate fluids is a must. However, hydration is not about water alone, we also need essential vitamins and electrolytes that help our bodies retain and use water. The good news is electrolytes and even some fluids are readily available in foods like fresh fruits and vegetables. In this fun and informative, interactive class, learn the signs of dehydration and what combinations of foods can help you beat the heat!

August 17, 11 a.m.-1 p.m.

Instructor: Emily McNamara

Cost: \$12

Chicken 'n' Waffle Sliders

It's national waffle day, and what better way to spend it then to whip up a modern take on traditional chicken 'n' waffles. Using the waffles as the bread, boneless chicken breasts and a drizzle of real maple syrup... match with a side of cucumber vinegar salad and fresh field tomatoes.... Yeah, that will hit the spot.

August 24, 5:30-7:30 p.m.

Instructor: Lindsay Smith

Cost: \$12

Techniques & Foundations

To become a good cook, you need to start with a good foundations and good techniques

Knife Skills 101 (V)

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!

July 14, 10 a.m.-12 p.m.
August 26, 5:30-7:30 p.m.
Instructor: Lindsay Smith
Cost: \$12

Salad Dressing 101 (V)

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!

July 21, 11:30 a.m.-1 p.m.
Instructor: Lindsay Smith
Cost: \$7

Sauté, Sear & Stir-fry (V)

So what is the difference between sautéing, searing and making a stir-fry? These three frying methods are similar in and sometimes the terms are used inter-changeably. It can get a bit confusing! In this demo class we will be discussing and cooking with all three methods to note the subtle differences and overlaps.

August 6, 11 a.m.-1 p.m.
Instructor: Lindsay Smith
Cost: \$7

Almond Torte (V,GF)

Gluten Free: is a health consideration I take to heart, and when I can, I prefer to use recipes that are already gluten free, rather than making multiple substitutions. In this case, when I want cake—I use a nut flour to make nut torte. And since a torte is traditionally flourless, there are no changes to make this gluten-free. Please note: nuts other than almonds may be substituted.

July 21, 5:30-6:30 p.m.
Instructor: Elizabeth Feinberg
Cost: \$7

Breakfast:

Kick Start Your Day (V)

Yes, you've heard it before— don't skip breakfast. It has often been called "the most important meal of the day" and for good reason. As the name suggests, it's the meal that breaks the overnight fast and the one that gives you energy to take on the day! Join us for a demonstration of some healthy breakfast options that are quick and easy to assemble. All doable and healthy to boot. No more excuses for skipping breakfast!

July 22, 12-1 p.m.
Instructor: Laurie Gelb
Cost: \$7

Batch Cooking (V)

Back to school, back to work? Reduce stress in your week, spend less time in the kitchen and ensure you have healthy meals sitting in your fridge or freezer. Batch Cooking allows you to cook once and have multiple meals throughout the week. You can focus on fewer recipes, spend less time in the kitchen and have more time to do the things you want and need to do! Save time, money and still eat healthy! Another bonus— your kitchen remains clean the rest of the week! Getting started takes a little planning, but the effort is well worth the benefits!

August 19, 11 a.m.-1:30 p.m.
Instructor: Laurie Gelb
Cost: \$12

Do It Yourself

Fun, cook-along cooking projects for special occasions!

Ultimate Ice Cream Cake

What is more summery than an ultimate ice-cream cake, complete with salty peanuts and pretzels AND that irresistible chocolate crunch layer... finish with your choice of garnishes, this cake is perfect for any summer celebration, or just to celebrate summer!

July 19, 11 a.m.-1 p.m.
Instructor: Lindsay Smith
Cost: \$12

Pupusas (V)

Join us for a fun and delicious night of making this El Salvadorian Street-food staple. Pupusas are thick flatbreads made with masa (corn flour) stuffed with cheese, beans or meat. Quickly pan-fried and topped with a spicy tangy slaw... your taste buds will be dancing! Perfect Friday night fun!

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

Pâte À Choux (V)

Home chefs have long approached choux pastry, or pâte à choux with trepidation. Well fear the puff no more! We will demystify this light pastry dough that is used across multiple cultures to create both sweet and savory pastries!

