

Refreshing

Classes For Spring

Adult Hands-On & Demonstration Classes

- Summer Picnics • Coffee Inspired Desserts
- Spring is Finally Here • and more

12 HEALTHY LIFESTYLE CLASSES

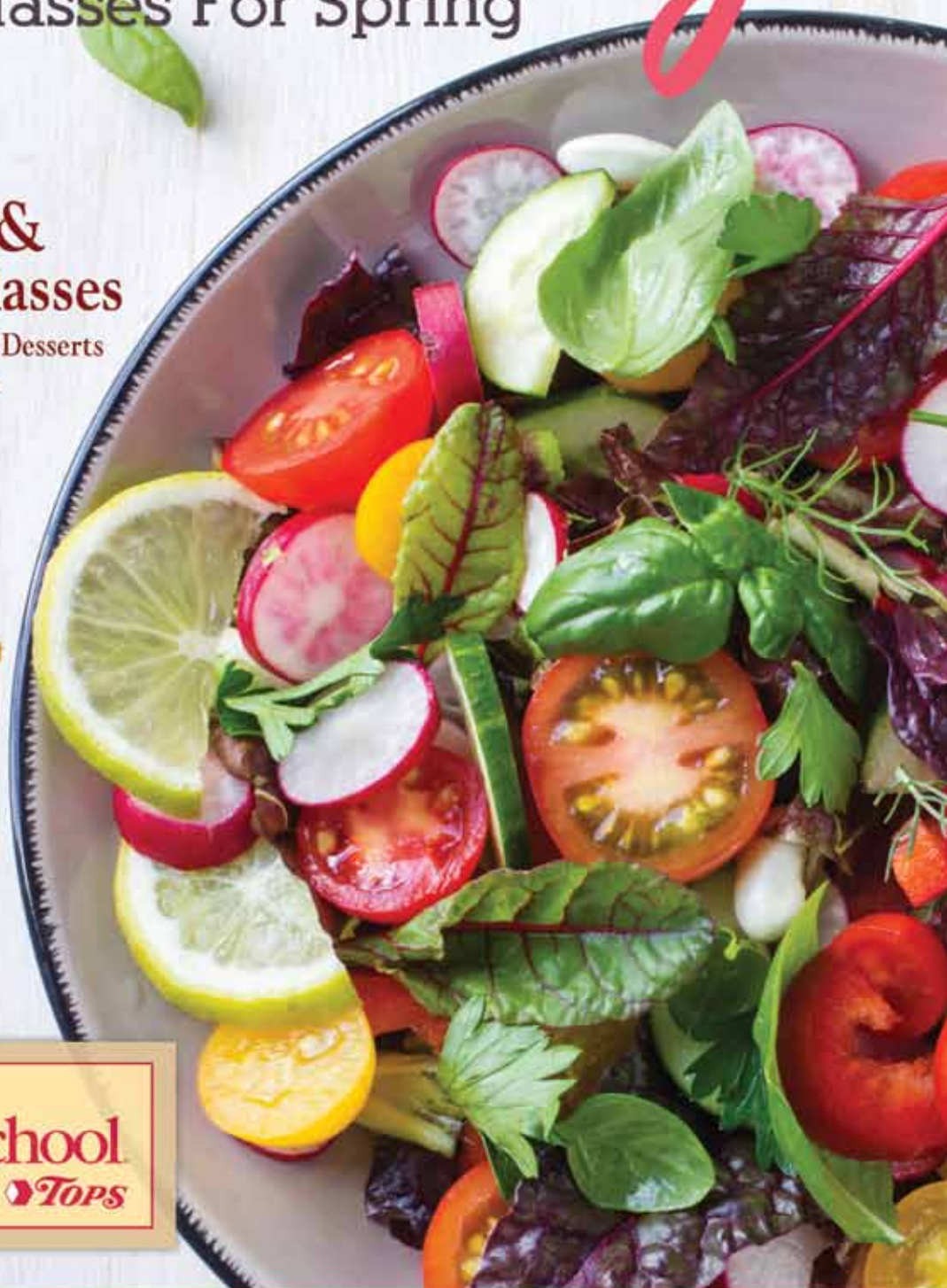
- Eat To Your Heart's Content
- Family Cooks Together
- Diabetic Cooking • Eat Well, Stay Fit

Classes For Little & Future Chefs

- Kids Night Out
- Cooking For Home Schoolers
- Summer Camp Preview
- 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



Manager's Message



Spring has finally sprung! Here at the Cooking School we certainly do have spring fever! As this new season approaches, we find ourselves still having to tie our purse strings a little tighter, going out to eat less and less, but still missing those "different and exciting" meals you think only restaurants can offer. Well, think again! 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 the recipes for you to take along on your next shopping trip. Our health class menus also help you with healthy meal planning, and offer loads of information on the class topics. Whether it be gourmet dinners, appetizers, cooking for kids, or team building events, the Cooking School has the classes for you.

