



**Learning Center**



**Winter  
2023  
Classes**

**Nourish. Cultivate. Cooperate.**

# Sign Up for Classes

**Online**



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

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CALL 603-643-2667  
7 A.M.- 8 P.M.

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## 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. All policies and procedures are subject to change.
- 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 are returning to one ticket = one seat.
- For HANDS-ON classes, instead of group cooking and family style eating, participants will now have their own stations, utensils, equipment, and ingredients.
- 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 (2) 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.

**KNIFE SKILLS 101\*** | **Sunday, January 15, 3-5 p.m.** | **Wednesday, March 1, 5:30-8 p.m.**



# CO-OP COOKING: SEASONAL & LOCAL

## WINTER-INSPIRED BUDDHA BOWL

Deep into winter, feed your body with this healthy and satisfying grain bowl. In this DEMO 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! Then you will build your own bowl to eat!.

**Demonstration Class**

**Wednesday, February 1, 11 a.m.-1 p.m.**

### Ticket Prices:

Member: \$20

Non-member: \$28

## SHRIMP 'N' GRITS

Join us for this delicious evening creating the classic Gullah-Geechee iconic dish: shrimp 'n' grits. Typically, Gullah-Geechee food is defined as a fusion of West and Central African cooking techniques and Low-country ingredients, specifically seafood. There have been many spins and additions to the traditional recipe. Ours will start with smoky bacon, fresh gulf shrimp and mushrooms. Served over cheesy grits with a garnish of diced tomato. Mmmm. **Hands-on class**

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

### Ticket Prices:

Member: Table for 1/\$20

Table for 2/\$40

Non-member:

Table for 1/\$28

Table for 2/\$56

## CHICKEN TORTILLA SOUP

It is soup season! We will be using a Texas recipe adapted by the New York Times. It uses chicken legs and beef bones (to add depth of flavor), onions, and garlic. Super simple. And, then there are the toppings—fried tortillas, avocado, sour cream, cheese—that make this so much fun! **Hands-on class**

**Thursday, March 9, 11 a.m.-1 p.m.**

### Ticket Prices:

Member: Table for 1/\$20

Table for 2/\$40

Non-member:

Table for 1/\$28

Table for 2/\$56

# TECHNIQUES & CORE COOKING

## KNIFE SKILLS 101\*

Slice, dice, and mince like a chef! 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. \*please note, we only sell single tables for this class.

**Hands-on class**

**Sunday, January 15,**

**3:00-5:30 p.m.**

OR

**Wednesday, March 1,**

**5:30 p.m.-8 p.m.**

### Ticket Prices:

Member: \$20,

Non-member: \$28

most well-known technique in wok cooking—both within China and across the globe. However, contrary to what some think, the method is a little more nuanced than tossing some meat and vegetables around in a wok, drowning them in soy sauce, and calling it a day. Join us in the CLC to learn all the anatomy of the stir-fry. Moreover, make a tasty dinner to eat. **Hands-on class**

**Wednesday, February 15,**

**5:30-8 p.m.**

### Ticket Prices:

Member: Table for 1/\$20

Table for 2/\$30

Non-member:

Table for 1/\$28,

Table for 2/\$42

in cooking. Cast iron's ability to withstand and maintain very high temperatures makes it a common choice for searing or frying, and its excellent heat diffusion and retention makes it a good option for long-cooking stews or going from stovetop to oven. In this class, we will discuss the advantages and disadvantages of this kitchen workhorse as well as tips on how to take care of it. Then we will cook several dishes that highlight cast iron's versatility. Menu includes seared steak, pan roasted vegetables, apple pancake. **Hands-on class**

**Thursday, March 23,**

**5:30 p.m.-8 p.m.**

### Ticket Prices:

Member: Table for 1/\$20

Table for 2/\$40

Non-member:

Table for 1/\$28

Table for 2/\$56

## WOK COOKING 101:

### HAPPY FAMILY LO MEIN

Everyone has their favorite Lo Mein, but Happy Family marries them all in one dish. Mix of vegetables, chicken, pork and shrimp in a tasty sauce tossed with fresh egg Lo Mein noodles. Why get take-out? **Hands-on class**

