



**GOOD  
FOOD  
STORE**

1600 S. 3rd. St. West  
Missoula, MT 59801  
406-541-FOOD (3663)

# March 2012 Cooking Classes

Register early to assure your spot in for any upcoming class. To register, just stop by the Good Food Store Customer Service Desk or call 541-3663.

## *4 - 10 - 30: Argentine Pasty with Chimichurri*

**Thursday, March 1, 6:00 pm, \$10**

The pasty, empanada, calzone and even the Hot Pocket are variations of a common comfort food of meat, cheese and pastry dough. Tonight Emily Seitz, GFS Cooking School Coordinator, creates a variation in which Argentina meets Ireland. (Interestingly enough, the signature condiment of Argentina, chimichurri, was allegedly invented by an Irishman named Jimmy McCurry.) Emily marries chimichurri with boiled potato and a mix of ground beef, raisins, olives and paprika. The result is a pasty you're not likely to find in Ireland – or in Butte. You'll sample a unique new recipe and take home a bag filled with many of its ingredients.

## *First Friday Cheese Tasting: Blue Cheese*

**Friday, March 2, 5:00 pm, \$5**

It's no surprise that blue cheese was discovered by accident. Roquefort is thought to have been "invented" in the caves of pastoral France nearly 1,000 years ago. Many of the varieties of blue cheese that followed, such as Gorgonzola and Stilton, were attempts to fill the demand for Roquefort-style cheeses that had become difficult to obtain due to cost or politics. Tonight GFS Cheese Buyer Jennie Gregory will introduce a variety of blues and GFS Deli Manager Rebecca Canfield-Perkowski will demonstrate a couple tasty ways to cook with them. And they'll send you home with a goodie bag, and suggestions for beer and wine pairings.

## *Roll Up Your Sleeves: "Hands On" Sushi*

**Tuesday, March 6, 6:30 pm, \$35**

Dare you fear spring may never arrive, here's the perfect class to add a little color to our gray winter days. Join GFS Chef Stephen Hayes and discover how easy it is to prepare your own vegetarian sushi rolls. Stephen will share a host of preparation techniques and tips, plus lead you in the step-by-step assembly of a variety of delicious maki. You'll get to dine on your creations, plus take home your "leftovers" and your own sushi rolling mat.

- Sushi: A Bit of History, A Few Terms
- Awaze-Su
- Sushi Rice
- Selecting & Preparing Veggie Sushi Ingredients
- Rolling Sushi

## *Couples in the Kitchen: "Hands On" Morocco*

**Thursday, March 8, 6:30 pm, \$25 / \$50 per couple**

Lillie Greiman spent a year as a Fulbright scholar in Fez, Morocco and learning about Moroccan food was an important part of her studies. Tonight she'll treat cooking school guests to a taste of the Maghreb, a cuisine that reflects the influence of Berber, Moorish, Mediterranean and Arab cultures. Armed with recipes from her favorite Moroccan kitchens, Lillie will guide six couples through the preparation of a full six-course meal. At evening's end everyone will gather around the table for a family-style feast of tonight's creations.

- Almond Milk
- Marinated Olives & Cheese & Shrimp (Briouats)
- Eggplant Salad (Zalouq)
- Chicken Tagine & Apricots (Tagine biDjej wa Mishmash)
- Orange & Cinnamon Salad (Litchen biCarfa)

## *Flavors of the World: Ethiopia*

**Tuesday, March 13, 6:30 pm, \$25**

From the high plateaus to the low plains, Ethiopia's cuisine is as diverse as its landscape. Religious dietary restrictions and extreme climates have given rise to a wide variety of meat and vegetarian dishes. Years ago Lucas Edwards, now a chef at *The Silk Road*, traveled through Ethiopia and fell in love with its spicy red pepper paste – *berbere* – and its spicy meat stew – *wat*. Tonight Lucas will share some favorites from his travels, demonstrating how to mix traditional spice blends and how to make your own *injera*, one of the world's most ancient flatbreads.

- Injera
- Shiro (Chickpeas, Onion & Garlic)
- Doro Wat (Spiced Chicken Stew)
- Segá Wat (Spiced Lamb Stew)
- Kitfo (Steak Tartar)
- Misir Wat (Yellow Lentil Stew)



Please see back for more March cooking classes.