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

Round up the Kids and head on down to the Cooking School, where these next classes will have them thinking spring! From Mother's and Father's day, brunches with parents, home school classes and camps; we have it all from A-Z!

Don't forget to register your children early for our Spring Break and Summer Camps, as they fill up quickly! We also have our Saturday "Dinner and Games/ Bingo" classes! Come join in the fun with us!



HEALTHY LIFESTYLE PAGE 7-8

Spring has sprung, the plants are in, and now its time to take a closer look at the eating habits that can make a big difference in our over all health. We begin by featuring our Family Cooks Together Program, Healthy Heart, Eat Well Stay Fit as well as risk factors for Diabetes. Whether your concern is cholesterol, weight loss, heart health, or just general health, we have the class for you. Join us and get answers from our Dieticians to your most important health- related questions.



ADULT CLASSES PAGE 9-12

Celebrate the arrival of spring with some exciting new classes we know you'll love! Brunches are on the menu, as well as the start of BBQ season. If you like to get involved, sign up for one of our Hands -On classes and help bring the meal to the table. We include hands- on and demonstration classes.

Kids Night Out!

AGES 7 AND UP / AMHERST & WEST SENECA COOKING SCHOOLS

Come join us for a special kids night out right here in the cooking schools! Each month we will have a special dinner theme that you will help prepare. After eating and helping clean up, we will play bingo or games along with a special treat! Bring a friend and add to the fun! Remember to wear sneakers!

\$20 for one child **or** \$35 for two children **or**

\$50 for three children

(Please register all children in your group at the same time to get the discount.)

No coupons accepted with groups.

**WANT MORE
COOKING SCHOOL
FUN FOR KIDS?**
CHECK OUT OUR KIDS CAMPS
AND MONTHLY CLASSES!

SPRING INTO ACTION

Saturday, April 16, 6-9pm

Let's pick up our step, play a few spring games and cook up some lively food. *BBQ Chicken Boats, BBQ Oven Fries with Dipping Sauce, Spring Salad, Stuffed Strawberries*

MEMORIAL TO LOST SOCKS!

Saturday, May 21, 6-9pm

We honor our fallen soldiers on Memorial Day but what about the memorial of the lost sock? PLEASE bring in two mismatched socks, play a game with them, then you can put them to rest, after enjoying the dinner to honor them. *Lost Sock Basket Chicken Tenders, Polka Dot Sock Stuffed Potato, Striped Sock Veggies, Your Basic Black Sock Dessert, (Cut Up Fruit Dipped In Dark Chocolate)*

LET'S ROLL INTO SUMMER

Saturday, June 11, 6-9pm

Rolling into summer with food you roll-up, what fun! Then let's play a roll the dice game! *Chicken Salad and Lettuce Rollups, Biscuit Fruit Rollups, Cinnamon Rolls, Jell-O Snow Cone*



**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.



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.

Judy Handzlik, Amherst / Linda Duncan, West Seneca

OVER IN THE MEADOW AND THROUGH THE POND/BOOK READING

Saturday, April 23, 11am-12:30pm

\$13 per Little Chef

Over the meadow and through the pond, there are little baby spring animals to be found. *Baby Strawberry Fish Sandwich, Veggie Flowers, Baby Lamb Cupcake*

LOVE YOU MOMMY/BOOK READING

Saturday, May 7, 11am-12:30pm

\$13 per Little Chef

My mommy is like sunshine in the morning, rainbows in the afternoon, and a big shiny star at night. Let's be thankful with love and make her fun food to eat. *Oven Baked Orange French Toast, Scrambled Eggs, Bacon with a Citrus Glaze, Melon Flowers*

DADDY'S MY HERO/BOOK READING

Saturday, June 11, 11am-12:30pm Amherst

Saturday, June 18, 11am-12:30pm West Seneca

\$13 per Little Chef

My daddy is as cheerful as a summer day, brave as a lion, and as protective as a father penguin. Let's share a Saturday morning with Dad at the Cooking School! *Scrambled Egg Muffin, Sausage, Mini Bagel Bar with Fruit*



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. **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

SPRING INTO YOUR FAVORITES WITH A NEW TWIST

Tuesday, April 26, 6-8pm

\$16 per Future Chef

Everyday ingredients that you love are in these recipes, just put in a different way you will enjoy! Sweet and Juicy Drumsticks, BLT Filled Egg Whites, Loaded Tater Tots Skewers, Swedish Butter Cookies

MOM, WE LOVE YOU!

