



**Learning Center**



**Winter  
2024  
Classes**

**Nourish. Cultivate. Cooperate.**

# Sign Up for Classes

**Online**



REGISTER ONLINE

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

**Phone**



CALL 603-643-2667

7 A.M.- 8 P.M.

**In-stores**



VISIT THE SERVICE DESKS

AT LEBANON, HANOVER, WRJ

## 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.
- 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.

**BRAISED HALIBUT: FEBRUARY 21, 5:30-8:00 P.M.**



# DIY & TECHNICAL CLASSES

## WOK 101: SINGAPORE NOODLES

### Hands-on class

January 11, 5:30-8:00 p.m.

Instructor: Lindsay Smith

Our Singapore Noodles recipe tastes just like what you'd get at any Chinese takeout or Cantonese restaurant (or maybe better). A firm takeout favorite! With its signature curry flavor and yellow hue, Singapore Noodles are made with thin rice noodles, prawns/shrimp, Chinese BBQ Pork, egg and red capsicum/bell peppers. Don't fret if you don't have all the ingredients – this is worth making with whatever you have!

### Ticket Prices:

\$25 Member

\$30 Non-member

## NEAPOLITAN PIZZA PARTY

### Hands-on class

January 18, 5:30-8:00 p.m.

Instructor: Lindsay Smith

Once you've tasted Neapolitan pizza, you'll never go back. Then you'll spend the rest of your life trying to recreate it at home! Neapolitan Pizza was created in Naples, Italy for King Umberto I and Queen Margherita. It is known both for the simplicity and complexity of flavors created by a long-fermented dough and very hot cook. For this fun Thursday night class, we will start with dough balls and build fun pizzas with a variety of ingredients. Using J. Kenji Lopez's techniques to mimic the very hot pizza ovens, we will get that requisite char on the crust.

### Ticket Prices:

\$25 Member

\$30 Non-member

## PASTA 101: PASTA ROTOLO

### Hands-on class

January 20, 1:00-3:30 p.m.

Instructor: Lindsay Smith

Join us Saturday afternoon to make this traditional Italian pasta dish filled with ricotta and spinach! In this fun hands-on

class first we will make sheets of fresh pasta, and then roll the fresh sheets around a spinach ricotta filling. We will also make a simple tomato sauce before wrapping up your rolls to finish cooking at home. Please bring a 9 x 13 glass dish with you to transport your rolls home!

### Ticket Prices:

\$25 Member

\$30 Non-member

## ARROZ CON POLLO

### Hands-on class

January 25, 5:30-8:00 p.m.

Instructor: Lindsay Smith

Arroz con pollo, which means "rice with chicken" in Spanish, is a beloved Latin American dish that's similar to paella. "Rice with Chicken" is a much loved dish in many Latin American countries. All arroz con pollos start with a sofrito as the flavor foundation. We will make a Puerto Rican style sofrito, which uses ham and capers. While the chicken simmers in the rice we will talk about other variations of this dish found around the world. This is comfort food at its best.

### Ticket Prices:

\$25 Member

\$30 Non-member

## RISOTTO WITH WINTER GREENS AND PANCETTA

### Hands-on class

February 12, 5:30-8:00 p.m.

Instructor: Lindsay Smith

Risotto is an Italian rice dish cooked with broth until creamy and delicious. Join us and warm up your chilly February evening! Perfect dinner for a cold winter night, this hearty risotto packed with fresh greens and pancetta. Worried about all that stirring? Don't be. This dish comes together in about 30 min. We will pair this dish with a simple salad.

### Ticket Prices:

\$25 Member

\$30 Non-member



## VALENTINE'S DAY CHOCOLATE SOUFFLÉ

### Demonstration Class

February 14, 5:30-8:00 p.m.

Instructor: Lindsay Smith

We'll be making chocolate soufflé, one of the most raved about, luxurious French desserts. Join us for Valentine's day fun! You don't need a date on Valentine's Day to come and enjoy this easy to make, but so decadent dessert. While the soufflés are in oven we will make an easy raspberry coulis. Enjoy a glass of bubbly with your dessert. Fun class for galentines, friend-tines, family-tines, and valentines!

### Ticket Prices:

\$35 Member

\$45 Non-member

## KNIFE SKILLS 101

### Hands-on class

February 16, 5:30-8:00 p.m.

