

# Instructors

**Brent Battis** has been cooking professionally for almost twenty years. After a successful career in restaurants and catering, he and his wife, Whitney, have opened B&W Catering Company, specializing in world cuisine that utilizes local ingredients.

**Mary Saucier Choate** is a registered dietitian/nutritionist on a mission to improve the Co-op community's health and wellness. Mary is the Co-op's Food and Nutrition Educator and coordinates the employee wellness program. She loves helping our customers to learn how easy and delicious healthful eating can be.

**Katrina Hippe** is a ten-year veteran of eating gluten-free. She and her daughter enjoy baking things like gluten-free cookies and pies together. She currently works at the Co-op as the category merchandiser for specialty cheese, wine, and beer.

**Long Trail Brewing Co.**, a local producer of quality craft beer, receives high praise from critics and consumers alike. Their commitment to sustainability makes them a model of Green Business.

**Eulalia Lopez** is a native of Guatemala who loves to share her native Mayan culture and cuisine with others. She enjoys cooking at home with her family and prepares traditional foods like tamales and tortillas.

**MacLennan Farm**, Windsor, VT, is a family farm that has been in operation for 24 years. Crops include asparagus, corn, pumpkin, and winter squashes.

**Maple Valley Sugar Products** is located in the Connecticut River Valley in North Hartland, Vermont. Farming has been part of the family since the early 1900s. Many years and four generations later, the family continues the tradition with maple sugaring.

**Keith McCormack** was classically trained at New England Culinary Institute (NECI), earning his AOS in Baking and Pastry followed by his BA in Restaurant Management. After gaining restaurant

experience in Boston, he taught baking classes at NECI. For the past two years, he has been NECI's regional demo chef, traveling all of New England as a one-man show.

**Eli Morse** is the Co-op's high-energy director of The Culinary Learning Center. His previous work experience includes chef and line-cook positions at restaurants in California, Massachusetts, Vermont, and Virginia. A '95 graduate of the Culinary Institute of America, he is a natural-born teacher who loves to share his knowledge and enthusiasm for great food.

**Martin Murphy** has been cooking for thirty years as a professional chef, most recently at Canoe Club and Stella's before he opened Ariana's in Orford, New Hampshire. Seasonal, local, and quality ingredients are offered in a welcoming setting. Sustainable seafood is a passion, as are Mediterranean and Asian cuisines. Martin has appeared as a guest chef at the James Beard House.

