

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.

ELIZABETH "HELVI" BRAUER Helvi is the CEO/co-founder of Luumu - Finnish Delicacies & Design. She has been immersed in Finnish language and culture for the past 18 years as assistant dean of Salolampi, the Finnish Language Village.

ARLENE COCO Born and raised in Louisiana, Arlene is a longtime Duluth chef and culinary instructor and the author of several cookbooks.

ERIKA FOGTIENE After attending culinary school, Erika worked as a caterer for 17 years before moving to Duluth where she is now the chef at the new Maurices Building.

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 13 years and truly enjoys sharing a variety of cooking experiences with her students.

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.

KAY TURK 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. He loves to explore world cuisines through a bowl and spoon.

COOKING CLASS SCHEDULE

MARDI GRAS BRUNCH

Arlene Coco. Thurs., Feb. 1, 6:00 p.m. \$30.

Join Arlene as she demonstrates this menu filled with the flavors of a typical New Orleans after-church Sunday brunch: Creole Pork Grillades; Cheesy Jalapeno Grits; Mama's Biscuits; and Flambé Bananas with Salted Caramel Sauce.

COMFORT FOODS WITH A TWIST

Chad Nurminen. Thurs., Feb. 8, 11:00 a.m. and REPEATED at 6:00 p.m. \$30.

'Tis the season for cozy nights at home with suppers of hearty comfort foods. Chad will share his inspired twists on everyday favorites: Gourmet Mac & Cheese; Tex/Mex Meatloaf; Asian Chicken Soup; and Upscale Sloppy Joes.

THIS MENU SAYS LOVE

Kay Turk. Thurs., Feb. 15, 6:00 p.m. \$30.

Any day is a good day to treat your sweetheart to this menu: Brie en Croute; Tuscan Polenta Soup; Champagne "Jell-O" with Berries; Roasted Mushroom Lasagna; Easy Creamy Polenta; Chocolate-Dipped Apricots with Almond Filling; and Kay's Wedding Cake.

CLASSIC INDIAN CUISINE (This is a RERUN of a class from November, 2017.)

Scott Graden. Wed., Feb. 21, 6:00 p.m., and REPEATED on Thurs., Feb. 22, 6:00 p.m. \$30.

The delightfully aromatic flavors of Indian cooking will be highlighted this evening as Scott prepares Tandoori Chicken; Channa; Paneer Saagwala; Dal; and Gulab Jamun (a traditional Indian dessert).

THE CUISINE OF WALES

Todd Whitesel. Thurs., Mar. 1, 6:00 p.m. \$30.

Enjoy an evening of honest, hearty foods prepared using traditional Welsh recipes. Todd's menu includes Cawl, a Welsh soup made with lamb and root vegetables; Glamorgan Sausages, pan-fried, meatless cheese croquettes; Mushy Peas, a classic side dish enhanced with cream; and Bara Brith, a fruit-studded tea-time bread/cake.

ALL ABOUT BEANS

Ilone Hamilton. Wed., Mar. 7, 6:00 p.m. \$30.

Low-fat, high protein, heart-healthy. And, as Ilone will demonstrate at this evening's class, beans are also versatile. She'll show you how to use them in Falafel; Italian Bean Stew; White Bean & Rosemary Spread; Lentil Soup; and Black Bean Brownies.

MAIN COURSE WITH PASTA

Patrick Moore. Thurs., Mar. 8, 6:00 p.m. \$30

Enjoy an evening of delicious flavors and aromas as Patrick prepares a couple of his favorite recipes: Shrimp with Garlic Butter Sauce & Pasta and Roasted Pepper Chicken with Pesto Tortellini.

FRENCH DESSERTS, OOH, LA, LA!

Tony Beran. Thurs., Mar. 15, 6:00 p.m. \$30.

The word dessert comes from the French word "desservir", which means "to clear the table". And what better way to celebrate a cleared table than with Tony's decadent French desserts? Galettes; Flourless Chocolate Torte; Chocolate Mocha Dacquoise; and Crème Brûlée.

COMFORT IN A BOWL

Erika Fogtiene. Thurs., Mar. 22, 6:00 p.m. \$30.

As winter continues, we need comforting and nourishing meals to keep us going. Join Erika in our Blue Heron kitchen as she prepares a trio of her favorite soup recipes: Butternut Squash Bisque; Turkey Wild Rice; and Stuffed Pepper Soup.

TRADITIONAL FINNISH BREADS

Elizabeth "Helvi" Brauer. Thurs., Mar. 29, 6:00 p.m. \$30.

Tonight's class will provide you with recipes and techniques for preparing several staple breads of Finland, as well as stories of Helvi's time living in Finland. She will prepare Pulla (cardamom bread); Ruisleipä (sourdough rye); and Perunarieska (potato flat bread).

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, but we very often have cancellations, so be sure to put your name on the waiting list if the 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.