



THE NORTH COAST CO-OP Community Kitchen

Schedule of Cooking Classes & Workshops • Feb. thru Mar. 2012



All cooking classes & workshops are at our 4th & B Eureka location unless otherwise specified.

Register for classes at:

www.northcoastco-op.com

or call Customer Service at (707) 443-6027.

Members Save \$10 per Class

Wednesday, February 1 from 6:00 to 7:30 p.m.
Seed Starting Tips & Tricks

Rita Jacinto

Flying Blue Dog Farm & Nursery

\$20/\$10 Co-op Members



This workshop will cover all the basics of seed starting: soil, light, temperature, scarification, stratification and invocation! Rita will also demonstrate how to build a simple PVC light stand that will boost your seed starting success.

Friday, February 3 from 6:00 to 8:30 p.m.
Party Appetizers

Chef Arin McBlaine

\$45/\$35 Co-op Members



Looking to add some new and impressive offerings to your party repertoire? Chef Arin will present tips and techniques for creating seven beautiful and delicious appetizers with a fusion theme to make the most of seasonal flavors.

Monday, February 6 from 6:00 to 8:30 p.m.
Dinner with Pachanga II

Belem Espitia

\$40/\$30 Co-op Members

Another interpretation of classic Mexican dining from Chef Belem featuring Albondigas ~ traditional meatball soup; Chili Verde ~ flavorful slow cooked pork with green chili sauce; Fresh Corn Tortillas; Horchata ~ rice water beverage; and Fried Banana.

Wednesday, February 8 from 6:00 to 8:30 p.m.
Knife Skills and Basic Prep Techniques

Steven Dugger

\$35/\$25 Co-op Members



Knives are the most versatile tools in the kitchen. Learn professional techniques for better, faster, and safer knife skills. This presentation and hands-on class will feature basic knife handling, classic cuts, and specific prep and garnishing techniques for working with various types of produce. You'll get to practice your skills as we work together to create an entrée for all to enjoy. Please bring a Chef's knife and cutting board.

Thursday, February 9 from 6:00 to 8:30 p.m.
French Fast Foods

Chef Alex Begovic

\$45/\$35 Co-op Members



French fast food couldn't be more different than the typical American meal-on-the-go. Revel in these comforting, quick to make, typical foods of France. Chicken Liver Mousse with Brie, French Bread and Cornichons; Croque Monsieur; Jambon Beurre ~ classic ham sandwich; and Croissant au Chocolat with Raspberry and Almond.

Friday, February 10 from 6:00 to 8:30 p.m.
We're on a Roll!

Betty Thompson

\$40/\$30 Co-op Members

International cooking specialist Betty Thompson introduces us to a Sicilian specialty, Cannoli. These rolled pastry shells are fried crispy and filled with sweetened ricotta, bits of chocolate, and candied orange peel. Before we get to dessert, we'll feast on a refreshing starter of Shaved Fresh Fennel with Lemon Vinaigrette and Chevre, followed by Stuffed Rolled Flank Steak with Pesto and Pinenuts served with Semolina Dumplings.

cooking class key



Gluten - Free



Hands - On



Vegetarian



Kid



Wine Served



Workshop



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Monday, February 13 from 6:00 to 8:30 p.m.

Fields of Greens Vegetarian Classics

Chef Jon Hoeschen

\$45/\$35 Co-op Members

Enjoy these delightful recipes from Executive Chef Annie Somerville of Greens Restaurant in San Francisco. Tomato, Saffron, and Roasted Garlic Soup; Mushroom Risotto with Grilled Leeks and Fennel; and Meyer Lemon Pots de Crème.



Monday, February 20 from 6:00 to 8:30 p.m.

Humboldt Winter French Style III

Chef Alex Begovic

\$45/\$35 Co-op Members

Treat yourself to this delectable menu of Humboldt-French fusion cuisine from Chef Alex: Cream of Cauliflower Soup with Cypress Grove Midnight Moon Cheese; Pommes de terre Dauphine ~ similar to potato croquettes; Pork Tenderloin Stuffed with Apples, Bacon and Caramelized Onions with Hard Cider Cream Sauce; and Chestnut Mousse.



Sunday, February 26 from 11:00 a.m. to 1:00 p.m.

Cultured Nut Milks, Seed Cheeses, and Raw Snacks

Linda Redfield

Certified Clinician in Whole Foods Nutrition

\$35/\$25 Co-op Members

Cultured foods help with digestion and mineral absorption. In this class we will learn how to culture raw nuts and seeds into tasty treats like: Coconut Almond Kefir; Pimento Cheese; Mediterranean Olive Herb Cheese; Carrot Orange Almond Balls; Apple Cinnamon Hazelnut Wafers; and Sesame 'Noritos' with Mixed Veggies. Linda will also provide additional recipes as well as instructions on how to make an incubator for little or no cost.