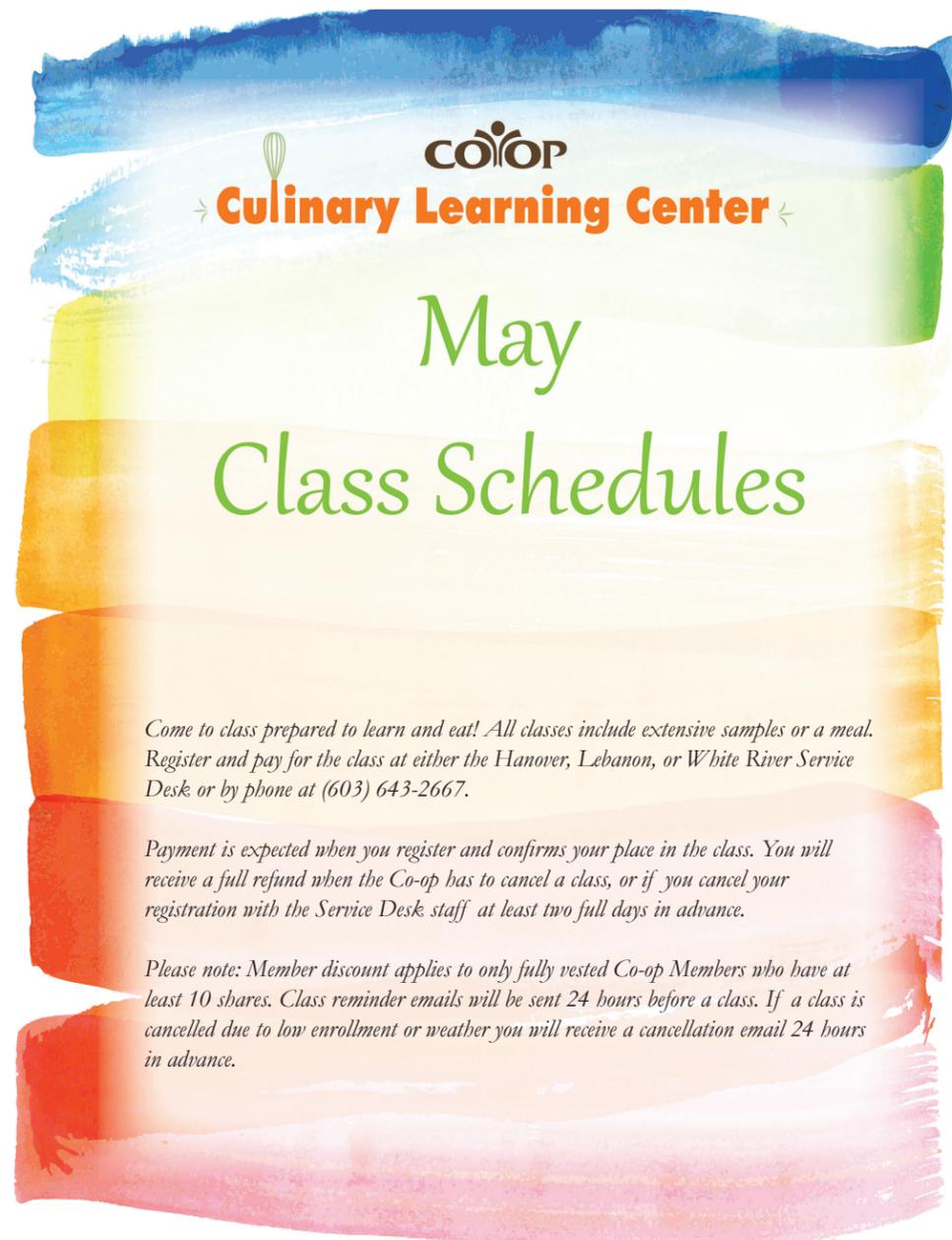
**Michael Perlov** is a graduate of the Culinary Institute of America and a seasoned veteran of acclaimed restaurants, including Square One in San Francisco and L'Espalier in Boston. He has traveled extensively around the world, has taught at Johnson and Wales, and has 20 years' experience preparing successful dinner parties in private homes.

**Ryan Thompson**, beer enthusiast, has worked in several breweries across the United States and has now found a home at Harpoon Brewery in Windsor, Vermont. The Harpoon Riverbend Taps and Beer Garden, located in the same building as the brewery itself, offers a full selection of Harpoon beers straight from the source, along with delicious food to pair with your pint.

**Ken Weldon** is an enthusiastic cheese lover. He shares his expertise through his position in the Hanover Co-op Cheese Department and blogs about cheese on the Co-op website.

## Privately Reserved Classes!

Unique opportunities for your own party, event, or corporate stress relief session. We will work with you to craft a program that fits the needs of your group of ten or more. From baby showers to birthdays, or a team-building session on healthy cooking techniques, we look forward to having fun in the kitchen together! Contact Eli Morse for details. [emorse@coopfoodstore.com](mailto:emorse@coopfoodstore.com).



Come to class prepared to learn and eat! All classes include extensive samples or a meal. Register and pay for the class at either the Hanover, Lebanon, or White River Service Desk or by phone at (603) 643-2667.

Payment is expected when you register and confirms your place in the class. You will receive a full refund when the Co-op has to cancel a class, or if you cancel your registration with the Service Desk staff at least two full days in advance.