August 16, 11 a.m.-1 p.m.
Instructor: Lindsay Smith
Cost: \$12

Pepperoni Rolls

Change up your Friday night pizza routine by making—traditional pepperoni rolls! These hand-held pizza pockets originated in the coal-mining hills of West Virginia as a convenient lunch for Italian coal miners. The original recipe by Giuseppe Argiro is a secret to this day, but we will make a version that is as close as possible.

August 21, 5-7 p.m.
Instructor: Lindsay Smith
Cost: \$12

Lacto-Fermenting Vegetables (V)

As the summer produce starts to roll in and our minds turn to preserving for... later... the amazing world of lacto-fermentation is your ultimate friend! In this hands-on class, we will make sauerkraut, a quick pickle and even some fermented herbs. Once you learn the basics, the world of fermentation is at your fingertips.

August 30, 11 a.m.-1 p.m.
Instructor: Lindsay Smith
Cost: \$12

Lunch 'n' Learn

Take your lunch break and learn a new recipe! These classes are specifically designed as demonstration classes. Sit back, watch, learn and ask questions!

Fresh Spring Rolls (V)

Fresh spring rolls are not only fun to make, but they are healthy, require no cooking (a bit of prep work, but no heat!) and completely customizable for all dietary considerations and taste preferences. I will show you a few tricks to help you get to successful rolling fun! (oh and an easy dipping sauce or two.)

July 10, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith
Cost: \$7

Huevos Rancheros (V)

Huevos rancheros (or rancher's eggs) are a typical breakfast served at Mexican farms, featuring beans, corn tortillas and fried eggs topped with plenty of warmed salsa. They are a perfect vegetarian meal, and the answer any time you might be craving extra protein or a super hearty, quick meal.

July 17, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith
Cost: \$7

Garides Saganaki (Greek Shrimp w/ Feta Cheese)

This dish is actually a traditional Greek appetizer and could not be easier: the shrimp are added to the same skillet in which the savory tomato sauce is cooked, it is then topped with crumbled feta cheese and finished in the oven.

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

Instructor: Lindsay Smith
Cost: \$7

Chocolate- Peanut Butter Mousse(V)

That's right, chocolate and PB, in a mousse, and even better—this is an almost-no-cook recipe. After melting the chocolate, we will use the magic of water and elbow grease to turn two pantry staples into a fluffy cloud of deliciousness dessert.

July 31, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith
Cost: \$7

Moules Frites (Mussels and Fries)

This dish screams summer, and is perfection in its simplicity. A briny aromatic bowl of fresh steamed mussels, crispy golden French fries, and if you really want to do it right, a side of mayo.

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

Instructor: Lindsay Smith
Cost: \$7

Pots de Creme (V)

Little pots of chocolate custard. Topped with whip cream. You are welcome.

In this demo class, I will show you the traditional and quick method—so you can make these for any occasion!

August 27, 11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith
Cost: \$7

Egyptian Barley Salad (V)

From American's Test Kitchen, this is a recipe for a vibrantly spiced pearl barley salad with the right balance of sweetness, tang, and nuttiness. Inspired by the flavors of Egypt, we incorporated toasty pistachios, tangy pomegranate molasses, and bright, vegetal cilantro, all balanced by warm, earthy spices and sweet golden raisins. Salty feta cheese, pungent scallions, and pomegranate seeds adorned the top of the dish for a colorful composed salad with dynamic flavors and textures. Yummm.

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

Instructor: Lindsay Smith
Cost: \$7

Dinner Served

Tired of the same old thing for dinner-join these cook-along classes for some fresh new ideas!

Pork Chops with Roasted Grapes

This simple dish will make an ordinary weeknight dinner feel extra special. Best part—this all happens in one dish, so clean-up is easy. We will create the main dish together and have dinner on the table in 45 min or so. Pair with a simple side salad and bread and you have an easy and delicious dinner!

July 7, 5:30-7 p.m.

