• JULY • AUGUST • SEPTEMBER • 2016

Wonderful

Classes For Summer

Adult Hands-On & Demonstration Classes

- BBQ Perfection
- Fresh From The Garden
- Simply Grilled Sandwiches
- and more

12 HEALTHY LIFESTYLE CLASSES

- Eat To Your Heart's Content
- Eat Well, Stay Fit
- Family Cooks Together
- Diabetic Cooking

Future Chefs Summer Camps & Aspiring Chefs Culinary Program

the cooking school presented by TOPS

AMHERST 3980 Maple Road / N. Bailey Phone: 716-515-2000

WEST SENECA 355 Orchard Park Road Phone: 716-517-3006

TOPS COOKING SCHOOL ONLINE - TopsMarkets.com > Departments > The Cooking School

TOPS

Manager's **Message**

Summer is in full swing, and so are we at the Cooking School! As the weather heats up, we turn our attention to summer favorites like picnics and outdoor grilling. To keep the kid's busy, we have our Future Chef Camps and Aspiring Chefs Culinary Program planned for this summer, along with special Little Chef classes. Why not come to our adult cooking classes where you can not only taste delicious and different meal offerings, but learn how to make them yourselves! Our Culinary Chefs/ Instructors offer valuable tips and step-by-step directions in all of our classes, along with generous samplings and the recipes for you to take along on your next Tops shopping trip. Our newly revised health classes also help you with healthy meal planning, and offer loads of information on the class topics.

Whether it is outdoor grilling, summer appetizers, cooking for kids, private classes, or team building events, the Cooking School has the classes for you at a great price! Whether you are a novice cook or a seasoned pro, the Cooking School can offer you new ideas for great taste creations, so come on in, bring a friend, join in the party, and have some fun, where at The Cooking School , *"A Good Cook is Born each Day!"*

Grace Hanusin
Regional Cooking School Manager

KIDS' CLASSES PAGE 2-6

Summertime means fun in the sun! It also means keeping cool with our kids in the kitchen!! We have some great classes in store for you, including our **Summer Camps!** We have revised the **Aspiring Chef Culinary Program**, where the Aspiring Chefs can learn all about cooking basics and then apply these talents to some great recipes! Our once a month future chef classes will continue as well. Our popular dinner and games series will continue in the fall.

HEALTHY LIFESTYLE PAGE 7-8

Summertime is the time for walks, outdoor activities and being healthy. We have an array of updated classes with topics that discuss current health issues. Our Registered Dietitians have worked hard to bring you updated information and menus regarding keeping your heart healthy, diabetes issues, eating well to stay healthy and helping our children stay on the right path to good health. The cooking school is the place to come to learn lifetime healthy eating habits at an affordable price!

ADULT CLASSES PAGE 9-12

As the weather turns to hot, sunny days, we think of BBQ's, relaxing in the sun with friends and family and easy meal preparation. We can help make this summer even more special by helping you with classes that offer just that. As the summer winds down, those with gardens will have a bountiful of veggies that need to be harvested. Come to the cooking school to get ideas on what to do with it all, with tasty garden recipes to take with you. Come join us and learn how to create your own summer parties where you can relax and soak up the compliments!

Kids **Kitchen**

These classes will be held in both schools on the dates listed. Parents are required to inform us of any food allergies at the time of registration. We will try our best to accommodate food allergies with substitutions. We DO NOT use any peanut/ nut products in our recipes UNLESS STATED as in our gift classes, however we do use products that may be made in a factory where those products are made. Children with long hair, please tie it back before class. **Please have child wear sneakers for safety reasons; no open toed/ open heeled shoes/sandals are allowed.** Please tell us if you have any coupons or gift certificates at time of registration, as coupons are not taken with some classes, including all camps.

LITTLE CHEFS

AGES 3-6 WITH PARENT

For children this young, one parent or guardian per child is required to remain in the Cooking School at no additional charge. For additional adults, a $5 charge will be implemented, as seating is limited. Pricing may be different for adults as stated, as in our teas and brunches, where the adults are also eating. Please remember, no sandals are allowed in the school for safety.

Judy Handzlik, Amherst / Linda Duncan, West Seneca

SUMMER FUN IS EVERYWHERE!!/BOOK READING

Saturday, July 16, 11am-12:30 pm

$13 per Little Chef

It's time to go to amusement parks, water parks or have just plain summer fun in your own backyard. Let's make some fun food and pretend we are at a park! *Lollipop Sandwiches, Stuffed Cucumber Bites (Stuffed with a Pasta Salad), Homemade Banana Ice Cream*

LET'S GO CAMPING/BOOK READING

Saturday, August 20, 11am-12:30 pm

$13 per Little Chef

What do we do when we go camping? You may have a campfire, sing songs, roast marshmallows and sometimes sleep in the outdoors. Let's go on a camping adventure of our very own! *Waffle Sandwiches (Whipped Cream Cheese and Strawberries), Our Own Pretend Campfires, Fruity S'more Ice Cream Cones*

APPLES ALL AROUND/BOOK READING

Saturday, September 17, 11am-12:30 pm

$13 per Little Chef

Apples falling from the tree, apples lying on the ground, apples, apples, everywhere, apples all around! This little poem makes you want to pick apples and make some applelicious recipes. *Apple Meatball Kabobs, Apple Pasta Salad, Healthy Apples and Freeze Dried Fruit Dip*