Instructor: Lindsay Smith

Slice, dice, and mince like a chef! Learn basic knife-handling skills that will build your confidence and make you feel like a pro! 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.

### Ticket Prices:

\$25 Member

\$30 Non-member

## **BRAISED HALIBUT**

### **Hands-on class**

**February 21, 5:30-8:00 p.m.**

**Instructor: Lindsay Smith**

The whole dish is incredibly easy and follows a classic sear and simmer braising procedure with mild halibut fish & a tasty sauce! Learn how to perfectly braise fish while making this simple weeknight meal. We will use Halibut and create a tasty sauce with leeks and mustard, and complete the meal with a side grain and simple salad.

### **Ticket Prices:**

\$25 Member

\$30 Non-member

## **TACO TUESDAY: FISH TACOS**

### **Hands-on class**

**February 27, 5:30-8:00 p.m.**

**Instructor: Lindsay Smith**

A good fish taco brings to mind beach days, salty air, and sunny dispositions. You don't have to leave your house to enjoy perfect fish tacos! Tender chunks of chili and citrus marinated fish is broiled then tucked into fresh made corn tortillas and topped with a charred pineapple

salsa. An explosion of flavors, you will never look at fish tacos the same.

### **Ticket Prices:**

\$25 Member

\$30 Non-member

## **MEAL PREP: LUNCH FOR THE WEEK**

### **Hands-on class**

**Two (2) class times to choose from!**

**January 13, 3:00-5:30 p.m. OR**

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

**Instructor: Elise B. Cushman**

This meal prep class features a salad/ grain bowl and hearty soup that has 7-10 grams of fiber, 20-30 grams of protein, and keeps you evenly energized (meaning no blood sugar crashes!) for the day. We will make two recipes that provide you lunch for the week and more. Please remember to bring your own containers and let us know if you have food allergies or are vegetarian so protein can be substituted.

### **Ticket Prices:**

\$25 Member

\$30 Non-member

## **MEAL PREP: WINTER DINNERS**

### **Demonstration Class**

**Two (2) class times to choose from!**

**January 27, 3:00-5:30 p.m. OR**

**February 24, 3:00-5:30 p.m.**

**Instructor: Elise B. Cushman**

We will plan four dinners for the week with cross-utilization of ingredients to minimize waste and save you time. Simplifying a weekly meal routine to make family dinners less stressful. Dinners will be 400-500 calories, 20-30 grams of protein, 7-10 grams of fiber to help you meet your 5-a-day and protein needs. We will prep veggies, grain/starch for four meals during class and plan out protein for you to finish at home. Please let us know if you have food allergies and if you are vegetarian so proteins can be replaced.

### **Ticket Prices:**

\$25 Member

\$30 Non-member

## **COOKING WITH KIDS: RAMEN CHALLENGE!**

### **Hands-on class**

**Two (2) class times to choose from!**

**February 22, 3:00-5:30 p.m. OR**

**February 29, 3:00-5:30 p.m.**

**Instructor: Elise B. Cushman**

Each group will be able to choose 5 ingredients to add to ramen noodles to make a signature dish. Will you make a sweet or savory ramen? Is it for breakfast or dinner? You get to be creative! We will be tasting and trying every ramen creation...everybody goes home full! Please note that all children under 13 must be accompanied by an adult. This class is sold by the table, and each adult can bring up to 3 children with them. Each group will be working with one set of ingredients.

### **Ticket Prices:**

\$30 Member

\$35 Non-member





**RISOTTO WITH WINTER GREENS AND PANCETTA:  
FEBRUARY 12, 5:30-8:00 P.M.**

# LUNCH 'N' LEARN

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 \$15 for Members and \$20 for Non-members.



## BAHN MI SANDWICH

**Demonstration Class**

**January 10**

**11:30 a.m.-12:30 p.m.**

**Instructor: Lindsay Smith**

This amazing Vietnamese sandwich has it all... 3 kinds of pork, pickled veg, herbs, jalapeños all on crusty bread. Yum! "What is a banh mi?" For those not in the know, this is the sandwich of all sandwiches for spicy food lovers. A banh mi is a Vietnamese-inspired sandwich made from pickled veggies, cilantro, jalapeños, and various meats (we will use pork and more pork), all piled on a French baguette slathered with Sriracha-mayo.