Friday, May 6, 6-8pm

\$16 per Person

***Moms are welcome to sign up with their child for this class. (Because of limited space, we can accommodate only 1 mom per 1-2 future chefs.)** Where would you be without mom? She is always there to love and help you in all situations. Return your love by making her a brunch with pizzazz! Croissant French Toast, Candied Raspberry Baked Bacon, Melon and Cucumber Salad with Mint Vinaigrette Dressing, Tea Bread

DAD YOU'RE THE BEST!

Friday, June 17, 6-8pm

\$16 per Person

***Dads are welcome to sign up with their child for this class. (Because of limited space, we can accommodate only 1 Dad per 1-2 future chefs)** Dad, my mentor, my rock, my comedian, my friend, you are the best! To show how much I appreciate you. I will make dinner with you, tonight Stuffed Burger Sliders, Quick Pickles, Roasted Potatoes, Homemade Fudge in a Bag



COOKING CLASSES FOR HOME SCHOOLERS

Cooking Across America

WEST SENECA COOKING SCHOOL ONLY



Let us help with Home Economics Class! Your students will have fun learning cooking skills along with an added teaching component that will be helpful today and in the future. Handouts will be provided with each class topic. Let the mess be in our kitchen and not in yours! Open to students between the ages of 7 and 15. **\$16 PER STUDENT. Please have child wear sneakers for safety reasons; no open toed/ open heeled shoes/sandals are allowed.** Culinary Instructor Linda Duncan

SOUTHWEST 2ND STOP

Friday, April 8, 11am-1pm

In Texas, everything is big, including appetites! And the surrounding states are no slouches either when it comes to filling a plate. Learn to make these regional favorites! *Tex Mex Spinach Salad, Chicken-Fried Steaks, Mashed Potatoes with Creamy Gravy, Oklahoma Coconut Poke Cake*

WILD WEST

Friday, May 20, 11am-1pm

Our culinary journey concludes as we arrive in the wild, wild West. And it's easy to be wild about the recipes that we find in this area! *Montana Wildfire Chili, Cole Slaw, Cowboy Cornbread, Sopadilla Cheesecake*

WEST, 2ND STOP

Friday, June 10, 11am-1pm

California, here we come! We'll take advantage of the delicious produce from this sunny climate and make a dinner that makes us feel like stars! *Mango Salsa with Homemade Chips, Herbed Artichoke Cheese Tortellini, Golden Gate Garlic Bread, Apricot Bars*





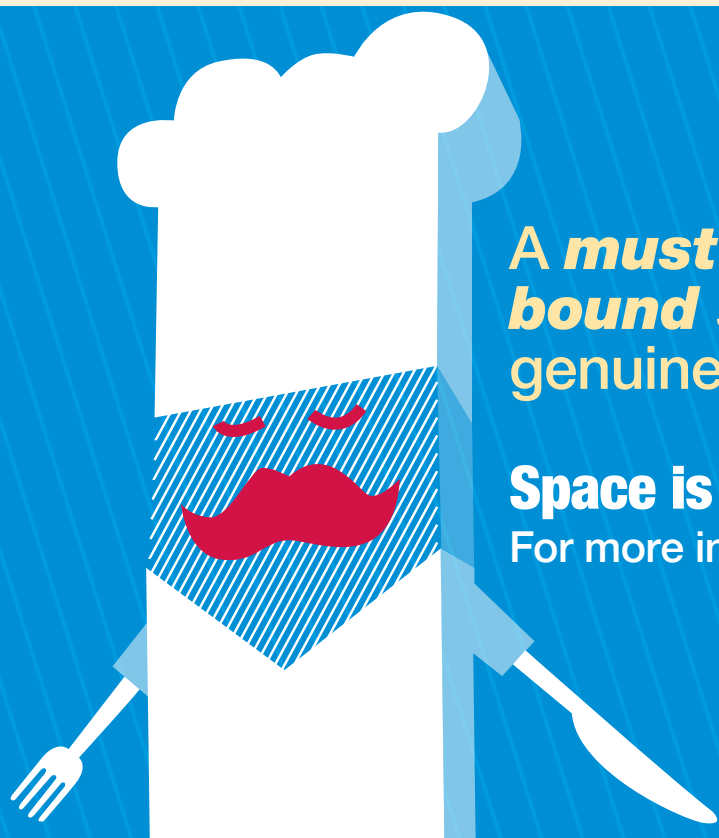
ASPIRING CHEFS CULINARY PROGRAM

AMHERST COOKING SCHOOL ONLY

JULY 19-22

\$200 FOR ALL 4 DAYS

AGES 12 AND UP / 10AM-1:30PM



A must for young adults & college bound students who have a genuine interest in learning to cook.