**Wednesday, March 29,**

**11 a.m.-1:00 p.m.**

### Ticket Prices:

Member: Table for 1/\$20

Table for 2/\$30

Non-member:

Table for 1/\$28

Table for 2/\$42

## WOK COOKING 101:

### THE STIR-FRY

Stir-frying is arguably the

## CAST IRON COOKING

Cast iron has been used for cooking for hundreds of years

# GLOBAL CELEBRATIONS



## 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!

**Hands-on class**

**Friday, January 13, 5:30-8 p.m.**

Member: Table for 1/\$20  
Table for 2/\$30  
Non-member: Table for 1/\$28  
Table for 2/\$42

## LUNAR NEW YEAR DUMPLINGS

2023 is the Year of the Black Water Rabbit. The rabbit is a symbol of good luck and The Yin Water element represents sensitivity, intuition, and, in its most positive form, the way of inner peace. The Water Rabbit Year promises a period of rest and reflection after the dynamic Year of the Tiger. So let us celebrate and start it off on the positive-foot by making traditional dumplings. We will offer both a vegetarian and pork & shrimp filling. We will cook up a few dumplings, and the rest are for you to take home. Put on something red, grab your family and let us celebrate the start to a new year! **Hands-on class**

**Sunday, January 22, 1-3 p.m.**

Member: Table for 1/\$20  
Table for 2/\$30  
Non-member: Table for 1/\$28  
Table for 2/\$42

## SETSUBUN: EHŌ-MAKI SUSHI

This is the Japanese festival held on February 3, meaning "seasonal division" and signals their first day of spring. The primary food on Setsubun is a sushi roll called Eho-maki. This special sushi roll is made with seven fillings, representing the Seven Deities of Good Fortune. So join us as we learn more about this Japanese celebration, and try our hand at sushi rolling. **Hands-on class**

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

Member: Table for 1/\$20  
Table for 2/\$30  
Non-member: Table for 1/\$28  
Table for 2/\$42



## VALENTINE'S COOKIE DECORATING

In this fun hands-on class, students will practice the art of cookie decorating. With a variety of sugar cookie hearts, you will learn about different royal icing consistencies, how to pipe an outline, the flood technique, and add details with icing. Each student will have a dozen cookies to take home along with basic recipes to create more! \*Two (2) class time options available. **Hands-on class**

**Sunday, February 5  
11 a.m.-1 p.m. OR 3-5 p.m.**

Member: Table for 1/\$20  
Table for 2/\$40  
Non-member: Table for 1/\$28  
Table for 2/\$56

## MARDI GRAS GUMBO

Gumbo-yaya! Take a trip to the Bayou as we create this Louisiana staple from scratch. We start with a rich roux, add chicken, sausage and maybe some seafood, spices, rice, just the right mix of veggies and let the magic happen. While the gumbo simmers we will also make fresh skillet cornbread and rice. Laissez les bon temps rouler!

**Hands-on class**

**Sunday, February 19, 5-7:30 p.m.**

Member: Table for 1/\$30  
Table for 2/\$45  
Non-member: Table for 1/\$40  
Table for 2/\$60

## HOLI CHANA MASALA

Holi is a Hindu festival that has been celebrated since ancient times. The Holi Festival is celebrated as a way to welcome in spring. Celebrate this second day of Holi by making chana masala- a colorful and rich north Indian dish made with chickpeas and spiced tomato sauce. Paired with rice and paratha, a perfect way to welcome new beginnings. **Hands-on class**

**Wednesday, March 8, 5:30-8 p.m.**

Member: Table for 1/\$20  
Table for 2/\$30  
Non-member: Table for 1/\$28  
Table for 2/\$42

## ST. PATRICK'S DAY

Celebrate all things Irish at the CLC making this traditional pub dinner of bangers and mash and Guinness onion gravy. Technically this recipe originated from the British Isles; however, with the addition of Irish Stout, which adds intense flavor to the sausage and the gravy, it becomes a perfect dinner to celebrate the original emerald isle, Éire. We will add soda bread, a little green, and of course raise a pint. Sláinte! **Hands-on class**

**Thursday, March 16, 5:30-8 p.m.**

Member: Table for 1/\$30  
Table for 2/\$45  
Non-member: Table for 1/\$40  
Table for 2/\$60

# LUNCH 'N' LEARN SERIES

Fast. One dish. Lunching done right! All Lunch 'n' Learn classes are held from 11:30 a.m. to 12:30 p.m. and ticket prices are \$10 for Members and \$15 for Non-members.

