

## 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.

**ERIC GOERDT** Eric is the founder and owner/operator of Northern Waters Smokehaus. He is passionate about all types of food preservation, especially meats and fish.

**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 taught community education classes for many years and truly enjoys sharing a variety of cooking experiences with her students.

**MOLLY MCMANUS** Molly is an Ayurvedic Chef, Health Counselor, and Yoga Therapist, using those skills to help individuals find whole-being well-being.

**PATRICK MOORE** Patrick's twenty-eight years of experience as a chef at various regional restaurants is serving him well in his new profession as a marketing associate for Sysco MN.

**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.

**NIC PELOQUIN** A Duluth native, Nic attended the MCTC Culinary School in Minneapolis before returning to Duluth where he worked his way up to Sous Chef at Lake Ave Restaurant. He is now employed as the Prep Manager at Northern Waters Smokehaus.

**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.

**ELLEN VAAGEN** Ellen is a self-taught vegan chef of eleven years. She has studied cooking in India and Mexico and is always looking for spicy learning opportunities.

**TODD WHITESEL** Todd is the head soup maker for the Wednesday Bakery in Superior and is the publisher of [esouprecipes.com](http://esouprecipes.com).

## COOKING CLASS SCHEDULE (PAGE 1 OF 2)

### NEW SCENIC FEAST

**Scott Graden. Thursday, September 12, 6:00 p.m. \$40.00.**

As always, Scott has prepared an outstanding menu for this evening's class: Steelhead Tartare; Caramelized Carrot with Bearnaise and Sour & Bitter Greens; Peruvian Ceviche; Black Mission Figs with Danish Blue Cheese & Accompaniments; and Passionfruit Panna Cotta with Lemon & Raspberry Meringues. Spa non-alcoholic beverages will be paired with each menu item.

### APPLES FOR EVERY COURSE

**Patrick Moore. Thursday, September 19, 6:00 p.m. \$30.00.**

Learn some new recipes for using up those irresistible bags of fall apples you've purchased from the grocery store or roadside stand. On the menu: Apple Pecan Salad with Blue Cheese; Rosemary Pork Loins with Apple Wild Rice; and Sautéed Apples with Ice Cream.

### WEST AFRICAN CUISINE

**Todd Whitesel. Thursday, September 26, 6:00 p.m. \$30.00.**

The Blue Heron kitchen will be filled with all sorts of wonderful aromas during this evening's class as Todd presents: Egusi, a soup/stew of greens, ground melon seeds, and meat; Jollof Rice, the "Paella of West Africa"; Chicken Yassa, braised in a lime and onion sauce; and Plantain Gingerbread.

### OCTOBERFEST

**Kay Turk. Thursday, October 3, 6:00 p.m. \$30.00.**

Each fall, Kay prepares this favorite feast for her Slovenian/Serbian husband who grew up with grandparents who spoke low German: Ranch Dill Pretzels; Hot German Potato Salad; Spaetzle; Schnitzel; and Kay's Favorite German Chocolate Cheesecake Cake.

### THAI COOKERY, TAKE TWO

**Ilone Hamilton. Thursday, October 10, 6:00 p.m. \$30.00.**

Ilone is back with another class featuring Thai-style cuisine, but with all new recipes: Kua Curry Paste; Jungle Curry Paste; Spicy Cucumber Relish; Sweet Corn Fritters; Curried Pumpkin Fried Rice; and Sweet & Sour Roasted Eggplant Salad.

### OLD WORLD MEATS

**Eric Goerdt & Nic Peloquin. Thursday, October 17, 6:00 p.m. \$40.00.**

Learn all about old world meat and fish preservation as Eric and Nic demonstrate how to make confits, rillettes, and potted meats, along with recipes to accompany them.

### FRENCH COMFORT FOOD

**Kay Turk. Thursday, October 24, 6:00 p.m. \$30.00.**

Tonight's class features one of Kay's favorite dinner menus that she likes to prepare for company: Savory Cheese Wheel; Wild Rice Pilaf; Roasted Chicken with Twenty Cloves of Garlic; Jean's Grandma's French Bread; Green Beans Almondine; and Excellent Almond Cake.

### CELEBRATION BRUNCH

**Chad Nurminen. Wednesday, October 30, 11:00 a.m. OR 6:00 p.m. \$30.00.**

Sharing brunch is such a great way to spend a weekend morning with friends or to celebrate a special occasion with family. This class will give you some new ideas and recipes to try at your next gathering. On the menu: Sweet Potato Gratin; Asparagus & Ham Quiche; Strawberry Chicken Salad; and Salmon Cakes.