Space is Limited so Register Today

For more info visit TopsMarkets.com

SIGN-UP NOW
SPACE IS LIMITED



the
cooking school[®]
presented by **Tops**

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.



EAT TO YOUR HEART'S CONTENT

Heidi Showalter, Amherst / Laura Gill, W. Seneca

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

Sarah Stimpson, RD, CDN

CUT THE SALT, NOT THE FLAVOR!

Tuesday, April 12, 6-8pm Amherst

Tuesday, April 19, 6-8pm West Seneca

\$25 per person without insurance

If your doctor tells you it's time to cut the salt, it does not mean your plate has to be forever bland. Tasty low-sodium meals are only a good recipe and a few cooking tips away! While extra salty diets can elevate blood pressure and be hard on your heart, when you are armed with a few facts for products to use and recipes to look for you can make your diet heart AND taste friendly! *Carrot Red Lentil Soup**, *Baby Bella Mushroom Chicken*, *Green Beans and Potatoes**, *Dark Chocolate Hot Fudge Cake*

HEART HEALTHY BBQ

Wednesday, May 18, 6-8pm Amherst

Thursday, May 19, 6-8pm West Seneca

\$25 per person without insurance

Summertime is just around the corner and so are tasty summer barbecues! Looking for ways to make the barbecue meal you love more heart friendly? Many of our go-to grill entrées and sides are high in saturated fats, which are not so heart friendly. Come learn how to pick the most heart healthy meats/entrées, try some tasty sides that are low in saturated fats, and take home some tips for delicious healthy barbecuing fun! *Cabbage Apple Slaw**, *Veggie Lovers Kabob**, *Apricot Glazed Salmon*, *Grilled Peaches 'n Berries**

WHOLESUME SUMMER SIDES YOUR HEART WILL LOVE *

Thursday, June 9, 6-8pm Amherst

Thursday, June 23, 6-8pm West Seneca

\$25 per person without insurance

Tis' the season of fresh produce, sunshine, and delicious picnics and potlucks! When looking for fresh and healthy dish ideas to toss together for your next summer party, start with fruits, veggies, and whole grains. These fiber and nutrient packed dishes can make a dynamite combo for tasty and heart healthy summer potlucks! Did you know fiber does much more than *ehem* move things along? Fiber helps your body get rid of extra cholesterol, helps your body recognize when it is full, and can help curb that pesky post-meal food coma. Come try some exciting dishes and learn a few facts about fiber from tasty foods! *Brown Irish Soda Bread**, *Super Star Spinach Salad**, *Broccoli Raisin Pasta Salad**, *Strawberry Crumble**

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 \$25 per adult, \$15 per child ages 10 and under.**

HEALTHY FILLING BREAKFASTS

Friday, April 15, 6-8pm Amherst

Thursday, April 28, 6-8pm West Seneca

Join Sarah in creating some quick, filling breakfast ideas that are great for grab and go breakfasts for busy families. These recipes are high in protein and fiber to keep you full until lunch. They are sure to please everyone in your family and the youth can be involved in making them as well! *Spiced Apple Bean Muffins**, *Springtime Cereal**, *Denver Omelet Eggs in a Mug*, *Chocolate Nut Butter Smoothie**

HIDDEN FRUIT AND VEGETABLE FAVORITES*

Thursday, May 12, 6-8pm Amherst

Thursday, May 26, 6-8pm West Seneca

Come join Sarah in creating these delicious recipes the entire family will love. These recipes use fruit and vegetables purees and baking with fresh produce to sneak in more vitamins, minerals, and fiber. They are loaded with fruits and vegetables but your family would never know! *Loaded Smoothie**, *Hidden Veggie Macaroni and Cheese**, *Homemade Veggie Burgers**, *Spiced Carrot Muffins**

FRESH HEALTHY LUNCH IDEAS

Thursday, June 2, 6-8pm Amherst

Tuesday, June 7, 6-8pm West Seneca

With summer around the corner it is always great to have quick easy lunch and snack ideas for when the kids are home all summer. These recipes are loaded with great seasonal produce as June is National Fresh Fruit and Veggie Month! They are easy, nutritious, and delicious so not only can parents prepare them but kids can help too! *Very Veggie Snack Pizza**, *10-minute Veggie Soup**, *Chicken and Broccoli Pockets*, *Bananas in a Blanket**



DIABETIC COOKING

Heidi Showalter, Amherst / Laura Gill, W. Seneca

DIABETIC & LOOKING FOR GLUTEN-FREE?