## KOREAN PAJEON (SCALLION PANCAKES WITH VEGETABLES)

Crisp at the edges, soft at the center and filled with scallions and other vegetables, these irresistible, comforting pancakes make for a quick meal that you can throw together any given time. They are extremely forgiving, so feel free to use whatever vegetables you have on hand. [Demonstration Class](#)

**Thursday, January 13**  
11:30 a.m.-12:30 p.m.

## WINTER SQUASH & LEEK RISOTTO

This creamy and warming dish is a perfect lunch or weeknight meal that celebrates the flavors of the season. We will utilize a whole butternut squash in two different ways – both infusing the stock and adding it to the risotto. I love this dish because it employs various cooking techniques that are actually simple, they just take a bit of time and care. [Demonstration Class](#)

**Friday, January 27**  
11:30 a.m.-12:30 p.m.

## MANDARIN HOT & SOUR SOUP

It is soup season! Traditional hot and sour soup is actually incredibly easy and the bonus of making it at home is that it's also incredibly easy to customize to your taste. Like it extra hot? Add in more chili garlic sauce. Like it extra sour? Add in more rice wine vinegar. Like it vegetarian? Make it with tofu. Like the meat version? Just add in some pork. For our lunch n learn – we will go vegetarian! [Demonstration Class](#)

**Tuesday, January 31**  
11:30 a.m.-12:30 p.m.

## LOUISIANA BBQ SHRIMP

Louisiana barbecued shrimp is that sort of magical dish that's intensely flavored, super fast to cook, and perfect for entertaining. But don't let the name fool you. As author Toni Tipton-Martin writes, "You won't find any barbecue sauce in the model/chef/restaurateur B. Smith's dish of shrimp in spiced butter sauce: 'Barbecue shrimp' is just the name Louisiana Creole cooks assigned to shrimp braised in wine, beer or a garlic-butter sauce." [Demonstration Class](#)

**Wednesday, February 8**  
11:30 a.m.-12:30 p.m.

## POTATO LEEK SOUP

Velvety smooth soup made with buttery leeks and potatoes and brown bread—a savory bread, with a deep nutty flavor that comes from the combination of Irish whole meal flour and oats. This is a perfect lunch on a blustery March day or before a night of Irish celebration. [Demonstration Class](#)

**Thursday, February 16**  
11:30 a.m.-12:30 p.m.

## NOLA-STYLE BEIGNETS

It's Fat Tuesday, and we are going to live it up NOLA style! And that means fluffy, fried donuts drowned in powder sugar for lunch! Beignets, are square, yeasted French donuts that are an iconic food of New Orleans's Café Du Monde, dating back to 1862. Served with café au lait, we will lunch big easy style! [Demonstration Class](#)

**Tuesday, February 21**  
11:30 a.m.-12:30 p.m.

## CHICKEN VERDE ENCHILADAS

Bathed in homemade roasted salsa verde, stuffed with smoky chicken (or use your favorite roasted veggies) and black beans, and smothered in melty cheese, Enchiladas Verdes really hits the spot. Using one pan to roast everything. These made-from-scratch enchiladas cut down on the dishes and time. [Demonstration Class](#)

**Thursday, March 2**  
11:30 a.m.-12:30 p.m.

## SESAME SALMON BOWL

This one-pot meal from Kay Chun of the NY Times, is inspired by chirashi, or Japanese rice and raw fish bowls. It features a savory vinegared rice that is typically served with sushi. The salmon is added toward the end, to steam directly on top of the rice for an easy one-pan meal. We complete the bowl with crunchy cabbage, creamy avocado, a tangy dressing and of course sesame seeds. A colorful bowl perfect for the first day of Holi! [Demonstration Class](#)

