



**GOOD  
FOOD**  
STORE

1600 S. 3rd. St. West  
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406-541-FOOD (3663)

# February 2012 Cooking Classes

Please join us for the following classes in the GFS Cooking Classroom. To register for any upcoming class, just stop by the GFS Customer Service Desk or call 541-3663.

## *4 - 10 - 30: Greek-Style Calamari with Feta*

**Thursday, February 2, 6:00 pm, \$10**

Tonight's class will focus on combining sensual foods – remember, Valentine's Day is just days away – with sensible spending. Join Emily Seitz, GFS Cooking School Coordinator, for a quick lesson on how to clean and prepare a whole Italian squid. Emily then will feature it in an alluring Southern Mediterranean entrée that also includes tomatoes, garlic and feta cheese. We like to think of tonight's class as an example of *Recession Romance*, a very affordable but special dish that your someone special will love. As with all of our 4-10-30 classes, guests will also take home a reusable GFS shopping bag filled with many of the recipe's ingredients.

## *First Friday Cheese Tasting: Cheese & Chocolate*

**Friday, February 3, 5:00 pm, \$5**

A big box of chocolates is dandy, but why not sweeten the deal this Valentine's Day by pairing the chocolate with cheese? Join us this evening for our February tasting and enjoy seductive chocolate and cheese treats created by GFS Cheese Buyer Jennie Gregory and GFS Deli Manager Rebecca Canfield-Perkowski. You'll take home their recipes, plus a goodie bag and a few suggestions for tasty beverage pairings.

## *Flavors of the World: Moles of Mexico*

**Tuesday, February 7, 6:30 pm, \$35**

Legend has it that the nuns of Santa Rosa in Puebla, Mexico were paid an unexpected visit by the archbishop on a cold winter day in 1578. Frantic to please their exalted visitor, the nuns butchered and roasted the convent's last turkey. They also began desperately chopping, grinding and roasting all they could find in their pantry to create a thick, rich sauce to serve with the bird. The archbishop loved it, of course, and tonight you'll discover why. *Ranch Club* chef Gulsidel Velazquez, a Puebla native, will share a multitude of tips and techniques for preparing this classic mole plus a number of additional variations as well.

- Mole Poblano
- Mole Rosado
- Coloradito
- Mole de Olla
- Chilmoli

## *Easy & Elegant: Valentine's Day Dinner at Home*

**Thursday, February 9, 6:30 pm, \$25**

Not many couples are as lucky as Stephen and Shanna Hayes. Both are Good Food Store chefs and love to cook with and for each other. And tonight they're here to show how you and your partner – even if you're not seasoned chefs – can team up in the kitchen and have fun preparing an incredible five-course meal together.

- Crab Cakes with Roasted Red Pepper Aioli
- Roasted Butternut Squash Soup with Apples & Gorgonzola
- Mixed Greens with Roasted Tomato & Basil Vinaigrette
- Coq au Vin with Truffle Goat Cheese Mashed Potatoes & Kale Chips
- Frozen Tiramisu

## *Roll Up Your Sleeves: "Hands On" Cheese Making*

**Saturday, February 11, 10:30 am, \$40**

Here's a way to warm up a chilly February day: head for the kitchen and stir together a batch or two of homemade cheese. To learn how, join us for this special Saturday class when GFS Cheese Buyer Jennie Gregory demonstrates how to pull fresh mozzarella and shares tips for making fresh ricotta and cottage cheeses. Jennie will keep you busy with today's hands-on adventures, but she'll save plenty of time for you to lunch on a few recipes into which you can incorporate your fresh cheeses. You'll take home the recipes and a cheese making kit too.

- A Cheese Monger's History
- Cheese Making Preparation & Sanitation
- Caprese Salad
- Corsican Cheesecake with Fresh Ricotta
- Fall Herb Spread with Fresh Cottage Cheese

Please see back for more February cooking classes.



## Couples in the Kitchen: “Hands On” Provence

**Tuesday, February 14, 6:30 pm, \$50 per couple**

Here's a different option for a romantic and delicious dinner on Valentine's Day – an evening in the cooking school with *Fine Cooking Catering's* Harriet Eichenholz. Citrus, olives, lavender and honey, foods coveted by the Romans for their amorous properties, will all be featured in the menu you'll help Harriet prepare. Each couple will focus on different recipes and at the evening's end everyone will gather and share a candlelit French meal.

- Cachat • Tuna Tapenade • Lemon-Flecked Olives
- Poulet aux Vinaigre • Arugula & Parmesan Salad • Grated Beet Salad
- Onion Parmesan Gratin • Provençal Roasted Tomatoes • Moule Marinere • Winter Clafouti aux Poires

## Flavors of the World: Ray Risho's Damascus Nights

**Thursday, February 16, 6:30 pm, \$35**

Thousands of years and numerous cultures have left upon Syrian cuisine an indelible legacy. Join Ray Risho to sample the culinary imprint of the peoples that have shared the feasting table in Syria: Greeks, Persians, Romans, Arabs, Turks, the French, the Spanish and many more. A merchant's pantry of Middle Eastern ingredients will be featured in Ray's menu: Aleppo chiles, the traditional Syrian spice blend *da'a al Shams*, saffron steeped in rose water, ground thyme with toasted sesame from the villages south of Damascus, *zahourat*, Indian dates and the popular tamarind fruit of the Levant. This is a class that will fill in a hurry, so don't wait to reserve your place at Ray's table.

- Mazza Salad Medley • Vegetable & Lamb Soup with Rice
- Grilled Fish with Hot Sour Sauce • Lamb with Bulgur & Pine Nuts • Rice with Angel Hair Pasta
- Sesame Cake with Almonds & Roasted Anise

## Flavors of the World: Mardi Gras

**Tuesday, February 21, 6:30 pm, \$35**

*Red Bird* chef Matt Parris treats this evening's guest to Fat Tuesday, New Orleans style. From Acadian Roux the color of fine chocolate to mudbug-stuffed French pastry, Matt will introduce you to unforgettable Cajun cuisine. We'll supply the party beads and treat you to a flavor-packed evening with one of the Good Food Store's most popular instructors.

- Cajun Spice Blend • Andouille & Sweet Potato Soup • Crawfish Beignets
- Shrimp Etoufee • Bayou Jambalaya • Bananas Foster

## Food & Film: Chocolat

**Thursday, February 23, 6:30 pm, \$35**

If you don't believe that certain foods have the power to transform the world, then you need to see Lasse Hallstrom's *Chocolat*. And you need to join Abe Risho in the GFS cooking classroom for his celebration of the film, a romantic comedy from 2000 that stars Johnny Depp, Judi Dench and Juliette Binoche as a village chocolatier who woos her lover with her sinfully delicious creations. Co-owner of *The Silk Road*, Abe will present clips from the film and a delicious menu inspired by it.

## Roll Up Your Sleeves: “Hands On” Cheese Making

**Tuesday, February 28, 6:30 pm, \$40**

Due to popular demand we're offering another night of cheese making. GFS Cheese Buyer Jennie Gregory demonstrates how to pull fresh mozzarella and shares tips for making fresh ricotta and cottage cheeses. Jennie will keep you busy with today's hands-on adventures, but she'll save plenty of time for you to lunch on a few recipes into which you can incorporate your fresh cheeses. You'll take home the recipes and a cheese making kit too.

- A Cheese Monger's History • Cheese Making Preparation & Sanitation
- Caprese Salad • Corsican Cheesecake with Fresh Ricotta
- Fall Herb Spread with Fresh Cottage Cheese

### 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.