FUTURE CHEFS AGES 7 & UP

Children of this age attend the class without an adult, as we teach them independence in the kitchen skills. Parents are required to inform us of any food allergies at the time of registration. We will try our best to accommodate. Classes are held in both schools on the same day. **Please have child wear sneakers for safety reasons; no open toed/ open heeled shoes/ sandals are allowed.**

Instructors: Amherst, Karen Gold / West Seneca, Linda Duncan

QUICK AND EASY HOMEMADE ICE CREAM

Tuesday, July 26, 6-8 pm

$16 per Future Chef

I scream, you scream, we all scream for ICE CREAM!! Homemade Ice Cream is the best! We found a way to make it quick and easy. What a great treat in the summer. **(PLEASE EAT DINNER BEFORE CLASS)** *One Ingredient Banana Ice Cream, Homemade Strawberry Ice Cream, Vanilla Ice Cream, Homemade Magic Shell Chocolate Topping (Served like a Banana Split)*

RICE KRISPIES TREATS GONE WILD

Tuesday, August 30, 6-8 pm

$16 per Future Chef

We all love rice Krispies treats, so let's go wild and make some fun recipes to enjoy. Let's see what we can make out of these treats. **(PLEASE EAT A LIGHT DINNER BEFORE CLASS)** *Rice Krispies Treat Pancakes, S'mores Treats, Cake Batter Cupcake Rice Krispies Treats with Frosting, Lemonade Rice Krispies Treats*

FALLING FOR APPLES

Thursday, September 15, 6-8 pm

$16 per Future Chef

Time to get back to school and time to get serious about cooking. Let's read the recipes, prepare them, and best of all eat them! *Cider Apple Soup, Apple Chicken Cheddar Quesadilla, Apple Pie Baked in an Apple*

FUTURE CHEFS SUMM

AGES 7 & UP Instructors: Amherst, Amy Frank / West Seneca, Linda Duncan

CAMP 1... STAR WARS

Wednesday, July 6 - Friday, July 8, 10am - 1pm

In a galaxy far, far, away the Star War adventures return. It all started out with Star Wars and The Return of the Jedi with many more episodes to follow, starting back in 1977. We will go on an adventure of our own using food you are familiar with made in a fashion you will like. May the food force be with you!!!

DAY 1
STAR WAR BREAKFAST SERVED GALAXY STYLE

Breakfast is a good start to the day and with your favorite characters it's even more inviting. Make your own Chewbacca out of hash browns and bacon. *Chewbacca Hash Brown Potatoes with Bacon, Spaceship Apple Ring Pancakes, R2D2 Eggs (Scrambled Eggs), Obi Wan Kabobies (fruit)*

DAY 2
A TRIP TO THE CANTINA

The food at the cantina may sound strange, but it will make your palate crave more. *Cool Ranch Chicken Tacos, Jaba the Hutt Green Beans Fries, Bowba Fett Pasta Salad, Orange Asteroid Candy, (Blue Bantha, (Blueberry Milk Shake)*

DAY 3
THE FORCE AWAKENS

The force awakens and a new saga begins. A new food force adventure will begin. *Hans Porcupine Burger Sliders, BB 8 Carrot Crisps, Poe Dameron's X-Wing Cheese and Cracker Fighters, Apple Yoda, Rey and Kylo Ren Light Saber Pretzels*

ER CAMPS

SIGN-UP NOW
SPACE IS LIMITED,
$85 EACH CAMP

CAMP 2... FOOD IS ART

Tuesday, August 2 - Thursday, August 4, 10am - 1pm

Bring out the artist in you, while having fun sculpting, painting, and designing. Best of all you get to eat your art work. One will be taken home each day.

DAY 1
ART OF PAINTING FOOD

Make an animal out of bread, paint the features or maybe just paint a scene on its back. Whatever you decide, create your own masterpiece to take home. *Painted Bread Animal, Painted Roll (sandwich for lunch), Salad, Painted Cookies, Painting with Chocolate*

DAY 2
ART OF FOOD SCULPTING

The art of sculpting incredible food sculptures designed by you! What fun! You can use your imagination or follow our lead. *Watermelon Lobster, Sculpted Roast Beef Sandwich with an Herbed Mayo, Mini Vegetable Sculpture, Black and White Banana Bread with a Sculpted Top*

DAY 3
FRUIT ARRANGEMENTS

Make your own edible fruit arrangement to take home. We will also make a group tortilla arrangement to eat for lunch. Both Arrangements are time consuming and lots of fun. What a great party idea!! *Edible Fruit Arrangement (container included), Pinwheel Palooza, Fruit Smoothie*