### BREAKFAST WITH TONY

**Tony Beran. Thursday, November 7, 6:00 pm. \$30.00.**

Get some great tips and recipes for preparing top notch breakfasts as Tony gives you the run-down on egg cookery from start to finish, and how to prepare Espresso Pancakes; Granola French Toast; Crispy Hash; and more.

### PREPARING FOR LEFTOVERS

**Scott Graden. Thursday, November 14, 6:00 p.m. \$30.00.**

Most American homes have leftovers after Thanksgiving because they didn't plan properly, or, because they love leftovers! Scott will prepare new menu items for you to enjoy over the holiday weekend using the leftover turkey, gravy, sweet potatoes, etc. from your Thanksgiving feast.

### FLAVORS FROM PERU

**Todd Whitesel. Thursday, November 21, 6:00 p.m. \$30.00.**

Journey to Peru this evening as Todd prepares Quinoa & Berry Smoothies; Canchita y Limon (toasted cancha, a Peruvian popping corn, with salt and lime); Chupes de Camarones (shrimp chowder topped with fried egg); and Aji de Gallina (chicken in a spicy walnut sauce).

### MORE CLASSES, NEXT PAGE ➡

### 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 tend to fill quickly, but we very often have cancellations, so be sure to put your name on the waiting list if a class is full. A ten percent discount, food samples, and recipes will be given at most classes. If you find you are unable to attend, please notify us three days in advance in order to receive a refund. Please understand we are unable to make exceptions to this policy.



# EXTRA, EXTRA, READ ALL ABOUT IT! WE'RE MIXING THINGS UP!!!

## Our cooking class schedule and newsletter is changing shape...

**T**hirty-four years ago, I sat at my typewriter and made up a very simple small flyer announcing our first short series of cooking demonstrations. About one hundred and thirty-plus newsletters later, it's time for a change!

Beginning Winter, 2020, our cooking class schedule will be coming to you via our website at **theblueherontradingcompany.com**.

You'll receive a postcard ahead of time reminding you where to find the schedule, as well as alerting you to the sign-up date for classes. Registration process by phone or in person remains the same.



### FOR ADDITIONAL REMINDERS AND ANNOUNCEMENTS, FOLLOW US ON

FACEBOOK [Blue Heron Trading Company](#)  
INSTAGRAM [co.blueherontrading](#)  
TWITTER [@blueheronduluth](#)

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## COOKING CLASSES, CONTINUED...

### Wednesday Wellness Series

#### **AYURVEDIC COOKING** Molly McManus. Wednesday, September 11, 6:00 p.m. \$30.00.

Ayurvedic cooking is not only a preventative approach against disease and sickness, but also a delicious way for you to support health and well-being. Class will include Ayurvedic teachings as well as a demonstration preparing Ghee; an All-Purpose Digestive Spice Mix; Kitchari with Seasonal Vegetable; and Ojas Dates.

#### **THREE MEALS, ONE PREP** Ellen Vaagen. Wednesday, September 18, 6:00 p.m. \$30.00.

Learn how to make three different plant-based meals with one night of prep. Ellen will create a versatile Caulifredo Sauce, along with roasted vegetables and tofu that can be used in three unique meals to enjoy throughout the week. Look forward to enjoying Herby Caulifredo Pasta, Zesty Enchiladas, and a Roasted Vegetable Tofu Bowl.

#### **SIX TASTES** Molly McManus. Wednesday, September 25, 6:00 p.m. \$30.00.

Additional Ayurvedic teachings will be discussed at this second class as Molly prepares Ginger Appetizer, Part Two; Dal with Fall Spice Mix; Ayurvedic Rice; Fresh Paneer; Augmenting Vegetable with Sweet Spice Mix; and Extracting Vegetable with Ghee Lemon Sauce.

#### **DEMYSTIFYING PLANT-BASED PROTEINS** Ellen Vaagen. Wednesday, October 2, 6:00 p.m. \$30.00.

This class will explore three easy and delicious ways to enjoy plant-based proteins. Learn how to make the glorious Seitan, or "wheat meat", and cook it up in a Spicy Indian Curry. Ellen will teach you how to press and marinate tofu to use in Chinese Fried Rice and finish up with a Himalayan Chickpea Salad for an on-the-go meal featuring nature's magical and protein-packed fruit.