Wednesday, April 27, 6-8pm Amherst
Thursday, April 14, 6-8pm West Seneca

\$25 per person without insurance

Are you looking for gluten-free and/or diabetic recipes? Or perhaps you are getting tired of having the same old veggies prepared the same old way? You're not alone. Join us to find out how to incorporate a plethora of vegetables with interesting twists ... In no time, we will have you following the American Diabetes Association guidelines and making half your plate veggies! *Coriander Carrot Salad**, *Melon Chicken Salad*, *Avocado Potato Salad**, *Roasted Fruit Salad**

INCORPORATING STARCHY VEGETABLES & FRUIT WITH A FIESTA FLARE

Tuesday, May 3, 6-8pm Amherst
Tuesday, May 10, 6-8pm West Seneca

\$25 per person without insurance

There is no need to steer clear of starchy vegetables and fruit. The key is sticking to portion sizes and balancing the other meal components. In this class you'll learn how to prepare nourishing food that won't increase your risk for diabetes complications. We will illustrate this with some healthy Mexican cuisine to spice up mealtime in your own home! *Black Bean Dip**, *Mexican Corn Salad**, *Shrimp Enchilada Bake*, *Fruit Salsa**

FRUIT & VEGGIE TIME = BLOOD GLUCOSE CONTROL*

Tuesday, June 21, 6-8pm Amherst
Tuesday, June 14, 6-8pm West Seneca

\$25 per person without insurance

June is a time to enjoy the great outdoors & all the fruits and vegetables. So come join us to learn how to prepare some delightful cool foods without having increase the temperature – or your blood sugar! *Mango Cucumber Soup**, *Grape and Cashew Salad Sandwich**, *Lemon Cilantro Slaw**, *Cranberry-Pistachio Energy Bars**

EAT WELL, STAY FIT

Sarah Stimpson, RD, CDN

INCREASING DAILY FIBER*

Thursday, April 21, 6-8pm Amherst
Wednesday, April 13, 6-8pm West Seneca

\$25 per person without insurance

Join Sarah in sampling a menu loaded with fiber to protect your heart. These recipes will keep you fuller longer too, so there's less chance of eating in between meal snacks. You won't even realize how healthy you are eating with these delicious high fiber recipes. *Homemade Granola Bars**, *Southwestern Stuffed Peppers**, *Easy Guacamole**, *Carrot Cookies**

VARY YOUR VEGGIES

Tuesday, May 24, 6-8pm Amherst
Tuesday, May 17, 6-8pm West Seneca

\$25 per person without insurance

Sample recipes that include spring seasonal produce. Join Sarah in learning how to prepare and enjoy a new vegetable you may not normally cook with or learn a new way to prepare a classic vegetable. Whatever the reason, these recipes are a great way to get your recommended daily allowance of veggies! *Green Smoothie**, *Roasted Beets and Goat Cheese**, *Baked Salmon with Asparagus*, *Strawberry Rhubarb Crunch**

SEASONAL FRUITS AND VEGGIES FOR OPTIMAL HEALTH

Wednesday, June 15, 6-8pm Amherst
Tuesday, June 21, 6-8pm West Seneca

\$25 per person without insurance

June is National fresh fruit and vegetable month! Let's celebrate with some great recipes that utilize NYS seasonal produce. We will discuss the health benefits of eating local seasonal fresh produce for optimal health during this class. *Roasted Garlic Spread**, *Pickled Radishes**, *Fresh Turkey Taco Salad*, *Muffin Tin Strawberry Shortcakes**

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.

POPPING POPOVERS - HANDS ON

Culinary Instructor Susan Vernon

Thursday, April 7, 6-8:30pm Amherst

Friday, April 15, 6-8:30pm West Seneca

\$30 per person

Popovers are an often forgotten staple. An American version of Yorkshire pudding, Popovers can be incorporated into your sweet or savory menu. These little delights allow you to be creative!! You will be the true food entrepreneur in your circle!! *Parmesan Herb Popovers with Salami and Olive Salad, Garlic and Cheese Popovers with Roast Beef and Gravy, Popovers with Ricotta, Orange and Macadamia Nuts*