## ITALIAN WEDDING SOUP

**Demonstration Class**

**January 17**

**11:30 a.m.-12:30 p.m.**

**Instructor: Lindsay Smith**

Tender meatballs, veggies, and pasta in a rich and flavorful broth, Italian wedding soup is a meal unto itself! This traditional peasant dish gets its name from the marriage of flavors from the vegetables and meat in a broth, and is traditionally served at Christmas or Easter (not at weddings!). We love it anytime!



## GREEN CURRY BEEF WITH SNAP PEAS

**Demonstration Class**

**January 30**

**11:30 a.m.-12:30 p.m.**

**Instructor: Lindsay Smith**

Only think of chicken when you think curry? This easy beef curry recipe has crunchy sugar snap peas and is full of those Thai flavors you love. Using boneless beef short ribs, we will show you how to make this quick weeknight dinner, also perfect for lunch! Served with a side of jasmine rice, it's a dish that is sure to satisfy.

## RIGATONI ALLA ZOZZONA

**Demonstration Class**

**February 7**

**11:30 a.m.-12:30 p.m.**

**Instructor: Lindsay Smith**

Rigatoni Alla Zozzona is the decadent pasta mash-up of Roman amatriciana and carbonara, with a sausage twist. Alla zozzona roughly translates to "a big mess" is a kitchen sink approach, marrying the ingredients of the four pasta dishes which Romans are famous for: Amatriciana (tomato sauce), Cacio e Pepe (black pepper), Carbonara (egg



yolks), and Gricia (guanciale). Finished with plenty of pecorino cheese and sausage the sauce is tossed with sturdy rigatoni, the perfect vehicle to carry — and stand up to — the many components of the sauce. Wear loose pants!

## JFK'S NEW ENGLAND FISH CHOWDER

**Demonstration Class**

**February 19**

**11:30 a.m.-12:30 p.m.**

**Instructor: Lindsay Smith**

This recipe was President Kennedy's favorite! Join us this President's day to make a lovely dish that is archived in his presidential library. America's 35th president was a New Englander through and through. One of his favorite meals was a delicately flavored, creamy chowder which reminded him of his home state. JFK Chowder starts with smoky salt pork, filled with bites of tender white fish and hearty potatoes. While the soup simmers, we will talk about how to make homemade oyster crackers, a must with any cup of chowdah!

# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 <i>Lunch 'n' Learn: Bahn Mi Sandwich 11:30 a.m.-12:30 p.m.</i>	11 <i>Wok 101: Singapore Noodles 5:30-8:00 p.m.</i>	12	13 <i>Meal Prep: Lunch for the Week #1 3:00-5:30 p.m.</i>
14	15	16	17 <i>Lunch 'n' Learn: Italian Wedding Soup 11:30 a.m.-12:30 p.m.</i>	18 <i>Neapolitan Pizza Party 5:30-8:00 p.m.</i>	19	20 <i>Pasta 101: Pasta Rotolo 1:00-3:30 p.m.</i>
21	22	23	24	25 <i>Arroz Con Pollo 5:30-8:00 p.m.</i>	26	27 <i>Meal Prep: Winter Dinners #1 3:00-5:30 p.m.</i>
28	29	30 <i>Lunch 'n' Learn: Green Curry Beef with Snap Peas 11:30 a.m.-12:30 p.m.</i>	31			

# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 <i>Meal Prep: Lunch for the Week #2 3:00-5:30 p.m.</i>
4	5	6	7 <i>Lunch 'n' Learn: Rigatoni Alla Zozzona 11:30 a.m.-12:30 p.m.</i>	8	9	10
11	12 <i>Risotto with Winter Greens and Pancetta 5:30-8:00 p.m.</i>	13	14 <i>Valentine's Day Chocolate Soufflé 5:30-8:00 p.m.</i>	15	16 <i>Knife Skills 101 5:30-8:00 p.m.</i>	17
18	19 <i>Lunch 'n' Learn: JFK's New England Fish Chowder 11:30 a.m.-12:30 p.m.</i>	20	21 <i>Braised Halibut 5:30-8:00 p.m.</i>	22 <i>Cooking with Kids: Ramen Challenge! #1 3:00-5:30 p.m.</i>	23	24 <i>Meal Prep: Winter Dinners #2 3:00-5:30 p.m.</i>
25	26	27 <i>Taco Tuesday: Fish Tacos 5:30-8:00 p.m.</i>	28	29 <i>Cooking with Kids: Ramen Challenge! #2 3:00-5:30 p.m.</i>		