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

**Thursday, March 15, 6:30 pm, \$40** (Registration fee includes a New England Cheese Making Kit, a \$19.99 value)

It seems that we can't offer this class too often. And there's no doubt that you have to sign up *right now* if you hope to be assured a spot in the class! So grab the phone, call the GFS Customer Service Desk and plan to join GFS Cheese Buyer Jennie Gregory as she demonstrates how to pull fresh mozzarella and shares tips for making fresh ricotta and cottage cheeses. Jennie will also demonstrate a few recipes into which you can incorporate your fresh new 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

## Roll Up Your Sleeves: “Hands On” Knife Skills, Part I

**Tuesday, March 20, 6:30 pm, \$35/\$90**

(\$90 registration fee includes a J.A. Henckels 8" Chef's Knife, an \$89.95 value. Fee is \$35 if you bring your own knife.)

If there's one piece of equipment every serious cook needs to master, it's how to wield the chef's knife. Tonight's class – another longtime GFS favorite – will cover cutlery basics, from sharpening and maintenance tips to many hands-on demonstrations led by *Your Home Chef's* Graham Roy. Graham will show you vegetable cuts such as mince, chiffonade and julienne, as well as more advanced techniques. Brush up on this important kitchen skill and make your time at the cutting board more pleasant and efficient. The class will finish with a tasty meal that you and your trusty blade have helped prepare.

- Caring For Your Chef's Knife
- Basic Cuts & More Advanced Skills
- Garden Salad with Herbed Vinaigrette
- Mediterranean Vegetable Soup
- Sweet Potato Baked Fries with Garlic Herb Sauce

## Roll Up Your Sleeves: “Hands On” Pizza

**Thursday, March 22, 6:30 pm, \$35, or**

**Saturday, March 24, 10:30 am, \$35**

Let's make it three in a row – here's yet another of our most popular hands-on classes. Tonight we'll be joined by *Biga Pizza* Sous Chef Greg Ragan. Greg's tips for creating restaurant-worthy crust will include a demonstration of basic techniques that will have you kneading and tossing like a pro. This class is a great pizza tutorial for beginning chefs, as well as for seasoned cooks who want to refresh their pizza pie skills. You'll definitely get to eat lots of pizza tonight. And you'll take some dough away with you to show off your new skills in the kitchen at home.

- Basic Pizza Dough
- Kneading & Tossing
- Greg's Homemade Red Sauce
- Biga's Famous Maple-Chipotle Sauce
- Mama Ragan's Turkey-Ricotta Meatballs

## Flavors of the World: A Greek Easter

**Tuesday, March 27, 6:30 pm, \$25**

“It's not what we have but what we enjoy [that] constitutes our abundance.” If Epicurus' dictum is true, your “abundance” will know no bounds after this evening with Harriet Eichenholz. Because “enjoyment” only begins to describe what you'll feel after sampling the Greek feast she'll teach you to prepare. Harriet, who spends much of the year at her home in Greece when not busy running *Fine Cooking Catering* here in Missoula, will even demonstrate how to prepare Greece's most prized export: phyllo dough.

- Mezzé: Roasted Olives, Spanakopita, Dolmades
- Stuffed Leg of Lamb with Lemon Oregano Potatoes
- Greek Salad
- Greek Easter Bread with Red Egg
- Ravani (Farina Cake with Lemon Syrup)

## Chef's Table: Dominick Martin's Tribute to Ray Risho

**Thursday, March 29, 6:30 pm, \$35**

From the legendary days of *Emmaus Road* and *Perugia* to his current inescapable influence at his sons' award-winning restaurant *The Silk Road*, Ray Risho has helped bring global cuisine to Missoula. Ray has not only made his mark as a respected chef, but also as a teacher – while hosting many Missoula fundraising dinners, in classrooms like the one here at GFS and, of course, in his restaurants' kitchens. Tonight one of his students is here to celebrate Ray and demonstrate a few of the dishes Ray inspired him to master. Dominick Martin, one of the last chefs Ray mentored at *Perugia* and a longtime chef at *Red Bird*, will also have plenty of Ray stories to share and possibly even an impersonation or two. Ray will be here too, providing a bit of commentary – and keeping Dominick on task.

### 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.