



**GOOD
FOOD**
STORE

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February 2011 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 541-3663.

4-10-30: Fusilli with Roasted Cauliflower & Bacon

Tuesday, February 1, 6:00 pm, \$10

The humble cauliflower actually comes in such poetic varieties as Snow Grace, Candid Charm, Early Pearl and Violetta Italia. Tonight we are going to highlight this often overlooked vegetable in a quick, affordable and delicious Italian pasta dish. Cooking School Coordinator Emily Seitz will demonstrate how to roast and season cauliflower to enhance its flavor and describe its many nutritional benefits. You will go home with a new fondness for this hearty winter "flower." And as with all of our 4-10-30 classes, you will also leave with many of the recipe's ingredients so you can prepare it for your family at home.

Kids in the Kitchen: "Hands On" Cupid

Thursday, February 3, 5:30 pm, \$20 (for children 7 to 11 years of age)

Valentine's Day isn't just about cards and candy. It's about sharing the love – of baking. GFS Cooking School Coordinator Emily Seitz wants to teach your child the joy of giving from the kitchen. Students will make molten chocolate cupcakes and decorate them, plus learn the science behind heart shaped sugar cookies. Don't worry, Emily will be sure to also include a dose of "healthy" with all the sweet – her kid-friendly carrot cake cookies. Each child will even take home a special box filled with their tasty creations.

First Friday Cheese Tasting: Cheeses for Sweet Valentine's Treats

Friday, February 4, 5:00 pm, \$5

Why limit yourself to chocolate this Valentine's Day when there are so many other seductive treats to share with that someone special. GFS Cheese Buyer Jennie Gregory and GFS Deli Manager Rebecca Canfield-Perkowski will demonstrate a variety of tempting sweet treats, all with cheese as the secret ingredient. You'll taste every creation, along with the selection of cheeses that inspired each. Like always, you'll also go home with a goodie bag of a few of tonight's cheeses and a few suggestions for tasty beverage pairings.

Chef's Table: La Dia del Amor y la Amistad

Tuesday, February 8, 6:30 pm, \$35

Gulsidel Velazquez learned the poetry of the kitchen in his hometown of Puebla, Mexico. And that kitchen is the source of the inspiration for this evening's Mexican Valentine's Day celebration. Currently a chef at Missoula's *Ranch Club*, Gulsidel will take a little poetic license and flavor this evening's Mexican feast with influences he's picked up in many other kitchens too. Yeah, tonight you'll also taste a little love from Italy, Spain, Thailand and India. So come taste and learn to prepare:

- Coconut Crusted Prawns with Lemongrass Sauce
- Roasted Carrot & Avocado Salad
- Spanish Garlic Soup
- Flour Encrusted Scallops with Passion Fruit Ginger Sauce & Fennel Orange Salad
- Venison with Sweet & Spicy Curried Pear
- Passion Fruit Tiramisu

Flavors of the World: Mediterranean Soups

Thursday, February 10, 6:30 pm, \$25

For centuries the world's largest inland sea has fed and fueled cultures from Syria to the Straits of Gibraltar. And today the foods of the Mediterranean – including olives, figs, citrus, artichokes, pine nuts and omega-3 rich seafood – are more coveted than ever, for their flavor and for their healthful goodness. Tonight Harriet Eichenholz, who spends much of every year in Greece, will show you how you can fight our northern chill with soups native to the lands surrounding the Mediterranean.

- Harira (Moroccan Chickpea & Lentil)
- Pasta e Fagioli (Italian Bean & Noodle)
- Kakavia (Greek Fish Soup)
- Pollo Italiano e Passatelli (Italian Chicken & Dumplings)

Please see back for more February cooking classes.



Couples in the Kitchen: “Hands On” Rustic Italian

Tuesday, February 15, 6:30 pm, \$50 a couple

Here's a chance to do something fresh and new for date night with your special someone – and a great reason to delay your Valentine's celebration for a night. In our *Couples in the Kitchen* classes six couples work together to prepare the feast, each couple preparing a different recipe. Tonight, in honor of *l'amoré*, everyone will team up to put together a five course Italian meal, *antipasti to dolce*. Emily Seitz, GFS Cooking School Coordinator, will lead the fun, sharing tips for rolling out the perfect fresh pasta and layering the most decadent tiramisu. She'll even break out the candles for tonight's Valentine's Day romance.

- **Antipasti: Black Olives & Anchovy Tapanade, Arugula Pesto, Stuffed Mushrooms**
- **Primo: Homemade Fresh Pasta with Prosciutto & Asparagus** • **Insalate: Citrus Salad with Light Lemon Vinaigrette**
- **Secondi: Chicken Saltimbocca** • **Dolci: Tiramisu Fondue**

Roll Up Your Sleeves: “Hands On” Cake Decorating

Thursday, February 17, 6:30 pm, \$55 (includes off-set knife & decorating turntable)

In the GFS Cooking School, we believe you can have your cake and eat it too. Tonight we'll bake the cakes for you (but give you the recipes, of course) and send them home with you to enjoy – but not until you've adorned them with tasty frostings and your own creative calligraphy. Good Food Store's Katie Lethenstrom will lead you through the entire process of decorating a cake, from crumb coat to making frosting with a smooth finish to practicing basic piping skills with assorted piping tips. She'll share ideas for transporting and storing your creations, plus send you home with an off-set spatula, a decorating turntable and the inspiration to create beautiful cakes for all of your upcoming celebrations.

Confidence in the Kitchen: Hearty Sandwiches & Killer Spreads

Tuesday, February 22, 6:30 pm, \$25

According to the predicted food trends of 2011, gourmet sandwiches are high on the hip list. And they're high on our list here at the GFS Cooking School too, where we see them as a terrific comfort food when paired with a cup of soup or light salad. Tonight guest instructor Josh Drage, head chef at *The Ranch at Rock Creek*, shares his secrets for truly special sandwiches and for the spreads that make them even better. He'll demonstrate some new twists on a couple old favorites, including Italian Meatball Subs and the famous Butte pork chop sandwich. We're talking way cool creations that may well end up on your “best of” lists at year end.

- **Meatball Sandwich with Classic Marinara & Fresh Mozzarella**
- **Butte Pork Chop Sandwich with Thai Chile Mayonnaise & Napa Cabbage Slaw**
- **Apple, Bacon, Avocado & Sprout Sandwich with Roasted Garlic Aioli**
- **Beef Stew Pasty with Demi Glace**

Meatless Mondays: Vegetarian Japanese with Tofu & Tempeh

Thursday, February 24, 6:30 pm, \$25

There's been a lot of talk lately about how eliminating meat from the meal just one night a week can be a healthy change for your body, your pocketbook and even our natural environment. So tonight we'll explore one tasty way to incorporate a “meatless Monday” into your week's menu with Ginny Mahar's vegetarian flavors from Japan. Ginny used to feed more than 40 families a five-course sit down meal at her Juneau, Alaska natural food store and she now shares healthy menus for family suppers at her “The Sunday Dinner Revival” blog. So whether you want some new inspiration for your family meals or for a winter potluck with friends, this evening's fresh, healthy program will fill the bill.

- **Veggie & Tofu Potstickers with Sesame Soy Dipping Sauce**
- **Vegetable Tofu Miso Soup** • **Peanut Soba Noodles with Tempeh & Mixed Vegetables**
- **Steamed Bok Choy** • **Coconut Tapioca Pudding**

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.