

Class Instructors

NYANYIKA BANDA After working in NYC at Mission Chinese Food, WD50, and Saveur Magazine, Nyanyika has returned to Duluth and brought with her Izakaya218, a pop-up restaurant, and Martha's Daughter, a catering company.

TONY BERAN Now the Executive Chef at Lake Ave Restaurant & Bar, Tony's career has also included stints at Nokomis, Zeitgeist Arts Café, and the Dakota Jazz Club.

SCOTT GRADEN Owner and chef of the New Scenic Café, Scott relishes using non-traditional cooking styles to create contemporary American cuisine with rustic overtones.

PATRICK MOORE Currently the Food Service Director for the school district of Ashland, Patrick also enjoys teaching cooking as the Getaway Gourmet for the Lake and Cabin Show and as an instructor at WITC.

CHAD NURMINEN An honor graduate of Le Cordon Bleu Culinary Program, Chad worked at Bennett's and the Boathouse and is now Executive Chef at Essentia Health.

ANITA RAUSCHENFELS A musician and teacher for most of her life, Anita has more recently been developing her professional baking skills at schools such as the French Culinary Institute in NYC and the San Francisco Baking Institute.

MARY TENNIS & APRIL HARRIES Mary is the General Manager of Northern Waters Smokehaus where she has been catering, sandwich-crafting, and nerding out on food since it opened in 2001. April Harries is a caterer extraordinaire who has worked at the Smokehaus on and off for the past ten years.

KAY TURK Kay has been teaching classes at the Blue Heron for over twenty years. Once employed as a private chef, Kay now makes her living as a nurse, but still enjoys experimenting with new recipes and cooking styles.

CHEFS KNOW BEST The same tradition of quality materials and workmanship inherent in the company's beginning way back in 1818 is proudly carried forward in the line of professional cutlery Dexter-Russell produces today. Made in the USA, Dexter – Russell Sani-Safe stain-free knife blades are hand-sharpened and hand-honed from high carbon, high alloy stainless steel. A textured, slip-resistant, easy-to-clean polypropylene handle withstands both high and low temperatures, while an impervious blade-to-handle seal provides the utmost in sanitary qualification. Come in today and see our selection.

COOKING CLASS SCHEDULE

THE ART OF THE SCONE (*This is a REPEAT of a class offered in 2015.*)

Anita Rauschenfels. Thurs., Feb. 2, 6:00 p.m. \$30.00.

Scones are not just for breakfast anymore. Rich with butter, they can resemble a yummy pastry, yet need only a few minutes to assemble. Come and learn how to make a scone that can fit any occasion. Tonight's class will feature both sweet and savory scones made from grains that include wheat, oats, and rye.

LOVE BITES

Kay Turk. Thurs., Feb. 9, 6:00 p.m. \$30.00.

Just in time for Valentine's Day, tonight's class will feature elegant appetizers and a grand finale dessert: Pomegranate Champagne Sparkler; Creamy Rutabaga Soup Shots; Apple Canapes with Smoked Gouda & Salami; Parmesan & Caramelized Shallot Palmiers; New Orleans Style Stuffed Eggs; Smoked Salmon Bruschetta with Crème Fraîche; Crab Salad in Endive Leaves; Roasted Peppers with Herbed Goat Cheese; and Red Wine Velvet Cake with Whipped Mascarpone.

LOBSTER & SAUSAGE & DUCK, OH, MY!

Scott Graden. Wed., Feb. 15, 6:00 p.m., REPEATED on Thurs., Feb. 16, 6:00 p.m. \$40.00.

Scott is back in the Blue Heron kitchen with a brand new class and a menu to knock your socks off: Spring Onion, Lobster, Fennel Purée; Mille-Feuille, Foie Gras, Apricot; Seafood Sausage, Duck Breast, Onion Soubise, Glace de Canard, Blackberry, Poached Pear; and Sandbakkell, Cloudberry, Whipped Cream.

YOU CALL IT BREAKFAST, I CALL IT LUNCH, LET'S SAY BRUNCH!

Tony Beran. Thurs., Feb. 23, 6:00 p.m. \$30.00.

Join Tony as he shares his take on classic brunch entrees like Eggs Benedict, Pannekoeken, and French Toast along with tricks and techniques for better omelets, scrambled eggs, and hash browns.

GARDE MANGER

Mary Tennis & April Harries. Thurs., Mar. 2, 6:00 p.m. \$30.00.

From the pros at the Smoke Haus, a class on cold item catering (garde manger) for the casual host. Let Mary and April teach you how to create and display elegant and effortless buffets for small groups, huge events, and everything in-between. Featuring smoked and dry-cured meats, cheese concoctions, and crudités. Let your inner Escoffier shine!

HEARTY STEWS

Chad Nurminen. Thurs., Mar. 9, 11:00 a.m., REPEATED at 6:00 p.m. \$30.00.

No better way to warm up your winter nights than with a big pot of steaming hot and flavorful stew. Join Chad as he demonstrates the art of preparing a traditional meat stew; Cioppino; Jambalaya; and Butternut Squash Stew.

WELCOME SPRING

Scott Graden. Wed., Mar. 15, 6:00 p.m., REPEATED on Thurs., Mar. 16, 6:00 p.m. \$40.00.

On the menu this evening, an elegant repast with a hint of spring: Homemade Sourdough, Goat Cheese, Prosciutto, Peas; Pearl Onions, Nasturtium Leaves, Whipped Buttermilk; Raw Sea Scallop, Almond Cream, Tobikko (fish roe), Asparagus; Tosca Cake, Pickled Crab Apples; Crème Anglaise.

STIR FRY DEMYSTIFIED

Patrick Moore. Thurs., Mar. 23, 6:00 p.m. \$30.00.

Learn to make quick and easy stir fry as Chef Patrick demonstrates Sesame Shrimp Stir Fry and Beef Stir Fry with Fried Rice. Lots of helpful tips along the way to help you be successful with all of your stir fry recipes.

COOKING WITH CURRIES

Nyanyika Banda. Wed., Mar. 29, 6:00 p.m. \$30.00.

Although most popularly known in Indian cuisine, curries have traveled through the spice trade and are now found in the cuisines of Africa and Southeast Asia. For Nyanyika, who grew up with an African parent, some version of curry was included in their evening meal a few nights each week. In this class, you will explore the journey that curry has taken from India to other countries around the world, with recipes that will be spicy enough to warm up our lingering cold winter nights.

COOKING CLASS REGISTRATION

You may register for classes at the store or over the phone (218-722-8799), however, payment must be received before we can reserve a place for you in the class. Classes often fill quickly, so you may want to register by phone and use your credit card for payment. A 10% discount, food samples, and recipes will be given at most classes. If you find you are unable to attend, please notify us 3 days in advance in order to receive a refund. Please understand we are unable to make exceptions to this policy.