ASPIRING CHEFS
CULINARY PROGRAM
AMHERST COOKING SCHOOL ONLY

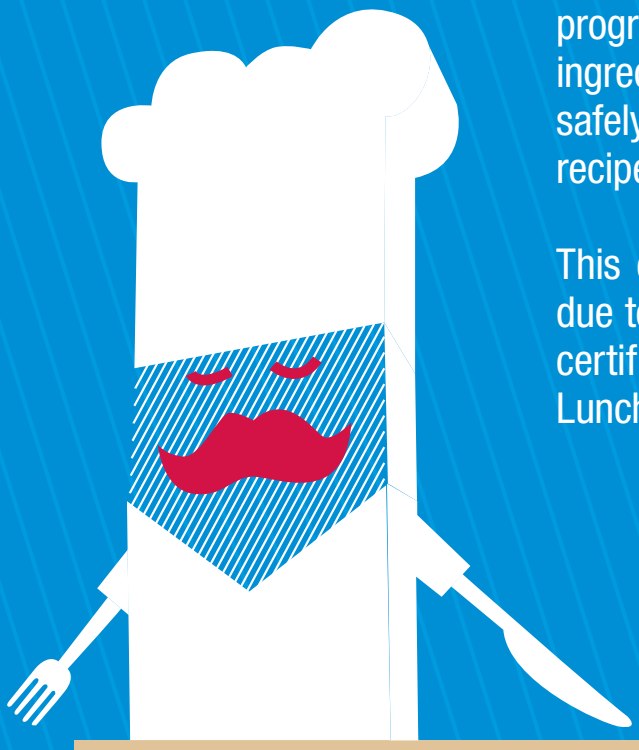
JULY 19-22
$200 FOR ALL 4 DAYS
$50 DEPOSIT REQUIRED AT TIME OF REGISTRATION AGES 12 AND UP
10AM-1:30PM

Culinary Instructor Amy Frank / Regional Cooking School Manager Grace Hanusin

REDISCOVERING THE LOST ART OF COOKING

This program is a must for young adults who have a genuine interest in learning to cook, or may want to pursue a career in the Culinary Arts. In this program, you will take instruction from **The Culinary Institute of America via DVD** and the Cooking School Instructors. Throughout the program you will learn methods/ techniques for preparing ingredients and handling kitchen equipment properly and safely, so you can transfer these newly found skills to any recipe you prepare.

This camp is a 4 day commitment and space is limited due to the hands on learning involved. Handouts, recipes, certificates of class completion will be given out.
Lunch will be prepared/served each day.



the cooking school
presented by TOPS

VIKING

Your Healthy Lifestyle

YOUR HEALTHY LIFESTYLE NUTRITION EXPERTS

We have a staff of Registered Dietitians and nutrition experts who teach all of the Your Healthy Lifestyle classes at the Cooking Schools.

Laura Gill, MS, RN, CDN
Heidi Showalter, MS, RDN
Sarah Stimpson, RD, CDN

These great classes taught by Registered Dietitians are covered in part by select local Health Insurance Companies. (Please call the Cooking School for details). Come join us to learn how to make good lifestyle choices. Included in each class is information and handouts on the class topic, along with a generous sampling of each recipe made. Some classes offer product samples as well.

Independent Health

Community BLUE HMO Blue Cross & Blue Shield of Western New York

BlueCross BlueShield of Western New York

EAT TO YOUR HEART'S CONTENT

Heidi Showalter, Amherst / Laura Gill, W. Seneca

TREAT YOUR HEART TO THE GOOD OL' RED, WHITE, & BLUE

Monday, July 11, 6-8pm Amherst
Thursday, July 28, 6-8pm West Seneca
$30 per person without insurance

Summertime is Berry Time! With berries and fruits at their best quality, flavor, and price you'll want to stock up to keep your fridge and freezer full of heart healthy antioxidants, vitamins, and minerals all year round. Join me in making some delicious heart-healthy patriotic themed dishes and learn some storage and preserving techniques to enjoy these nutritious berries year-round! *Berry-Spangled Salad*, Red, White, and Blue Salsa*, All-American Turkey Burgers with Spicy Berry Ketchup, Patriotic Berry Pie**

INTUITIVE EATING FOR A HEATHIER HEART

Tuesday, August 9, 6-8pm Amherst
Tuesday, August 9, 6-8pm West Seneca
$30 per person without insurance

Living a heart healthy lifestyle includes healthy eating habits. Diets are a dime a dozen these days and most of them don't give us the long-term results promised and can leave us discouraged and "fighting" with food. Come learn some heart healthy recipes along with the 10 principles of intuitive eating to head toward healthier eating habits for a healthier you. *Seasonal Berry Kabobs*, Rice and Black Bean Pilaf*, Fresh Chicken Fajitas, Cinnamon Crisp Topped Baked Apples**

LESS STRESS COOKING RESULTS IN LOWER BLOOD PRESSURE!

Wednesday, September 21, 6-8pm Amherst
Thursday, September 22, 6-8pm West Seneca
$30 per person without insurance

It's the end of a busy weekday, you still have 15 things to do, and dinner is one of them. Sound familiar? A packed schedule can mean high stress and less healthy food choices, a double whammy for your heart health. Come learn some meal solutions to get heart healthy meals on the table with less stress. Let's make your evenings relaxing again! *Southwest Salad*, Golden Rolls*, White Chicken Chili, Oatmeal S'more Cookies**

FAMILY COOKS TOGETHER (HANDS-ON) FAMILY/KIDS 7 & UP

Sarah Stimpson, RD, CDN

These classes will be geared to all family members, starting at age 7. Children ages 7 to 16 must be accompanied by an adult. In years past, family time was always spent around the dinner table, where conversations would be personal in nature, where families could feel close to each other. Family life today is all too busy, with less time spent on families eating meals together, more time going to the nearest fast food place. If each family member had a role in getting a healthy meal on the dinner table, there would be more time available to stay home and enjoy the meal together. Let us help you start getting back to family basics, while enjoying the healthy meal that you helped to prepare! **(Please wear closed toed shoes like sneakers; hair must be pulled back if long.) No sandals are allowed for safety reasons.** These classes are covered under the Healthy Lifestyle classes. All Insurance information will be needed for all attending, and will be taken when you reserve the class, along with your credit card information. The cost without covered Insurance for the Family Cooks classes is $30 per adult, $15 per child ages 12 and under.