MY POLISH GRANDMA'S DESSERTS - HANDS ON

Culinary Instructor Karen Gold

Friday, April 8, 6-8:30pm Amherst

Tuesday, April 5, 6-8:30pm West Seneca

\$30 per person

Here are some of Grandma Jerezowski's sweet treats from her old notebook. I hope you'll enjoy learning the tricks and tips of how to make these delicious dishes. *Royal Mazurka (Mazurek Krolewski), Chocolate Sandwich Cookies (Ciasteczka z Czekolada), Cheese Crepes with Fruit Topping (Nalesniki)*

SAVORY BAKING - HANDS ON

Pastry Chef Jennifer Batt

Monday, April 11, 6-8:30pm Amherst

Monday, April 18, 6-8:30pm West Seneca

\$30 per person

Looking to have a homemade creative brunch for your friends and family? Impress them with baked savory treats that you can't find at your local bakery. *Spinach Pesto Muffins, Bacon Cheddar Scones, Italian Sausage Strata*

TASTE OF ASIA - HANDS ON

Culinary Instructor Susan Vernon

Monday, April 25, 6-8:30pm Amherst

Friday, April 29, 6-8:30pm West Seneca

\$30 per person

2016 is the year of the monkey. Let's monkey around in the kitchen with Susan preparing these light and tasty recipes that Susan hand-picked and created in her kitchen! *Spicy Coconut Shrimp Soup, Dashi Chicken with Shiitake Mushrooms, Vegetable Stir Fry with Sesame Sauce, Homemade Fortune Cookies*

AUTHENTIC MEXICAN MADE EASY - HANDS ON

Culinary Instructor Karen Gold

Thursday, April 28, 6-8:30pm Amherst

Friday, April 22, 6-8:30pm West Seneca

\$30 per person

These recipes are being dedicated to all my former South Texas neighbors and friends whom I learned them from while living there for 23 years. They can find a place in anyone's home! *Mexican Shrimp Cocktail, Abby's Homemade Salsa and Chips, Chicken Flautas, Fruit Filled Empanadas*

CELEBRATING MOM - HANDS ON

Culinary Instructor Karen Gold

Monday, May 2, 6-8:30pm Amherst

Tuesday, May 3, 6-8:30pm West Seneca

\$30 per person

What better way than to celebrate Mother's Day by making her a complete and exceptional dinner. *Garlic Cheesy Bread, Chicken Francese with Homemade Lemon Pasta, Strawberries and Cream Sponge Cake Roll*

THE GODFATHERS MUST HAVE SUNDAY DINNER - HANDS ON

Culinary Instructor Susan Vernon

Wednesday, May 11, 6-8:30pm Amherst

Friday, May 13, 6-8:30pm West Seneca

\$30 per person

You don't have to be Sicilian to have that special someone who commands the perfect dinner. Susan's special someone was her Sicilian born grandfather, a chef himself and a bit on the fussy side. Johnny Bella was the inspiration to this menu and we hope you enjoy the taste of Sicily. *Bono Appetit! Olive Tapenade Crostini with Lemon and Capers, Braciola in Smooth Marinara Sauce (Stuffed Steak), Sautéed Escarole with Tubatini Pasta, Sicilian Love Cake with Almonds*

SHOWER & WEDDING FAVORS & GIFTS - HANDS ON

Chef Amy Weisenburger

Friday, May 13, 6-8:30pm Amherst

Wednesday, May 11, 6-8:30pm West Seneca

\$30 per person

Here are some delicious edible favors and gifts to make ahead for your wedding, bridal shower, baby shower... don't waste your time & effort on items that will be left on the table when your guests leave! *Vanilla Spice Nuts, Sponge Candy, Chocolate Chai Mini Loaves, Chocolate Almond Fudge Squares*

COFFEE INSPIRED DESSERTS - HANDS ON

Pastry Chef Jennifer Batt

Tuesday, May 17, 6-8:30pm Amherst

Tuesday, May 24, 6-8:30pm West Seneca

\$30 per person

Are you a coffee lover who would like to enjoy the flavor in more than just a beverage? In this class learn to make 3 desserts that go along best with coffee! *Chocolate Doughnut Ice Cream Sandwich, Crème Brûlée, Tiramisu Mousse Cup*



WHEN LIFE GIVES YOU LEMONS - HANDS ON

Culinary Instructor Karen Gold
Friday, May 20, 6-8:30pm Amherst
Thursday, May 12, 6-8:30pm West Seneca

\$30 per person

Then make the best of it and cook or bake with them! Don't just use a lemon for garnishing or juicing! Join me in learning how to utilize "the lemon" in a variety of dishes to make a complete meal. *Lemon Yeast Sweet Rolls with Lemon Glaze, Lemon Asparagus, Lemon, Apricot and Mint Chicken with Potatoes, Quick Lemon Margarita Pie*