**Tuesday, March 7**  
11:30 a.m.-12:30 p.m.

## SOLSTICE AVGOLAMONO SOUP

A perfect lunch to welcome spring in New England – Avgolemono is a smooth Greek sauce made from an egg, lemon, and broth mixture. Here we turn it into a soup with the addition of more broth, shredded chicken and tender rice. [Demonstration Class](#)

**Tuesday, March 21**  
11:30 a.m.-12:30 p.m.

## SALADE LYONNAIS

This classic French bistro salad is as complex as it is simple. Tender inner leaves of frisée lettuce lightly dressed in a simple vinaigrette, perfectly poached eggs, and crispy bacon lardons. With French bread toasts, this is a perfect simple and elegant lunch. [Demonstration Class](#)

**Friday, March 31**  
11:30 a.m.-12:30 p.m.

**NOLA-STYLE BEIGNETS | Tuesday, February 21, 11:30 a.m.-12:30 p.m.**



# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13 <i>Lunch 'n' Learn:                      Korean Pajeon                      11:30 a.m.-12:30 p.m</i>  <i>Classic Korean                      Bibimbap                      5:30-8 p.m..</i>	14
15  <i>Knife Skills 101                      3.-5:30 p.m.</i>	16	17	18	19	20	21
22  <i>Lunar New Year                      Dumplings                      1 p.m.-3 p.m.</i>	23	24	25	26	27  <i>Lunch 'n' Learn:                      Winter Squash &amp;                      Leek Risotto                      11:30 a.m.-12:30 p.m.</i>	28
29	30	31  <i>Lunch 'n' Learn:                      Mandarin Hot &amp;                      Sour Soup                      11:30 a.m.-12:30 p.m.</i>				

# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Winter-Inspired Buddha Bowl</i> 11 a.m.-1 p.m.	2	3 <i>Setsubun: Ehō-maki Sushi</i> 5:30.-7:30 p.m.	4
5 <i>Valentine's Cookie Decorating</i> 11 a.m.-1:30 p.m. OR 3-5 p.m.	6	7	8 <i>Lunch 'n' Learn: Louisiana BBQ Shrimp</i> 11:30 a.m.-12:30 p.m.	9	10	11
12	13	14	15 <i>Wok Cooking 101: The Stir-fry</i> 5:30-8 p.m..	16 <i>Lunch 'n' Learn: Potato Leek Soup</i> 11:30 a.m.-12:30 p.m.	17	18
19 <i>Marti Gras Gumbo</i> 5-7:30 p.m.	20	21 <i>Lunch 'n' Learn: NOLA-style Beignets</i> 11:30 a.m.-12:30 p.m	22	23 <i>Shrimp 'n' Grits</i> 5:30-8 p.m.	24	25
26	27	28				

# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Knife Skills 101</i> 5:30-8:00 p.m.	2 <i>Lunch 'n' Learn:</i> <i>Chicken Verde</i> <i>Enchiladas</i> 11:30 a.m.-12:30 p.m.	3	4
5	6	7 <i>Lunch 'n' Learn:</i> <i>Sesame Salmon</i> <i>Bowl</i> 11:30 a.m.-12:30 p.m.	8 <i>Holi Chana</i> <i>Masala</i> 5:30-8:00 p.m.	9 <i>Chicken</i> <i>Tortilla Soup</i> 11:00 a.m.-1:00 p.m.	10	11
12	13	14	15	16 <i>St. Patrick's Day</i> 5:30-8:00 p.m.	17	18
19	20	21 <i>Lunch 'n' Learn:</i> <i>Solstice</i> <i>Avgolamono Soup</i> 11:30 a.m.-12:30 p.m.	22	23 <i>Cast Iron Cooking</i> 5:30-8:00 p.m.	24	25
26	27	28	29 <i>Wok Cooking 101:</i> <i>Happy Family</i> <i>Lo Mein</i> 11 a.m. -1 p.m.	30	31 <i>Lunch 'n' Learn:</i> <i>Salade Lyonnais</i> 11:30 a.m.-12:30 p.m.	