EATING HEALTHY ON A BUDGET

Thursday, July 28, 6-8pm Amherst
Monday, July 25, 6-8pm West Seneca

Eating healthy can be expensive for families. Join Sarah in learning some tips for eating healthy on a budget. Help put together some budget-friendly healthy meals the whole family can assist in making. *Banana and Cream Cheese Stuffed French Toast*, Cheese Ravioli with Pesto*, Lemon-Onion Chicken, Mini Berry Cream Pies**

QUICK VEGETARIAN MEALS*

Tuesday, August 16, 6-8pm Amherst
Tuesday, August 23, 6-8pm West Seneca

Is your family trying to eat less meat and consume more plant-based foods? Summer is a great time to start this endeavor since there is plenty of fresh local produce available! Join Sarah in creating some delicious plant-based recipes the whole family is guaranteed to love! Learn why following a plant-based diet is a healthful choice for your family. *Flourless Banana Quinoa Breakfast Bars*, Grilled Vegetarian Pizza,* Zucchini, Black Beans, and Rice Skillet*, Blueberry Crisp**

BACK TO SCHOOL LUNCH BACKPACKS

Tuesday, September 20, 6-8pm Amherst
Friday, September 16, 6-8pm West Seneca

School is back in session so parents are always looking for new lunch ideas to pack. Look no further! Parents and children can create some healthy lunch ideas together to see what your family will enjoy. Learn other great lunch recipes at this Family Cooks together class. *Buffalo Chicken Salad Wraps, Pizza Roll Ups*, Broccoli Ham and Pasta Salad, "Crockpot" Lasagna Soup*

DIABETIC COOKING
Heidi Showalter, Amherst / Laura Gill, W. Seneca

SUMMER EATING TIPS FOR PEOPLE WITH DIABETES*
Wednesday, July 13, 6-8pm Amherst
Thursday, July 14, 6-8pm West Seneca
$30 per person without insurance
There's a lot to love about summer—warm weather, long days and all that outdoor time with loved ones. Unfortunately, the season also poses risks, especially if you have diabetes. All that sun, heat and humidity can cause dehydration and heat exhaustion. Come join us to learn how eating fresh fruits and vegetables can help you beat the summer heat and avoid mismanaged blood sugars. *Classic Italian Panzanella Salad*, Fig, Tomato, and Sweet Onion Salad*, Super Antioxidant Salad with Raspberry Vinaigrette*, Chicken Tarragon Salad*

GET THE CONNECTION BETWEEN DIET & DIABETES
Wednesday, August 17, 6-8pm Amherst
Thursday, August 11, 6-8pm West Seneca
$30 per person without insurance
Food groups, sugar, carbs, and fiber: What's good? What's bad? How much? ... Why does it all matter? Nutrition is complex and can definitely be confusing. Come join the class as we break down diet guidelines and explain how to achieve a balance that is best for diabetes management. The strategies you'll walk away with will help you maintain your blood sugars so you can continue enjoying your summer! *Watermelon Black Bean Salsa*, Broccoli-Squash Slaw*, Chicken Kabobs with Creamy Pesto, Peach and Blueberry Cobbler*

MATH CLASS: BALANCING PROTEINS & CARBOHYDRATES
Tuesday, September 13, 6-8pm Amherst
Thursday, September 8, 6-8pm West Seneca
$30 per person without insurance
Now that school is back in session, come join us and practice your math with balancing carbohydrates and proteins. To avoid hypo- and hyperglycemia it is important to combine lean proteins with fibrous carbohydrates. We will show you how to get the math right by cooking with a variety of protein sources. *Tofu & Rice Stuffed Peppers*, Chicken Satay with Peanut Sauce, Black Bean Salad*, Orange Spice Cake**

EAT WELL, STAY FIT
Sarah Stimpson. RD, CDN

GUIDE TO EATING FRESH LOCAL SEASONAL PRODUCE
Thursday, July 7, 6-8pm Amherst
Tuesday, July 19, 6-8pm West Seneca
$30 per person without insurance
Tis the season for a bounty of fresh local seasonal produce! Join Sarah in learning some new and different twists for using all your excess produce this summer. Learn the benefits of eating in season produce and learn which produce is in season in the next few months! *Grilled Zucchini Caprese Stacks*, Strawberry Pepper Salsa*, Phyllo Pizza with Feta, Basil, and Tomatoes*, Grilled Peaches with Frozen Vanilla Yogurt**

CLEAN EATING!
Monday, August 8, 6-8pm Amherst
Wednesday, August 10, 6-8pm West Seneca
$30 per person without insurance
Summer is the perfect time to eliminate processed food out of your diet and load up with whole "clean" foods. Learn some tips on transitioning to a clean diet from the dietitian. Learn how to read nutrition facts labels to look for hidden unhealthy ingredients. Sample some of Sarah's delicious clean recipes! *Blueberry Grape Relish*, , Southwestern Salad with Avocado Lime Dressing*, Mediterranean Stuffed Chicken Breasts, Chia Pudding with Blackberries, Coconut and Pistachios**

FITNESS IDEAS WITH HEALTHY RECIPES TO FUEL YOUR BODY
Thursday, September 8, 6-8pm Amherst
Wednesday, September 28, 6-8pm West Seneca
$30 per person without insurance
Want to get fit but don't know where to start? Join Sarah in learning about the benefits of exercise, how much exercise you need weekly and different forms of exercise you can do to get fit! Sarah will create some recipes that can fuel your body before and after a workout. *Raspberry Vanilla Overnight Oats*, Tarragon Chicken Salad, Heavenly Hummus Wraps*, Chocolate Peanut-Butter Banana Smoothie**

** Vegetarian recipe*

Adult Classes

Hands-On

The adult classes are designed for adults aged 18 yrs. and up for safety reasons. Any children aged 16 -17 yrs. old may come accompanied by an adult, but may not operate any small appliances. Children aged 16 and under may sign up for the Family Cooks classes with an adult or our Future Chef classes without an adult. Thank you for your understanding.
PLEASE BRING SHOES WITH YOU. No open toed/ open heeled shoes/sandals are allowed.