Instructor: Lindsay Smith
Cost: \$12

Vegetarian Mushroom Shwarma Pitass (V)

For this Dinner Served class, we will use a classic combination of spices to flavor Portobello mushrooms and other vegetables to recreate these Middle Eastern street food favorites. Topped with tangy yogurt sauce, quick pickled slaw and fresh herbs—you will have a satisfying meal in no time!

July 30, 5:30-7 p.m.

Instructor: Lindsay Smith
Cost: \$12

Skillet Penne with Chicken

Penne with chicken and broccoli is a classic dish that can be found on almost any American-Italian restaurant menu. This version uses one pan (and the right techniques) to make this an easy weeknight meal sure to please everyone at the table. Win-win!

August 5, 5:30-7 p.m.

Instructor: Lindsay Smith
Cost: \$12

Fajitas! (V)

Fajitas are so easy to whip up you will be wondering why you haven't always been doing this! Pick your choice of protein, some peppers and onions, flour tortillas and some salsa and guac and you have a great meal in no time that the whole family will enjoy!

August 18, 5:30-7 p.m.

Instructor: Lindsay Smith
Cost: \$12

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 <i>Dinner Served: Pork Chops w/ Roasted Grapes 5:30-7 p.m.</i>	8	9 <i>The Grill Life 5:30-7:30 p.m.</i>	10 <i>Fresh Spring Rolls 11:30 a.m.-12:30 p.m.</i>	11
12	13 <i>Butter Chicken 5:30-7 p.m.</i>	14 <i>Knife Skills 101 10 a.m.-12 p.m.</i>	15	16 <i>Zucchini & Carrot Fritters 5:30-7 p.m.</i>	17 <i>Huevos Rancheros 11:30 a.m.-12:30 p.m.</i>	18
19 <i>Ultimate Ice Cream Cake 11 s.m.-1 p.m.</i>	20	21 <i>Salad Dressing 101 10:30 a.m.-1 p.m. Almond Torte 5:30-6:30 p.m.</i>	22 <i>Nutritious Breakfasts 12-1 p.m.</i>	23 <i>Garides Saganaki 11:30 a.m.-12:30 p.m.</i>	24	25
26	27 <i>Budding Nourishment: Herbs and Digestions 11 a.m.-1 p.m.</i>	28 <i>New England Cod & Potato Cakes 5:30-7 p.m.</i>	29	30 <i>Dinner Served: Veg Mushroom Shawarma Pitas 5:30-7 p.m.</i>	31 <i>Choco-PB Mousse 11:30 a.m.-12:30 p.m.</i>	

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 <i>Summer Herb Time</i> 11 a.m.-1 p.m.	5 <i>Dinner Served: Skillet Penne w/ Chicken</i> 5:30-7 p.m.	6 <i>Cooking Essentials: Saute, Sear, & Stir-fry</i> 11 a.m.-1 p.m.	7 <i>Pupusas</i> 5:30-7:30 p.m.	1 8
9	10	11 <i>Moules Frites</i> 11:30 a.m.-12:30 p.m.	12 <i>Risotto-Style Summer Heirloom Farro</i> 5:30-7 p.m.	13	14 <i>Pernil-Style Pork Tenderloin</i> 5:30-7 p.m.	15
16 <i>Pâte À Choux</i> 11 a.m.-1 p.m.	17 <i>Budding Nourishment: Hydration & Seasonal Fruits</i> 11 a.m.-1 p.m.	18 <i>Dinner Served: Fajitas!</i> 5:30-7 p.m.	19 <i>Batch Cooking</i> 11 a.m.-1 p.m.	20	21 <i>Pepperoni Rolls</i> 5-7 p.m.	22
23	24 <i>Chicken 'n' Waffle Sliders</i> 5:30-7 p.m.	25	26 <i>Knife Skills 101</i> 5:30 - 7:30 p.m.	27 <i>Pots de Creme</i> 11:30 a.m.-12:30 p.m.	28	29
30 <i>Lacto-Fermenting Vegetables</i> 11 a.m.-1 p.m.	31 <i>Egyptian Barley Salad</i> 11:30 a.m.-12:30 p.m.					