Please note: Member discount applies to only fully vested Co-op Members who have at least 10 shares. Class reminder emails will be sent 24 hours before a class. If a class is cancelled due to low enrollment or weather you will receive a cancellation email 24 hours in advance.

# May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 <i>Spring Seafood</i> 5:30 to 7:30 p.m.	2
3	4 <i>Privately Reserved Class</i> 11:00 a.m. to 2:00 p.m.	5 <i>Lunch Break:</i> <i>Cinco de Mayo</i> 11:30 a.m. to noon	6 <i>Welcome, Harpoon Brewery</i> 5:30 to 7:30 p.m.	7 <i>French 201</i> 10:00 a.m. to noon	8 <i>Sparkling Wines</i> <i>and Local Cheese</i> 5:30 to 7:30 p.m.	9
10 <i>Mother's Day Brunch Gift</i> 9:30 to 11:30 a.m.	11	12 <i>Lunch Break:</i> <i>Smart Chicken</i> 11:30 a.m. to noon	13 <i>Seasonal Salads,</i> <i>Ramps, and More</i> 11:00 a.m. to 1:00 p.m. <i>Rockin' Ramen Variations</i> 5:30 to 7:30 p.m.	14 <i>Extreme Beginner Vegetables</i> 5:30 to 7:30 p.m.	15 <i>Authentic Guatemalan:</i> <i>Pepian</i> 5:30 to 7:30 p.m.	16
17	18 <i>Maple Sugaring and Unique</i> <i>Syrup Applications</i> 11:00 a.m. to 1:00 p.m. <i>All About Tofu</i> 5:30 to 7:30 p.m.	19 <i>Privately Reserved Class</i> 11:00 a.m. to 1:00 p.m.	20 <i>Your Own Ravioli</i> 11:00 a.m. to 1:00 p.m. <i>Local Asparagus! Taste the</i> <i>Produce, Meet the Farmer</i> 5:30 to 7:30 p.m.	21 <i>Italian-American 201</i> 5:30 to 7:30 p.m.	22 <i>Fiddleheads</i> 5:30 to 7:30 p.m.	23
24  31	25	26 <i>Lunch Break:</i> <i>Smoked Salmon Pasta</i> 11:30 a.m. to noon	27 <i>Spring Asparagus Risotto</i> 11:00 a.m. to 1:00 p.m. <i>Welcome, Long Trail Brewery</i> 5:30 to 7:30 p.m.	28	29 <i>Softshell Crabs</i> 11:00 a.m. to 1:00 p.m. <i>Gluten Free and Delicious</i> 5:30 to 7:30 p.m.	30

# Class Descriptions

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## ALL ABOUT TOFU

Love tofu? Want to love tofu? This is the class for you. Chef Dan McCarthy will guide you through the different types of tofu you can find on the shelf and teach you various applications and handling techniques. You'll prepare and sample the results, including sweet and sour, crispy, grilled, and scrambled varieties.

*Hands-on Class*

*Instructor: Dan McCarthy*

*Cost: \$40 Non-member, \$36 Member*

## AUTHENTIC GUATEMALAN: PEPIAN

Discover *pepian*, the national dish of Guatemala. *Pepian* is a hearty stew made with tomatoes and chiles and thickened with pumpkin and sesame seeds. Learn how to use dried chiles for traditional flavor, and get your hands on the masa as the instructor guides you through an incredibly easy way to make your own delicious corn tortillas in minutes.

*Hands-on Class*

*Instructor: Eulalia Lopez*

*Cost: \$40 Non-member, \$36 Member*

## EXTREME BEGINNER VEGETABLES

It's easier to work healthful vegetables into your diet if the veggies are deliciously prepared. We'll make Parmesan Roasted Cauliflower, Asian Bell Pepper Stir Fry, and Sunshine Carrot Smoothies—three scrumptious strategies that will have you clamoring for more.

*Instructor: Mary Saucier Choate*

*Cost: \$20 Non-member, \$18 Member*

## FIDDLEHEADS

Fiddleheads are highly seasonal and unique to our area. We'll prepare fiddleheads in a salad with vinaigrette and warmed goat cheese, and also as a side vegetable with a seared scallop.