CHRISTMAS IN JULY - HANDS ON

Culinary Instructor Susan Vernon
Friday, July 15, 6-8:30 pm Amherst
Friday, July 22, 6-8:30 pm West Seneca
$30 per person
We are at the halfway point, and I'm sure we need to take a break from all that grilled food and summer salads. Susan has a perfect menu that is easy and can be enjoyed outside. So put in your favorite Christmas CD and invite your friends and family to a spectacular party that will make everyone jolly! *Jalapeño and Cream Cheese Ball, rolled in Pistachio Nuts and served with Pepper Jam, Stuffed Mushrooms, Stuffed Pork Tenderloin with a Cranberry Apple Glaze, Cannoli Cones with Mini Chocolate Chips*

SIMPLE SUMMER SALADS - HANDS ON

Culinary Instructor Karen Gold
Friday, July 8, 6-8:30 pm Amherst
Tuesday, July 12, 6-8:30 pm West Seneca
$30 per person
It's hot outside and nobody really wants to cook but everyone wants to eat! Why not turn a unique meal into a refreshing and easy salad! Join me as we make our own ricotta cheese, roast peppers, and whip up some simple salad meals! *Chicken Wing Salad, Pasta Salad with Tomatoes, Basil & Fresh Ricotta Cheese, Roasted Red Pepper, Mozzarella, and Spinach Stuffed Chicken Salad*

BBQ PERFECTION - HANDS ON

Culinary Instructor Susan Vernon
Monday, July 25, 6-8:30 pm Amherst
Wednesday, July 27, 6-8:30 pm West Seneca
$30 per person
Would you like to grill the perfect chicken? Make the most delicious BBQ sauce that will make you the envy of the BBQ world. You will be a BBQ Master with these Blue Ribbon Worthy Fixins! *BBQ Chicken with a Smoky Q Sauce, Sweet and Sour Broccoli Slaw with Warm Bacon Dressing, Herb Rubbed Roasted Corn on the Cob with Queso Fresco, Cast Iron Skillet Pineapple Upside Down Cake*

SPIRALIZE YOUR GARDEN - HANDS ON

Culinary Instructor Jeannette Kreher
Wednesday, July 27, 6-8:30 pm Amherst
Wednesday, July 20, 6-8:30 pm West Seneca
$30 per person
Use your bounty in a new fun way. Spiralizing veggies is trending as the new healthy pasta, replacing carbs for vegetables and fruit. Let's learn how to do it and be healthier for it! *Zucchini, Tomato & Onion Grilled Pizza, Summer Squash with Tomato Vodka Cream Sauce, Zucchini Bread with Carmel Sea Salt Butter, Cinnamon Apple Fritters*

HIGH NOON TEA ON THE PATIO - HANDS ON

Culinary Instructor Susan Vernon
Thursday, August 11, 6-8:30 pm Amherst
Wednesday, August 17, 6-8:30 pm West Seneca
$30 per person
Picture sitting in that regal hotel chair enjoying that British tradition and then suddenly you realize that gals on the go must enjoy this on the patio. We will do as the British do but on our schedules and within our budget. *Cucumber Finger Sandwiches, Mock Crab meat Salad with Avocado on Rye Toast, Cherry Almond Scones with Jam, Assorted Teas with Fresh Lemons, served in English Tea Cups*

SUPER SUMMER BACKYARD BBQ - HANDS ON

Chef Amy Weisenburger
Monday, August 15, 6-8:30 pm Amherst
Friday, August 19, 6-8:30 pm West Seneca
$30 per person
Invite the family & friends for a great American backyard barbecue that's simple to prepare and oh-so flavorful! *Easy Lettuce & Herb Salad, Roasted Corn & Red Pepper Salad, Grilled Chicken with White BBQ Sauce, Fresh Lemonade Cupcakes*

FRESH FROM THE GARDEN - HANDS ON

Culinary Instructor Karen Gold
Thursday, August 18, 6-8:30 pm Amherst
Thursday, August 25, 6-8:30 pm West Seneca
$30 per person

If you have a garden or visit your local farmers markets, you know there are always some of the freshest fruits and vegetables at this time of year. Why not utilize them in some new and exciting combinations for your table! *Fresh Veggie Quiche, Zucchini, Ricotta Tart with Fresh Tomato Salad, Peach/Cherry/Blueberry Double Crust Pie (This was my Blue Ribbon Winner at the 175th Erie County Fair)*

SIMPLE SUMMER PATIO PARTY - HANDS ON

Culinary Instructor Karen Gold
Tuesday, August 23, 6-8:30 pm Amherst
Monday, August 15, 6-8:30 pm West Seneca
$30 per person

