



**GOOD
FOOD
STORE**

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406-541-FOOD (3663)

August 2010 Cooking Classes

Please join us for the following classes in the GFS Cooking Classroom. To register for any upcoming class, just stop by the Good Food Store Customer Service Desk or call 541-FOOD.

First Friday Cheese Tasting: Cheeses of the Pacific Northwest **Friday, August 6, 5:00 pm, \$5**

The cheeses we're featuring this month are all crafted on dairies less than a day's drive from Missoula. And this evening you'll discover why all of them are garnering acclaim far outside the region. GFS Cheese Buyer Jennie Gregory teams with GFS Cooking School Coordinator Emily Seitz to introduce you to these unique local flavors, the cheeses on their own and as featured in recipes you'll want to stir up at home. They'll also share tips for pairing the cheeses with the perfect Pacific Northwest wines and even send you home with a sample bag of tonight's cheeses.

Flavors of the World: Indonesia **Tuesday, August 10, 6:30 pm, \$30**

Located at the crossroads of ancient trading routes, the 6,000 islands of Indonesia have for centuries supplied Chinese, Indian, Portuguese and Spanish spice traders with valuable blends. Tonight Theo Smith of IZA Asian Restaurant, inspired by the flavorful culinary heritage of his homeland, treats us to five-course menu featuring a few of his island favorites. Fresh seafood, rice, curry, and even banana leaf will be in the mix, along with a spicy, sweet balance of chiles, coriander, ginger and more. Come taste and learn to prepare an Indonesian feast that you'll easily be able to replicate for family and friends in your own kitchen.

- Nasi Goreng (Indonesian Fried Rice)
- Gado-Gado (Raw Vegetables with Peanut Dressing)
- West Sumatran Salmon in Banana Leaf
- Buffalo Rendang (Buffalo Curry)
- Ginger Iced Coffee

"Hands On" Couples in the Kitchen: A Romantic Picnic **Thursday, August 12, 6:30 pm, \$60 per couple**

It's pretty easy in river rich Western Montana to find a romantic picnic spot along a shady stretch of tumbling water. And it's pretty easy to make that picnic deliciously memorable. Tonight's guests will work with GFS Cooking School Coordinator Emily Seitz to create a French-influenced *pique nique* that we'll sit down and enjoy family-style at the end of the evening. Emily will also lead a discussion about wine pairings for tonight's meal, with a special focus on some of this season's best rosés. Our "couples" classes always fill up fast, so don't wait to register for this one.

- Green Olive Tapenade
- Jacqué's Potato Salad
- Pan Bagnat
- Onion & Bacon Tarte
- Salmon Confit
- Ambrosia Macaroons

Confidence in the Kitchen: Big Dipper Ice Cream & Sorbets **Tuesday, August 17, 6:30 pm, \$25**

If you really love ice cream, you've no doubt waited in line at Missoula's *Big Dipper*. Or followed *Big Dipper's* new yellow truck to its next stop. Well, here's your chance to learn a bit of the magic that's earned this iconic ice cream shop a reputation that extends far beyond The Garden City. Tonight you can learn to create rich homemade ice cream and sorbet from *Big Dipper's* founder, Charlie Beaton. Don't worry, you'll get to sample all of Charlie's surprising creations. Plus he'll also show you the antique ice cream scoops he's collected while traveling to study the history of gelato and the chemistry of flavor infusions. Register early, because the line for Charlie's class will be almost as long as the line at *Big Dipper's* window on a hot August evening.

4 - 10 - 30: Quick Tomato Pasta with Chard Salad **Thursday, August 19, 6:00 pm, \$10**

According to award-winning author and *Gourmet* magazine contributor Laurie Colwin, "A world without tomatoes is like a string quartet without violins." Tonight GFS Beer & Wine Buyer Greg Munger treats you to a simple and affordable recipe where fresh local tomatoes definitely play lead fiddle. Paired with a quick, colorful chard salad, Greg's seasonal pasta is a recipe you'll go back to again and again. You'll leave tonight's class with suggestions for wines to enjoy with the recipe, plus a bag full of many of the ingredients you can use to recreate the dish at home.



Please see back for more August cooking classes.