*Hands-on Class*

*Instructor: Eli Morse*

*Cost: \$40 Non-member, \$36 Member*

## FRENCH 201

Following up on his popular French 101 class, Chef Michael Perlov will demonstrate Duck à l'Orange, crepes, Chicken Supreme, and bouillabaisse. Always entertaining, Michael fills his class with plenty of fun and food!

*Instructor: Michael Perlov*

*Cost: \$40 Non-member, \$36 Member*

## GLUTEN FREE AND DELICIOUS

Co-op Merchandiser Katrina Hippe—a 10-year gluten free veteran—will teach us how to make delicious gluten free pie dough for both sweet and savory applications. Try the dough with apple, pecan, or chocolate-walnut filling, and prepare an individual savory pocket stuffed with mushrooms, rosemary, and brie. Note: for those with Celiac disease, our kitchen is not gluten free, so any samples prepared in class are not certified gluten free.

*Hands-on Class*

*Instructors: Katrina Hippe and Eli Morse*

*Cost: \$40 Non-member, \$36 Member*

## ITALIAN-AMERICAN 201

Let Michael Perlov add a few delicious dishes to your list of Italian-American favorites. Michael will demonstrate Chicken Milanese and Shrimp Fra Diavolo along with red sauce, meatballs, and Fettuccine Alfredo. Share some laughter, great company, and as always, a delicious meal.

*Instructor: Michael Perlov*

*Cost: \$40 Non-member, \$36 Member*

## LOCAL ASPARAGUS, TASTE THE PRODUCE, MEET THE FARMER

What's a sure sign of spring at the Co-op? The appearance of MacLennan Farm in Windsor, Vermont! Get to know the farm's practices and techniques and the man behind it all. Chef Eli will prepare asparagus grilled with lemon and Parmesan and will serve a vibrantly colored asparagus soup that's delicious hot or cool.

*Instructors: Alex MacLennan and Eli Morse*

*Cost: \$10 Non-member, \$9 Member*

## LUNCH BREAK: CINCO DE MAYO

Celebrate the popular Mexican holiday with a lunch prepared by the Co-op's own chef. We'll enjoy enchiladas with a salsa verde made from tomatillos and serrano chiles, and wash it all down with *horchata*—a refreshing Mexican beverage made with rice and cinnamon.

*Instructors: Eli Morse*

*Cost: \$14 Non-member, \$12 Member*

## LUNCH BREAK: SMART CHICKEN

Learn about Smart Chicken and its innovative environmental practices and business approach. Lunch will be waiting for you when you arrive, so you can enjoy while you learn. On the menu: chicken salad with tarragon and apple, local bread, and greens.

*Instructor: Eli Morse*

*Cost: \$14 Non-member, \$12 Member*

## LUNCH BREAK: SMOKED SALMON PASTA

Traditional salmon accompaniments include capers, red onion, fresh dill, lemon, and spinach. Our own Chef Eli takes these known classics and layers them into a unique and satisfying cream-based pasta dish that's perfect for the season. Enjoy lunch first and ask questions later in this mini-class designed to fit into the working person's schedule.

*Instructor: Eli Morse*

*Cost: \$14 Non-member, \$12 Member*

## MAPLE SUGARING AND UNIQUE SYRUP APPLICATIONS

Maple sugaring is a regional tradition, and the Co-op's own Pat and Linda Temple know the tradition well. Join a discussion on topics like reverse osmosis, production costs, and the business realities for maple sugaring. Chef Eli will prepare a range of dishes using the Temples' maple syrup.

*Instructors: Pat and Linda Temple and Eli Morse*

*Cost: \$10 Non-member, \$9 Member*

## MOTHER'S DAY BRUNCH GIFT

Give Mom the perfect, unique gift—a relaxing morning with a chef-prepared brunch in the company of other moms. She'll enjoy Belgian waffles with passion fruit sauce, Eggs Benedict with classic Hollandaise, and a delightful virgin mocktail, and go home with a fresh cut flower.