There's nothing better than having fresh veggies and fruit available in the summer to put together an easy and delicious dinner party! Come and join Karen as we revamp some old recipes and make them new again! *Zucchini Chips with Tzatziki Sauce, No Cream Creamed Corn from the Cob with Bacon, Grilled Mini Pizzas with Grilled Veggies, Mini Berry Tarts*

BACKYARD BASH! - HANDS ON

Culinary Instructor Susan Vernon
Thursday, August 25, 6-8:30 pm Amherst
Friday, August 8, 6-8:30 pm West Seneca
$30 per person

Call the family and invite the neighbors because you are throwing a backyard bash. This spectacular menu will wow your guests and give you the much needed leisure time that summer demands. Put on those shades and fire up the grill. Your party will last long after the embers from the bon fire go out! *Jalapeño Popper Quesadillas, Grilled Marinated Chicken Medallions on Skewers with Pineapple, Easy Saffron Rice with Baby Peas and Sweet Red Pepper, Open Fire S'mores Dip with a Pleasant Surprise*

FALL COMFORT WITH FAMILY & FRIENDS - HANDS ON

Chef Amy Weisenburger
Monday, September 19, 6-8:30 pm Amherst
Wednesday, September 14, 6-8:30 pm West Seneca
$30 per person

The days start to shorten, temperatures start dropping... time to whip up some comfort food! These simple recipes using some of our early harvest will bring family & friends together at the supper table. *Oregano Breadsticks, Apple Sage Turkey Meatloaf, Parmesan Asparagus Straws, Oatmeal Chocolate Chunk Skillet Cookie with Salted Caramel*

ALL ABOUT APPLES – PART I - HANDS ON

Culinary Instructor Karen Gold
Thursday, September 22, 6-8:30 pm Amherst
Tuesday, September 13, 6-8:30 pm West Seneca
$30 per person

We are fortunate to live in an area that is abundant in different types of apples. Please join me in this two part series of classes how you can create some new and old recipes using one of our areas biggest crops! *Apple Slaw, Ajo Blanco (White Apple Gazpacho), Pork Tenderloin with Apple/Cranberry Filling, Home Made Double Crust Apple Pie*

ALL ABOUT APPLES – PART II - HANDS ON

Culinary Instructor Karen Gold
Thursday, September 29, 6-8:30 pm Amherst
Tuesday, September 20, 6-8:30 pm West Seneca
$30 per person

This class is directed towards our sweet tooth with some new and unique recipes! Explore with me some winning combinations by using the same main ingredient – NYS Apples! *Cheesecake Baked Apples, Apple Beer Cupcakes, Homemade Apple Strudel, Amish Apple Fritters*

GIVE ME 5 OR FEWER! - HANDS ON

Culinary Instructor Susan Vernon
Tuesday, September 27, 6-8:30 pm Amherst
Monday, September 12, 6-8:30 pm West Seneca
$30 per person

JUST in time for "back to school", Susan has been busy in The Cooking School kitchen, creating recipes with 5 or less ingredients. These dishes are sure to please your family while saving you time at the grocery store and at the stove. This will certainly free up more time for that homework! *Quick Sausage Stuffed Acorn Squash, Tropical Beef Wrap, Cheesy Orzo and Broccoli Bake, Cookies and Cream Mini Trifles*

Adult Classes
Demonstration

Register early! SOME CLASSES FILL QUICKLY AND OTHERS MAY NOT BE HELD DUE TO LOW REGISTRATION.

EASY BREEZY CARIBBEAN
Chef Amy Weisenburger
Thursday, July 14, 6-8:30 pm Amherst
Monday, July 11, 6-8:30 pm West Seneca
$30 per person
Create your own tropical paradise with these easy, flavorful recipes inspired by the breezes of the Caribbean! *Mini Jamaican Beef Phyllo Bites, Jerk Chicken with Cream Cheese Stuffed Peppers, Caribbean Corn on the Cob, Berries with Orange Buttered Rum Sauce*

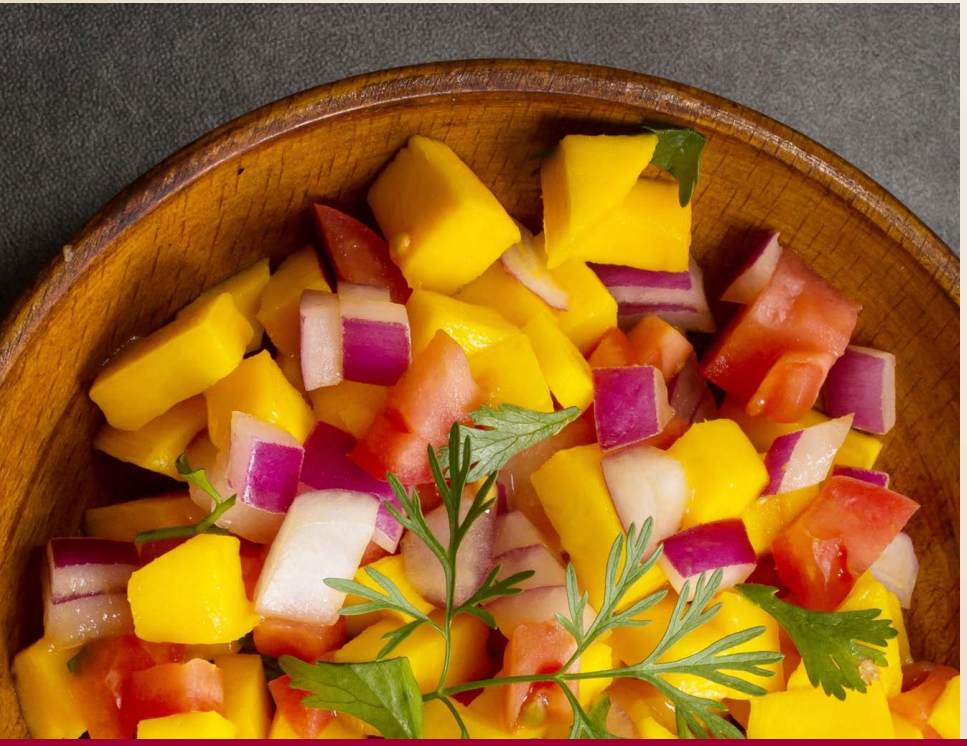
OOOO....THIS IS DELICIOUS!
Culinary Instructor Karen Gold
Friday, July 29, 6-8:30 pm Amherst
Thursday, July 21, 6-8:30 pm West Seneca
$30 per person
It's outdoor party time for WNY and you want to make something "different" that no one has ever brought to the table before. Well, this class is for you! Here are some crowd favorites that will keep them coming back for more! *Lemon Meringue Cupcakes, Chocolate Chip Brownie Cheesecake, Brown Sugar & Cinnamon Cake with Grilled Peaches & Homemade Fresh Blueberry Sauce*