Food & Film: “Like Water For Chocolate” with Abe Risho

Tuesday, August 24, 6:30 pm, \$35

First an acclaimed best-selling novel, *Like Water for Chocolate* inspired the award winning 1992 film of the same name. An allegorical love story about a Mexican woman who experiences a passion fired in part by food, it's a seductive example of a style critics describe as *Magical Realism*. And really, that's not a bad description of the Mexican feast Abe Risho will be creating in this evening's third installment of our “Food & Film” series. Abe, co-owner and chef of *The Silk Road*, will demonstrate a host of mouth-watering recipes inspired by the film, including a magical rendition of chile rellenos. Reality will come in the form of the locally-sourced ingredients he will showcase throughout his menu.

- Oaxacan Mole with Tortillas, Cotija & Shaved Cabbage
- Roasted Poblanos Stuffed with Pork, Walnut Cream Sauce & Pomegranate
- Watermelon Over Ice (Sandia Sobre Hielo) • Quail in Rose Petal Sauce
- Churros in Hot Chocolate

Roll Up Your Sleeves: “Hands-On” Indian Cuisine

Thursday, August 26, 6:30 pm, \$35

Harriet Eichenholz once hitchhiked the dusty roads of Northern India and Afghanistan. Today, she's the owner of Missoula's *Fine Cooking Catering* and one of the most popular guest instructors we host here at the Good Food Store. Tonight Harriet shares her love of the exotic flavors and the aromatic spice blends she sampled in her North Asian travels. And she'll demonstrate tips and techniques that you'll then use to fry pappadams and stir together a menu of dahls, curries and chutneys. You'll feel you've traveled to another place and time with the dishes you and your classmates prepare. And the best part? The family-style meal you'll all sit down and enjoy at the end of this evening's class.

- Pappadams • Potato, Cauliflower & Pea Curry
- Chana Dal • Basmati Rice with Black Mustard Seed & Cilantro • Carrot Masala Vada
- Cilantro Mint Chutney • Lime Pickle • Coconut & Rice Kheer

Confidence in the Kitchen: Canning Basics

Tuesday, August 31, 6:30 pm, FREE

Let Kathy Revello of the MSU-Missoula County Extension Service walk you through the basics of preserving your garden's bounty for the winter, with a focus on jams, jellies and preserves. Kathy's popular harvest season classes have become a tradition at GFS and tonight you'll see why. Join her as she explains the basics of water bath canning and shares troubleshooting tips, gift ideas and a few recipes and resources you can take home as helpful references. Class size is limited, so please pre-register at the GFS Customer Service Desk.

Good Food Store Cooking Classroom Information

General Class Information. Most classes in the GFS Classroom are demonstration style and last one-and-a-half to two hours, unless otherwise noted. Printed recipes are provided. Participants often tell us they wish they'd skipped dinner before attending class because you will be served a tasting of prepared recipes. Doors open 10 minutes prior to class. Seating is on a first-come, first-served basis. Instructors may need to alter menus due to seasonal availability of ingredients. GFS cannot accommodate guests bringing children under age 10 to class. Children over the age of 10 are welcome to attend class at the full price of admission. For “Kids in the Kitchen” classes, appropriate age for attendees is specified in class description. **Registration.** You may sign up for classes at the GFS Customer Service Desk (406-541-3663). Payment is due at time of registration. Cash, check or credit cards are accepted. Class size is limited. GFS reserves the right to cancel any class due to insufficient enrollment. If a class is cancelled, registered guests will be contacted by phone and given the option of transferring the fee to an alternate class or receiving a refund. **Cancellation.** All cancellations must go through the GFS Customer Service Desk, either in person or you may call us at 406-541-FOOD (3663). Cancellations made at least 48 hours prior to the class will be eligible for a full refund. Cancellations made less than 48 hours in advance are not refundable unless the class is sold out AND we are able to fill your spot with someone on the waiting list. You may choose to send someone in your place if you are unable to attend. **Sold Out Classes.** To be added to the waiting list of a sold out class, either visit or call the GFS Customer Service Desk at 406-541-FOOD (3663). If spaces become available, those on the waiting list will be contacted by phone. Make sure we have a daytime phone number that aids us in reaching you. Calls will be made in the order of waiting list sign-up, but fill-in registrations will be accepted on a first-response, first-served basis.