WELCOME TO THE COMFORT ZONE - HANDS ON

Culinary Instructor Susan Vernon
Thursday, May 26, 6-8:30pm Amherst
Monday, May 2, 6-8:30pm West Seneca

\$30 per person

Spring brings promise of warm days and long nights, along with rainy stay in days. So why not make the best of it with some spring cleaning that is rewarded with some great comfort foods! *Chicken and Rice Soup with Avocado, Lime and Cilantro, Chimichurri Meatball Hoagie with Queso Fresco, Cheesy Hash Brown Muffin Cups, Shortbread Cookies with Ginger Lemon Frosting*

TOM(ATE)O OR TOM(A)TO?? - HANDS ON

Culinary Instructor Jeannette Kreher
Wednesday, June 1, 6-8:30pm Amherst
Wednesday, June 8, 6-8:30pm West Seneca

\$30 per person

Regardless of how you pronounce it when they are in season, they are fabulous! Tomatoes contain all four major carotenoids: alpha- and beta-carotene, lutein, and lycopene. *Chilled Tomato Soup, Baked Tomatoes with Cheese & Herbs, Tomato Wedge Salad with Homemade Creamy Dressing, No Container Needed (sort-of) Tuna Salad Stuffed Tomatoes*

DESSERTS GONE WILD - HANDS ON

Culinary Instructor Karen Gold
Tuesday, June 7, 6-8pm Amherst
Tuesday, June 28, 6-8:30pm West Seneca

\$30 per person

Tired of making the same old dish over and over again to take to a party? Want to try something new and exciting? If so, this class is for you! *Fried Cheesecake Roll-Ups, Blueberry Egg Rolls, Smore's Roll-Up Cake, Samoa Bars*

SENSATIONAL STRAWBERRIES - HANDS ON

Culinary Instructor Susan Vernon
Wednesday, June 8, 6-8:30pm Amherst
Friday, June 3, 6-8:30pm West Seneca

\$30 per person

Strawberries are abundant and TOPS has the best locally grown berries to make these awesome dishes. This isn't the run of the mill shortcake class so get ready for a culinary journey! *Strawberry and Basil Sangria, (non-alcoholic), Goat Cheese and Strawberry Bruschetta, Spicy Cumin Chicken with Strawberry Coulis, Mascarpone Stuffed Strawberries Dusted with Pistachios*

IT'S GRADUATION TIME; COOKING FOR A CROWD - HANDS ON

Chef Amy Weisenburger
Friday, June 10, 6-8pm Amherst
Wednesday, June 1, 6-8:30pm West Seneca

\$30 per person

Do you have a family party or get together coming up? Need to feed a crowd? Learn some great recipes and make-ahead tips to ensure your party is as smooth as pie...! *Festive Family Sangria (non-alcoholic), Baked Spinach Dip, Easy Chicken Enchiladas, Black Bottom Stuffed Cupcakes*

SUMMER PICNICS! - HANDS ON

Chef Amy Weisenburger
Wednesday, June 22, 6-8:30pm Amherst
Thursday, June 9, 6-8:30pm West Seneca

\$30 per person

Enjoy the beautiful outdoors with this fantastic packable picnic meal. No need to be stuck with PB&J! *Raspberry Iced Tea, Savory Dill & Caraway Scones, Chicken Skewers with Sweet & Spicy Marmalade, Peanut Butter Brownie Bars*

LET'S MINI-MIZE IT - HANDS ON

Culinary Instructor Karen Gold
Thursday, June 23, 6-8pm Amherst
Thursday, June 2, 6-8:30pm West Seneca

\$30 per person

Here's an easy take on making smaller "bites" of larger recipes for your upcoming parties, graduations, or any kind of family gathering. *Baked Pepperoni Egg Roll Cheese Sticks, Stuffed Mini Sweet Bell Peppers, Parmesan Pretzel Bites & Dip, Sweet Potato Crostini Bites*

SWIMSUIT SEASON LIGHTEN UP RECIPES - HANDS ON

Culinary Instructor Susan Vernon
Friday, June 24, 6-8:30pm Amherst
Thursday, June 16, 6-8:30pm West Seneca

\$30 per person

Warm weather is great, but also it's time to take off those sweatpants and put on those shorts. We don't have to stop eating are favorites because Susan is going to lighten up our favorite guilty pleasures. No taste compromise here, just guilt-free eating. *Dig in! Buffalo Chicken Nachos with Blue Cheese Crumble, Veggie Pasta with Sausage, Tomatoes and Feta, Double Fudge Brownie Sundae*



Adult Classes

Demonstration

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

ONE & ONLY-ONE BITE APPETIZERS & ONE POT MEALS

Chef Amy Weisenburger

Wednesday, April 20, 6-8:30pm Amherst

Monday, April 11, 6-8:30pm West Seneca

\$30 per person

Easy peasy- keep all the cooking to one pot, minimize the clean-up and maximize time with your family and guests! Great for Entertaining or a quick weeknight dinner solution. *Pizza Roses, One Pot Mac & Cheese, Chicken Marsala Skillet, Crunchy Chocolate Treats*

SPRING IS FINALLY HERE!

