

## CLASS INSTRUCTORS

**NYANYIKA BANDA** Nyanyika worked for **Saveur** magazine and as a chef in NYC prior to returning to Duluth and running her popular pop-up restaurant. Opening soon: her Martha's Daughter restaurant!

**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.

**SAM CONNOLLY** Sam has been a dedicated and valued Blue Heron employee for the past 15 years. She is a passionate home-preserved, gardener, and from-scratch cook.

**SCOTT GRADEN** Owner and chef at 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 13 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.

**TODD WHITESEL** Todd is the head soup maker for the Wednesday Bakery in Superior and is the publisher of [esouprecipes.com](http://esouprecipes.com). He loves to explore world cuisines through a bowl and spoon.

**JAMIE ZAK** Jamie has worked with the Duluth Community Garden Program, the Farm to School Program, and the Lake Superior Sustainable Farming Association. She is a volunteer Master Food Preserver.

## COOKING CLASS SCHEDULE

**FIGS, FIGS, AND MORE FIGS! Scott Graden. Thurs., Sept. 7, 6:00 p.m. \$30.00.**

Tonight's class celebrates the fig, with an array of party starters that your guests will love: Pecan Tartlet with Dalmatia Figs, Blue Cheese, and Onion Soubise; Fig Starter with Prosciutto, Arugula, Burrata, and a Warm Compote; Duck Confit with Fig Jam, Scallions, and Baguette; and Warm Black Mission Figs with Brown Butter Maple, Blue Cheese, Walnuts, Sage, and Ciabatta.

**HANDMADE PASTA Ilone Hamilton. Thurs., Sept. 14, 6:00 p.m. \$30.00.**

Learn how to make fresh pasta from scratch at this class that includes demonstrations preparing Basil Pasta, Whole Wheat Pasta, Gnocchi, Fresh Marinara Sauce, and Alfredo Sauce.

**A TASTE OF QUEBEC Todd Whitesel. Thurs., Sept. 21, 6:00 p.m. \$30.00.**

Enjoy an evening of French Canadian cuisine as Todd prepares Tourtiere, a savory Christmas Eve meat pie; Gaspé-Style Layered Cod Chowder with Salt Pork; Pâté Chinois with Homemade Grape Tomato Ketchup (similar to a cottage/shepherd's pie); and Maple Syrup Tart.

**PAELLA & TAPAS Scott Graden. Thurs., Sept. 28, 6:00 p.m. \$40.00.**

Delight in the flavors of Spain as Scott creates Paella with Chicken, Chorizo, Shrimp, and Mussels followed by an assortment of tapas: Tomato Supremes with Watermelon and Flowers; Octopus Terrine; Green Olives with Anchovies and Piquillo Peppers; Spanish Panzanella; and Sopapillas with Butter and Honey.

**FARMER'S MARKET BOUNTY: ROOT TO LEAF**

**Sam Connolly & Jamie Zak. Thurs., Oct. 5th, 6:00 p.m. \$30.00.**

See what kind of magic Sam & Jamie cook up after they unpack a local CSA (Community Supported Agriculture) farm share box and their totes from a local farmer's market. Depending on availability your menu could include recipes like Blueberry and Beet Greens Spritzer; Carrot Top Pistachio Pesto; Herbed Polenta with Fennel; and Wild Rice, Ricotta, and Lemon Pancakes. Hints for good gardening and preserving will also be discussed.

**OAXACAN MOLÉS & CHILE SAUCES Scott Graden. Thurs., Oct. 12, 6:00 p.m. \$40.00.**

Learn how to prepare classic molés and sauces and how to incorporate them in several entrées: Green Pumpkin Seed and Chocolate Molés; Red and Green Chile Sauces; Grilled Chicken and Beef Tenderloin; Huevos Rancheros; and Sopapilla with Vanilla Butter and Honey.

**COOKING WITH CURRIES (REPEAT class from winter 2017)**

**Nyanyika Banda. Wed., Oct. 18, 6:00 p.m. \$30.00.**

Perhaps most common in Indian cuisine, curries have traveled through the spice trade and are often found in the cuisines of Africa and Southeast Asia as well. 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 any gathering.

**PUMPKIN MAGIC Kay Turk. Thurs., Oct. 26, 6:00 p.m. \$30.00.**

Another tasty lineup from longtime Blue Heron instructor Kay: Pumpkin Pie Sangria; Pumpkin French Toast Casserole; Pumpkin Soup with Ham and Swiss Chard; Pumpkin Chili; Black Bean and Pumpkin Mexican Lasagna; and Pumpkin Sticky Toffee Pudding.

**HOLIDAY FEASTING Tony Beran. Thurs., Nov. 2, 6:00 p.m. \$40.00.**

With fall and winter holidays just around the corner, you'll appreciate this class that features new recipes and pasture raised pork from Wrenshall's Yker Acres family farm. Learn two ways to prepare Roast Pork Shoulder along with a variety of holiday themed side dishes.

**GIVING THANKS Chad Nurminen. Thurs., Nov. 9, 11:00 a.m., REPEATED at 6:00 p.m. \$30.00.**

It's always fun to try some new dishes to accompany your Thanksgiving bird and Chad's recipes never disappoint. Tonight's lineup: Pumpkin Bisque; Combread and Sausage Stuffing; Brussels Sprouts Au Gratin; Truffled Mashed Potatoes; and Cranberries with a Twist.

**CLASSIC INDIAN CUISINE Scott Graden. Thurs., Nov. 16, 6:00 p.m. \$30.00.**

The delightfully aromatic flavors of Indian cooking will be highlighted this evening as Scott prepares Tandoori Chicken (marinated in a spicy yogurt mixture); Channa (a chickpea recipe); Paneer Saagwala (cheese and spinach dish); Dal (a side dish often served with naan, an Indian flat bread); and Gulab Jamun (a traditional Indian dessert).

**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. We often have cancellations, so **be sure to get on the waiting list** if a class is full. 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.