Wednesday, February 15 from 6:00 to 7:00 p.m.

Healthy Meals on a Budget

Co-op Staff Instruction

\$15/\$5 Co-op Members

This class will feature three healthy, delicious, and economical dishes chock full of seasonal produce and whole grains that will please the whole family.



Thursday, February 16 from 6:00 to 7:30 p.m.

Women and Heart Disease

Margaret Stevens

RN and Certified Diabetes Educator

Free

It always used to be the case that heart disease was a men's disease, but sadly that's no longer the case. Not only has our risk passed that of men, but if we have a heart attack, under some circumstances, we are much more likely to die. And if we have diabetes along with heart disease, we are twice as likely to die. This class spells out the reasons our risks are so much higher and teaches us how to protect ourselves against becoming a sad statistic.



Tuesday, February 21 from 12:00 to 1:00 p.m.

Gluten-Free Curious?

Dr. Bob Cory and Brenda Harper

Free

Join us in a roundtable discussion on the ins and outs of living a gluten-free life. Bob Cory, PhD, and Brenda Harper, Consumer Educator at the Co-op, will lead the conversation. Anyone interested in a gluten-free life, for themselves or a loved one, will gain useful information from this workshop. Participants are encouraged to share their experiences.



Wednesday, February 22 from 6:00 to 8:30 p.m.

Comfort Foods Made Healthy

Maria Vanderhorst

\$40/\$30 Co-op Members

These satisfying dishes have tons of flavor and they're healthy, too! Vietnamese Chicken and Rice Noodle Soup; Grilled Shrimp, Arugula and Tomato Pizza with Goat Cheese Crumble; Southwest Turkey Burger Sliders with Corn Salsa; Oven Baked Macaroni and Cheese; and Dark Chocolate Hazelnut Truffles.

Thursday, March 1 from 6:00 to 8:30pm

Addicted to Veggies: Easy Gourmet Raw Food for Everyone

Sarahfaé

\$40/\$30 Co-op Members

Approachable raw vegan food with familiar ingredients, gourmet flair, simple preparation and tasty results. Learn tips and techniques for achieving cooked food flavor through a new and exciting raw food perspective. Gluten-free, dairy-free and no dehydrator needed for these recipes. Handmade Cheeze; Crimini Mushroom 'Meat'balls with Wilted Kale and Lemon Garlic Butter; and Spiced Apple Cheezecake Bites.



Sunday, March 4 from 4:00 to 6:00 p.m.

Sunday Supper

Co-op Staff Instruction

\$30/\$20 Co-op Members

Join us for an informal get-together to celebrate Humboldt's winter bounty, as we prepare and share a seasonal vegetarian feast. Would you like to see us develop a semi-regular Sunday Supper Club? Come along and let's talk about what that club might look like!



whole grain simplicity

TRIPLE-SESAME AMARANTH

Ingredients:

- 1 cup amaranth
- 1 1/2 cups water
- 1 T. toasted sesame oil
- 1 T. black sesame seeds
- 1 tsp. toasted natural sesame seeds
- kosher salt to taste

Preparation:

Bring the water, amaranth, and toasted sesame oil to a boil. Turn down to a low simmer and cover with lid for 15 – 20 minutes. Check periodically and stir. It's done when the amaranth has absorbed the water.

When done cooking, add the black and natural sesame seeds and kosher salt to taste. Can be served on a bed of your favorite greens and vinaigrette.

SERVES 4



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Wednesday, March 7 from 6:00 to 7:00 p.m.

Whole Grain Goodness Oat Groats

Co-op Staff Instruction

\$20/\$10 Co-op Members



Want to add more healthy grains to your everyday meals and stretch your budget? Join us as we demonstrate and serve up three dishes featuring this low carbohydrate and high protein grain along with fresh seasonal produce.

Thursday, March 8 from 6:00 to 8:30 p.m.

Humboldt Winter French Style IV

Chef Alex Begovic

\$45/\$35 Co-op Members



More delicious French winter classics with a Humboldt twist from Chef Alex. Tonight's menu features Cabbage, Apple and Ham Soup; Classic French Carrot Salad; Blanquette au Poulet ~ traditional French bourgeois chicken dish; and Chocolate Mousse.

Friday, March 9 from 6:00 to 8:30 p.m.

Far Out Far East Finger Food

Chef Pailin Butterfield

\$45/\$35 Co-op Members



Treat your fingers and taste buds to a Far East feast! Goong Hom Pha ~ shrimp dressed in crispy jackets with sweet chili sauce and fresh pineapple; Fresh Vietnamese Spring Rolls with Nuoc Cham Sauce; Cecilia's Minced Chicken and Lettuce Cups; Sate Bali ~ authentic Balinese skewered chicken with peanut sauce; and for dessert, Ayutthaya's (in)famous "Crazy Hothead" Coconut Bars. Far out indeed!