*Instructor: Keith McCormack*

*Cost: \$40 Non-member, \$36 Member*

## ROCKIN' RAMEN VARIATIONS

We'll take ramen from ordinary to extraordinary using fresh noodles from the produce department as well as the familiar shelf-stable package, and add our own aromatic broths, fresh herbs, fish sauce, lemongrass, chicken meatballs, pickled ginger, lime wedges, and more!

*Hands-on Class*

*Instructor: Eli Morse*

*Cost: \$32 Non-member, \$29 Member*

## SEASONAL SALADS, RAMPS, AND MORE

Delicious produce is finally growing outside and in the hoop houses at Ariana's Restaurant. Chef Martin Murphy will share both the food he grows and the knowledge he possesses. Enjoy a delicious Caprese salad, as well as salads incorporating ramps, arugula, and spinach. Fiddleheads, a regional and seasonal delicacy, might even make an appearance.

*Instructors: Martin Murphy*

*Cost: \$40 Non-member, \$36 Member*

## SOFTSHELL CRABS

They only come around once a year, so get 'em while they're soft! Learn how to store, clean, and cook softshell crabs and serve them with a classic meunière sauce—a unique variation on a brown butter sauce. Served with a tangy slaw.

*Hands-on Class*

*Instructor: Eli Morse*

*Cost: \$40 Non-member, \$36 Member*

## SPARKLING WINES AND LOCAL CHEESE

Baffled by bubbly? You're not alone! There's much more to sparkling wine than simply Champagne. Let our own in-house expert and cheesemonger Ken Weldon tell you all about it. We'll pair fine wines with some of our most popular local cheeses for a true culinary adventure.

*Instructor: Ken Weldon*

*Cost: \$40 Non-member, \$36 Member*

## SPRING ASPARAGUS AND RISOTTO

Learn the trick to the classic Italian risotto. This highly participatory class will focus on incorporating fresh spring asparagus and Pecorino Romano cheese into the classic Italian dish.

*Hands-on Class*

*Instructor: Brent Battis*

*Cost: \$40 Non-member, \$36 Member*

## SPRING SEAFOOD

Spring is finally here, and the warmer weather is perfect for delicate, ethnic seafood dishes that go down easy. We'll taste Rhode Island-style calamari with a Portuguese influence, scallops with an Chinese influence, and pan-roasted halibut with a Latin American influence.

*Instructor: Eli Morse*

*Cost: \$40 Non-member, \$36 Member*

## WELCOME, HARPOON BREWERY!

Meet one of the famed Harpoon brewmasters and learn about the brewing process. We'll pair light spring foods with UFO White, Big Squeeze, Summer Ale, Craft Cider, and Harpoon's benchmark IPA. The chef will also share some great grilling tips, since grilling season is almost here!

*Instructors: Ryan Thompson and Eli Morse*

*Cost: \$18 Non-member, \$16 Member*

## WELCOME, LONG TRAIL BREWERY

IPA lovers, this class is for you. Celebrate and taste the mixed IPA 12-pack: Farmhouse Black Rye, American, Session, and White. We'll demonstrate a lime-drenched seafood ceviche to bring out the citrus-spiked White, then leave most of the remaining food pairings a pleasant surprise.

*Instructors: Long Trail and Eli Morse*

*Cost: \$18 Non-member, \$16 Member*

## YOUR OWN RAVIOLI

Have you ever used a pasta machine? Try one in class with fresh ravioli dough that you'll make yourself from scratch. Decide between filling options—four cheese or fresh basil pesto—and toss with a quick marinara sauce topped with grated Parmesan cheese. Make it all in class, and learn great tips and techniques from Chef Brent Battis.

*Hands-on Class*

*Instructor: Brent Battis*

*Cost: \$40 Non-member, \$36 Member*