PLAY WITH FLAVOR
Chef Amy Weisenburger
Friday, August 19, 6-8:30 pm Amherst
Wednesday, August 24, 6-8:30 pm West Seneca
$30 per person
Learn different simple seasoning techniques as we try our hand at globally inspired flavors, while creating a menu so easy, it's sure to be repeated! *Caramelized Tomato Bruschetta, Curry Spiced Shrimp, Grilled Herbed Seasonal Vegetables, Tropical Fruit Medley*

SIMPLY GRILLED SANDWICHES!!
Culinary Instructor Jeannette Kreher
Wednesday, August 31, 6-8:30 pm Amherst
Thursday, August 18, 6-8:30 pm West Seneca
$30 per person
I LOVE to grill but it can get old fast!! Try these new simple sandwiches on the grill! It's not your normal burger and dog dinner! *Pork Tenderloin with Blackberry Crostini, Spiedini di Mozzarella (Grilled Cheese Sandwich), Grilled Veggie and Aioli Ciabatta Sandwich, Chocolate Chip Shortcakes*

FRUIT OF THE EARTH
Chef Amy Weisenburger
Friday, September 9, 6-8:30 pm Amherst
Wednesday, September 21, 6-8:30 pm West Seneca
$30 per person
Try your hand at these fresh recipes featuring Nature's bounty, using fruit in creative ways for flavor. Summer and the harvest never tasted so good! *Pear Brie Balsamic Bruschetta, Lemon & Oregano Rubbed Chicken Cutlets, Three Fruit Salsa, Giant Cherry Shortcake*

COMFORT FOODS AS THE SCHEDULE GETS UNCOMFORTABLE
Culinary Instructor Jeannette Kreher
Wednesday, September 14, 6-8:30 pm Amherst
Thursday, September 29, 6-8:30 pm West Seneca
$30 per person
Do you dread the back-to-school routine starting? Do you come home from work and scream at the thought of preparing a wholesome meal? Let's get comfortable with these favorite foods – easy to prepare any night of the week! *Cheese Biscuits, Chicken Cordon Bleu, Sweet Potato & Winter Squash Fritters, Chocolate Cheesecake Cupcakes*



Meet Our **Chefs & Instructors**

REGIONAL COOKING SCHOOL MANAGER GRACE HANUSIN

Grace is our Regional Cooking School Manager for Amherst and West Seneca. She is located at Tops Cooking School in Amherst. Her culinary background includes working as a line cook and Sous Chef in many area restaurants. In 1995, she placed second in the New York Division of The National Beef Cook off Contest, with her Beef and Barley Mulligan recipe. Her Onion Soup recipe was featured in the Buffalo News by Janice Okin, food critic. Grace has appeared on local TV shows and events, and does live cooking demos, while promoting the Cooking School. She coordinates and writes the calendar each quarter, schedules the classes and supervises day to day operations of the Cooking Schools in Amherst and West Seneca as well.

COORDINATOR NOREEN MALLIA

Noreen is our Cooking School Coordinator for the West Seneca Cooking School. She comes to us with a background in restaurant operation, with 29 years' experience. Noreen and her husband Sal owned Sal Franco's Restaurant in Orchard Park, where Noreen worked in various positions. Noreen schedules the customers and manages day to day operations of the cooking school in West Seneca.

the cooking school presented by TOPS

KIDS' INSTRUCTOR LINDA DUNCAN

Being a mother of 5 with many years of home schooling teaching experience, Linda will certainly add this knowledge to teaching home school, kids classes, Scout program and birthday parties in West Seneca.

CULINARY & KIDS INSTRUCTOR KAREN GOLD

Karen has appeared on the Martha Stewart Show as a result of winning 1st Place for Polish Placek at the Buffalo Polish Heritage Festival. She's gone on to win additional 1st, 2nd, and 3rd place ribbons for various other Polish dishes. She was selected as The Buffalo News Cook of the Month for preparing authentic Mexican cuisine which she learned while living in South Texas for 23 years. Karen has won numerous other blue, red, and white ribbons at the Erie County Fair in canning and double crust pies. Karen teaches adult classes, the future chef classes, birthday parties and Scouts in Amherst.