Monday, March 12 from 6:00 to 8:30 p.m.

Let's Get Cracking!

Simona Carini

\$40/\$30 Co-op Members

Alongside spreads or cheese, crackers are a great addition to an appetizer or cheese platter. In this

class, you will learn to make three kinds of savory baked goods to pair with your favorite spreads and cheeses. Using a simple yeasted dough, Simona will make thin and crisp lavash crackers, create white bean wafers made from puréed beans, and for a buttery treat, sample a savory version of pasta frolla (Italian tart dough). Bonus recipe: tapenade.

Tuesday, March 13 from 6:00 to 8:00 p.m.

You CAN Prevent Diabetes

Margaret Stevens

RN and Certified Diabetes Educator

Free



Diabetes is the fastest-growing chronic disease in the United States, and 25% of all new cases of adult onset (type 2) diabetes occur in children under the age of 18. The CDC says that by 2050, one in three Americans will have diabetes. Learn how you and your loved ones, with just a few basic changes in your daily routine, can avoid this chronic condition.

Wednesday, March 14 from 6:00 to 8:30 p.m.

Traditional Filipino Cooking

Maria Vanderhorst

\$40/\$30 Co-op Members

Experience the diverse flavors of the Philippines in this wide-ranging menu: Tinolang Manok ~ chicken ginger sour soup with chayote and chili leaves; Ukoy ~ shrimp, bean sprout, yam and green onion fritters with soy vinegar garlic sauce; Kinilaw ~ fresh tuna, red and green bell peppers and onions with vinegar and coconut cream dressing; Filipino Pork Menudo with Puto ~ tomato based stew with pork, red bell peppers, onions, garlic, carrots, potatoes and garbanzo beans served with steamed rice cakes; Kare-Kare ~ beef and oxtail peanut stew with green beans and eggplant served with steamed rice; and Leche Flan ~ vanilla custard.

Thursday, March 15 from 6:00 to 8:30 p.m.

Mediterranean Mix

Betty Thompson

\$40/\$30 Co-op Members

International gourmet food expert Betty Thompson starts our journey around the Mediterranean with Sautéed Mussels and Garlic Herbs. We'll move on to Avgolemono Soup (egg lemon soup) with Orzo and from Cyprus we'll sample Braised Pork with Mushrooms and Whole Coriander Seeds, served with a Bulgur Pilaf studded with Fruit and Nuts. The delightful dessert will be Birds' Nest Baklava.

Monday, March 19 from 6:00 to 8:30 p.m.

James Beard's American Cookery

Chef Jon Hoeschen

\$45/\$35 Co-op Members



Tonight, Chef Jon celebrates the iconic American chef and food writer with a classic menu of Classic Warm Spinach Salad with a Bacon Fig Dressing; Sautéed Pancetta Wrapped Pork Tenderloin with Honey Dijon Sauce served with Lyonnaise Potatoes and Sautéed Seasonal Vegetables; and Red Velvet Cake with White Velvet Icing.

Tuesday, March 20 from 12:00 to 1:00 p.m.

Healthy Meals on a Budget

Co-op Staff Instruction

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This class will feature three healthy, delicious, and economical dishes chock full of seasonal produce and whole grains that will please the whole family.

Tuesday, March 27 from 6:00 to 7:00 p.m.

Hypertension Control Through Improved Nutrition

Margaret Stevens

RN and Certified Diabetes Educator

Free



High Blood Pressure or Hypertension is often called the "Silent Killer" because many times there are no symptoms. Unless you regularly monitor your blood pressure, the first sign of hypertension may be a debilitating stroke that changes your life forever. This class will help you understand what hypertension is, what causes it, and how to control it with simple nutritional changes that may change the course of your life.

Wednesday, March 28 from 6:00 to 8:30 p.m.

South of the Border

Betty Thompson

\$40/\$30 Co-op Members

The star of this culinary adventure around Mexico is Chicken in Pipian ~ green mole with pumpkin seeds and spices. Accompaniments include Fideo (pasta) with Chorizo, Yucca in Garlic Sauce, and Platano Frito (ripe plantains). The dessert will be individual Pina Colada Cheese Cakes.

Thursday, March 29 from 6:00 to 8:30 p.m.

Humboldt Winter French Style V

Chef Alex Begovic

\$45/\$35 Co-op Members



Chef Alex tempts us with the foods of early spring with this seasonal Humboldt-French fusion menu. Cream of Purple Potato Soup; Braised Beef Salad with Beets, Onions, and Dijon Vinaigrette; Roasted Fennel with Bacon and Gruyere Béchamel; and Strudel Style Baked Pears.


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Hands - On


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Wine Served


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