Chef Amy Weisenburger

Thursday, April 14, 6-8:30pm Amherst

Thursday, April 21, 6-8:30pm West Seneca

\$30 per person

Enjoy the savory flavors of the new season- pack away the winter clothes and come out of hibernation with fresh, seasonal recipes sure to lighten up the mood! *Creamy Lemon Milkshakes, Tortellini Caesar Salad, Salmon with Balsamic Honey Glaze, Vanilla Buttermilk Tarts w/ fresh Fruit Topping*

MAPLE SYRUP – THE NATURAL SWEETENER!

Culinary Instructor Jeannette Kreher

Tuesday, April 19, 6-8:30pm Amherst

Monday, April 25, 6-8:30pm West Seneca

\$30 per person

Maple weekend may be over but you can enjoy this wonderful natural sweetness of Maple all year long!! *Mixed Green Salad with Maple Dressing, Maple Pork Roast with Apple & Craisin Chutney, Roasted Root Veggies with Maple Glaze, Maple Banana Foster Bundt Cake*



SAVOR THE FLAVOR OF EATING RIGHT WITH BEEF* FREE GIVEAWAYS

Cindy Chan Phillips, RD, MS, MBA Director of Nutrition Education (New York Beef Council)

Thursday, May 5, 6-8:30pm Amherst

Wednesday, May 4, 6-8:30pm West Seneca

\$20 per person* SPECIAL PRICING

"Savor the Flavor of Eating Right" is the theme for National Nutrition Month® 2016. Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. The foods people enjoy are likely the ones they eat most. Join Cindy on how to combine taste and nutrition to create healthy cook once – eat twice meals that follow the Dietary Guidelines recommendations – all about 300 calories per serving! Mexican Beef Chili, Easy Mexican Beef Cornbread Muffin, Pepper-Crusted Sirloin with Garlic-Sherry Sauce, Korean-Style Beef and Rice Bowl



MAY IS NATIONAL EGG MONTH!

Culinary Instructor Jeannette Kreher-KREHER EGGS

Thursday, May 19, 6-8:30pm Amherst

Wednesday, May 25, 6-8:30pm West Seneca

\$30 per person

COME SEE WHAT IS SCRAMBLING AT THE COOKING SCHOOL! Learn about the versatility of eggs in everyday meal preparation. Eggs are not only for breakfast! **Hard Cooked**-Bacon & Chive Deviled Eggs, **Poached**- Carbonara with Poached Egg, **Baked**- Baked Eggs in Ham Cup; **Meringue & Thickener** – Pavlova with Lemon Custard and Fresh Berries

MEXICAN SUMMER SUN & FUN

Chef Amy Weisenburger

Wednesday, May 25, 6-8:30pm Amherst

Wednesday, May 18, 6-8:30pm West Seneca

\$30 per person

Mexican cuisine is always a family-pleaser, learn some delicious twists on traditional recipes and leave 'em begging for more! Baja Spinach Dip, Smoky Grilled Corn Salsa, Chicken & Mango Tortilla Bowls, Crispy Mexican Truffles



Meet Our Chefs & Instructors

REGIONAL COOKING SCHOOL MANAGER GRACE HANUSIN

Grace is our Regional Cooking School Manager for Amherst, West Seneca and Rochester. 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.

PASTRY CHEF JENNIFER BATT

Jennifer comes from a wide array of baking and pastry expertise. A graduate of the Culinary Institute of America, she has used her knowledge working with desserts all over Buffalo, NY. She loves French Desserts and enjoys traveling throughout the world learning new techniques and ideas for inspiration. Food is her passion in life and enjoys sharing the daily experience with others.

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, kid's 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. Jeannette also fills in teaching birthday parties/scouts in Amherst & West Seneca.

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.

CHEF AMY WEISENBURGER

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.

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 have 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.



SAVE THE DATES!!

***KIDS SUMMER CAMPS DATES...
DETAILS TO FOLLOW!!!***

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