

CLASS INSTRUCTORS

TONY BERAN Tony is a local chef whose career has included stints at Lake Ave Restaurant & Bar, Nokomis, Zeitgeist Arts Café, and the Dakota Jazz Club.

RITA BERGSTEDT & AMY NAKAMURA Rita, co-founder and former co-owner of the New Scenic Café, and Amy, lifelong “foodie”, love to play and explore with food in their chef’s home kitchen.

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.

ILONE HAMILTON Ilone has been teaching community education classes for thirteen years and truly enjoys sharing a variety of cooking experiences with her students.

CHAD NURMINEN An honor graduate of Le Cordon Bleu Culinary Program, Chad worked at Bennett’s and the Boathouse prior to his current position as Executive Chef at Essentia Health.

KAY TURK Kay has been an instructor 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.

BRUCE WALLIS Currently employed as Food Service Director and Adjunct Faculty at LSC, Bruce also worked as a chef at Chester Creek Café and the Bayfield Inn. He is a contributing Food Columnist for the Duluth News Tribune.

TODD WHITESEL Todd is the head soup maker for the Wednesday Bakery in Superior and is the publisher of esouprecipes.com. He loves to explore world cuisines through a bowl and spoon.

COOKING CLASS SCHEDULE

FRENCH COOKERY

Tony Beran. Thursday, April 6, 6:00 p.m. \$30.00.

Tonight’s class will provide an introduction to traditional techniques and classic recipes of French cuisine. Learn about the building and layering of flavors that define quintessential French cooking. Bon appetit!

LET THE GOOD TIMES ROLL

Rita Bergstedt & Amy Nakamura. Thursday, April 13, 6:00 p.m. \$30.00.

A recent trip to New Orleans is the inspiration for tonight’s class filled with the flavors of NOLA’s most iconic dishes: Macque Choux; Shrimp a la Creole; Red Beans & Rice; Muffuletta; and Beignets.

THE FLAVORS OF MACAU

Bruce Wallis. Wednesday, April 19, 6:00 p.m. \$30.00.

Macanese cuisine is a blend of Southern Chinese and Portuguese cuisines, with additional influence from Indian, Malay, and Brazilian cultures. Join Bruce as he fills the kitchen with the scent of turmeric, coconut milk, and cinnamon while preparing a variety of Macanese appetizers and small plates.

OH, CUPCAKE!

Ilone Hamilton. Wednesday, April 26, 6:00 p.m. \$30.00.

What a line-up! For everyday treats or special occasions, new recipes and flavors for you and your mixer to explore: Fudgy Merlot Cupcakes; Blueberry Blue Cheese Stuffed Cupcakes; Creamsicle Cupcakes; Dark Chocolate Gluten-Free Cupcakes; and Gluten-Free Cupcakes with Chocolate Avocado Frosting.

SOUPS FROM AROUND THE WORLD

Todd Whitesel. Thursday, April 27, 6:00 p.m. \$30.00.

Fresh, flavorful, and not too complicated, this evening’s made-from-scratch soup selection will include Spicy Cucumber Gazpacho; Tomato Soup a la Marcella Hazan (an influential Italian-born cooking writer); Watercress Soup (served hot or cold); African Peanut Butter Soup with Chicken; and an Asian-inspired Pea Soup with Spinach and Coconut Milk.

SALAD AS A MAIN COURSE, NO SIDE NEEDED

Chad Nurminen. Thursday, May 4, 11:00 a.m., and REPEATED at 6:00 p.m. \$30.00.

Sometimes a colorful and hearty salad is all you need to create a tempting and satisfying meal. Chad’s choice of recipes he’ll demonstrate at this class are great examples of this way of thinking: Mediterranean Chicken & Lentil Salad; Asian Tuna Salad; Southwestern Pork Salad; and Beef & Blue Cheese Salad.

SUMMER SAMPLER

Kay Turk. Thursday, May 11, 6:00 p.m. \$30.00.

Kay has been digging through her recipe collection and has come up with some great recipes for your spring and summer gatherings. Tonight she’ll demonstrate Cosmo Cocktails; Spicy Black Bean Hummus; Chilled Beet Soup with Dill & Crème Fraiche; Moroccan Sweet Potato Salad; Prosciutto & Melon Salad; Southwestern Barley Salad; Hacked Chicken Noodle Salad; and Blueberry & Coconut Muffins.

FRESH & INSPIRING FLAVORS OF SPRING

Scott Graden. Thursday, May 18, 6:00 p.m. \$40.00.

Never a dull flavor when Scott’s in the kitchen: Chilled Pea Soup with Buttermilk & Goat Cheese Panna Cotta, Hibiscus, & Lemon Verbena; Raksorgas with Egg, Shrimp, Tomato, Dill, Chives, & Rugbrod; Hot-Smoked Salmon with Summer Succotash, Chanterelles, & Soft-Center Egg; and Caramelized Filo with Lemon Curd, Huckleberry, Crème Fraiche, Candied Pepitas, & Starflowers.

ELEGANT AND EARTHY SPRING MENU

Scott Graden. Thursday, May 25, 6:00 p.m. \$40.00.

On this evening’s menu: White Gazpacho with Marcona Almond, Cucumber, Green Grape, Olio Verde, Shallot, Garlic, & Nasturtium; Asparagus Galette with Gruyere, Dijon, Prosciutto, Egg, & Lemon; Lamb Loin with Mushroom, Samphire, Black Garlic, & Turnips; and Mille Feuille with Apricot Puree, Fabbri Cherry, Mascarpone Mousse, & Melange of Berries.

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.