KIDS INSTRUCTOR JUDY HANDZLIK

Judy is our Instructor for the children's array of classes, special need groups and kid's classes. Judy has worked as a pre-school teacher, as well as a Day Camp Instructor for 25 years. Judy brings with her many new and refreshing ideas for the classes, as well as a love and understanding of working with these age groups. Judy writes the kids menus, teaches the Little Chef classes and an occasional Scout class in Amherst, and teaches the special needs population in both schools.

CULINARY INSTRUCTOR JEANNETTE KREHER

Jeannette enjoys traveling throughout the US and the World eating local cuisine then trying new recipes using a variety of spices. She appears on AM Buffalo preparing egg recipes and talking about eggs. Jeannette has worked as a demonstrator/presenter/instructor with adult and children for a variety of companies and hopes to share her love of cooking, ethnic food and use of spices to enhance your palate.

CULINARY INSTRUCTOR SUSAN VERNON

Susan started as one of our Amherst cooking school assistants and comes from a long line of family cooks. Although second generation Italian, Susan is a self-proclaimed food explorer. She seeks out different cooking techniques from all the different cultures of the world. Her motto is anything can be prepared with the proper technique and ingredients.

PERSONAL CHEF AMY WEISENBURGER

Personal Chef Amy is back after a long hiatus! Chef Amy is a Personal Chef, cooking gourmet dinners and providing busy professionals and special diet clients with delicious home cooked meals in Buffalo and the surrounding areas. She is a graduate of the United States Personal Chef Association Certificate program. Chef Amy has had as her clients Martha Stewart Living Magazine, ECMC, Stand Advertising, Planet Reels Films, Socket Films, The Diocese of Buffalo, Independent Health, and many happy individuals. Amy will also be instructing some of our kid's birthday parties in Amherst. Please welcome her back!

Class **Registration**

Registration is Easy and Convenient!

We are able to take payment over the phone using your credit card. To register for a cooking class at either our Amherst TOPS or West Seneca TOPS, please note the following:

To register by phone:

- Call the TOPS Cooking School in Amherst at 716-515-2000 or the TOPS Cooking School in West Seneca at 716-517-3006.
- You must provide a credit card number and expiration date to register by phone using your credit card. Card cannot be debit only — card must have a VISA/MasterCard/American Express/Discover logo. Please have your credit card ready when calling. PLEASE DO NOT LEAVE YOUR CREDIT CARD INFORMATION ON OUR VOICEMAIL. We will call you back promptly for your payment information.
- The best way to register for classes is to call The Cooking School. Walk-ins are accepted providing we have available space and prepared enough food.

Registration is easy. Just call The Cooking School that you want to attend or stop by during the day when shopping, and we will be glad to register you.

We discourage paying for classes ahead of time in the event the class is not held. Your credit card will not be charged until two business days ahead of the class. If you wish to pay by cash the day of the class, please tell us when registering so your credit card is not charged.

Pre-registration for all classes is recommended at least five days in advance, as the class may be full or canceled for low attendance after that time.

Cancellation Policy

- If you cannot attend a class, you may send a substitute in your place, except for Your Health classes. The substitute must bring proof of health insurance coverage or they will be charged for the class.
- TOPS reserves the right to change any menu or instructor or to cancel any class at their discretion. The Cooking School will attempt to notify students of cancellations.
- In order to better prepare for our classes and to better serve our customers, we now require three business days' advance notice if you cannot attend a class, or your credit card will be charged. No refunds will be made after that time. Just call The Cooking School and leave your name and the date of the class you are canceling. We will call to confirm. We regret any inconvenience this may cause.

Both schools are handicapped accessible.

Grace Hanusin
Regional Cooking School Manager
3980 Maple Road / N. Bailey
Amherst, NY 14226
716-515-2000

Noreen Mallia
Cooking School Coordinator
355 Orchard Park Road
West Seneca, NY 14224
716-517-3006

Register Early!

Some classes fill quickly and others may not be held due to low registration.

General Information and Etiquette

In hands-on participation classes, students should wear casual clothing and comfortable shoes. You may not wear open-toe shoes or sandals. This is for your protection and safety. We provide full-length bib aprons for use during class.

For health and safety reasons any food prepared in the cooking school must be eaten in class with the exception of take home classes as stated, thank you for your understanding.

Please silence all cell phones and pagers when classes are in session. Please keep talking to a minimum so that others may hear the instructors during class. Small children are not allowed in adult classes. If you need to use your cell phone, please exit The Cooking School while talking. We appreciate your cooperation as we strive to give you the best classes possible.

SUMMER CAMPS!!

SEE PAGES 3 AND 4

SIGN-UP NOW
SPACE IS LIMITED,
$85 EACH CAMP

FUTURE CHEF CAMP 1

STAR WARS!!!!

WEDNESDAY JULY 6 - FRIDAY JULY 8

10AM-1PM - $85 For All 3 Days

FUTURE CHEF CAMP 2

FOOD IS ART

TUESDAY AUGUST 2 - THURSDAY AUGUST 4

10AM-1PM - $85 For All 3 Days

ASPIRING CHEFS
CULINARY PROGRAM

AMHERST COOKING SCHOOL ONLY

JULY 19-22
$200 FOR ALL 4 DAYS
AGES 12 AND UP / 10AM-1:30PM

BIRTHDAY PARTIES
AT THE COOKING SCHOOL ARE

FUN!

Trying to plan your child's birthday party?
Let us do the work for you! Call today to book your party.