



the
cooking school
presented by **TOPS**

JANUARY :: FEBRUARY :: MARCH :: 2015

.....Fun..... **CLASSES TO START**

The New Year

WINTER WARM UP

VALENTINE PARTY

BREAD MAKING

AND MORE!

EASY DINNERS DAY CLASS

CAKE DECORATING

LUNCHBOX MAGIC

ADULT COOKING CLASSES

FREE COOKING SCHOOL OPEN HOUSE

KIDS CAMPS



TOPS

ROCHESTER 3507 Mt. Read Blvd., Phone 585.663.5449
TOPS COOKING SCHOOL ONLINE - TopsMarkets.com > Departments > The Cooking School



the cooking school
presented by **TOPS**

January, February, March, 2015

FREE EVENT

COOKING SCHOOL OPEN HOUSE *-No reservations required!*

Join us one or both days in the store for our 2nd Annual Open House to make you aware of what the Cooking School has to offer. This year, we are not just showcasing the School, but we will be demoing recipes in all the different departments in the store so we can all "show off". You will be following a path around the store trying various recipes then stop in the Cooking School before you leave for a hot beverage, ask any cooking questions you may have and to pick up a brochure of classes. Come and bring someone you think would enjoy finding out more about our classes and our store!

Saturday, January 17, 11:00am-3:00pm

Sunday, January 18, 10:00am-2:00pm

Attention Scout Leaders!

The Cooking School offers an approved Scout cooking program, for boys and girls, that has been revised in accordance with the new Scout program. What a fun way to work toward your cooking badges!



**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

LITTLE CHEFS AGES 4-7

Moms and Dads, feel free to leave the little ones at class in The Cooking School in the hands of our capable teachers and assistants; you choose whatever you and your child are most comfortable with.

DIPPITY DO DA FONDUE FUN

Instructor "Miss Ilene" Stella

Saturday, January 31, 10:00am-12:00pm

\$12

Dippity Do Da, Dippity Yay! My oh my what a "fondue-ful" day! Join Miss Ilene and create some fondues you can make any day. *Inside Out Pizza Fondue, Kids Favorite Cheesy Fondue, Mini Cupcake Fondue, Mini Caramel Apple Fondue*



ONCE UPON A TIME

Instructor "Miss Amie" Liming

Saturday, February 7, 10:00am-12:00pm

\$12

Do you love fairy tales with happy endings? Well this class will leave your tummy just as happy. *Princess Jam Filled Flower Biscuits, Lady and the Tramp Spaghetti Pie, Dwarf Stew, Wicked Queed Caramel Apple Bars*

VALENTINE PARTY

Instructor "Miss Deborah" Gerlach

Saturday, February 14, 10:00am-12:00pm

\$12

You are invited to a Valentine's baking party where you will bake up some sweet treats. Friends and family are sure to love these delicious treats and you will too! *Sparkly Heart Cookies, Pretty Flower Pops, Choco-Kissed Cookies, Heartfelt Brownies*



POOH AND TIGGER

Instructor "Miss Ilene" Stella

Saturday, March 7, 10:00am-12:00pm

\$12

If there's a rumble in your tummy and it's time for something sweet, join us this morning and learn to make yummy things to eat! *Tigger Tails, 100 Acre Woods Snack Mix, Owl Cupcakes, Rabbit's Garden Veggie Tray*

ANNA BANANA

Instructor "Miss Deborah" Gerlach

Saturday, March 21, 10:00am-12:00pm

\$12

Bananas are a favorite fruit and there are so many ways to eat them. These yummy recipes featuring bananas will be as much fun to make as they will be to eat! *Banana Dogs, Banana Spilt Pizza, Mini Banana Muffins, Choco-banana Cookies*

Kids' Kitchen

JUNIOR CHEFS AGES 8-15

WINTER WARM-UP

Instructor "Miss Amie" Liming
Friday, January 30, 6:00-8:00pm
\$15

When it's cold outside, sometimes it's hard to stay warm. Join us today and come into the kitchen to warm up with some delicious foods. *Winter Warm Up Meatball Stew, Stayin' In Chicken Alfredo Pizza, Pasta and Sausage Bake, Hot Chocolate Bars*

CRAZY FOR CHOCOLATE

Instructor "Miss Ilene" Stella
Friday, February 13, 6:00-8:00pm
\$15

For the serious chocolate lover, you don't want to miss THIS one! *Triple Chocolate Cake, Chocolate Fondue, Chocolate Croissants, Mochaccinos (Chocolate Coffee Drink)*

VIDEO GAME MADNESS

Instructor "Miss Therese" Bertrand
Friday, February 27, 6:00pm-8:00pm
\$15

Keep your controllers at home as we exchange them for kitchen utensils. Re-create some of your favorite characters and items in your favorite video games. Xbox, Wii, Nintendo 3; it doesn't matter here; it's all in the taste. *Super Mario Cupcakes, Donkey Kong Frozen Banana Pops, Lego Sandwiches, Super Smash Brothers Pizza, Legend of Zelda Pumpkin Muffins*

MEAT LOVERS

Instructor "Miss Amie" Liming
Friday, March 6, 6:00-8:00pm
\$15

Join us for this meat lovers paradise. We will be making a wonderful menu to showcase our favorites. *Sausage, Bacon, and Cheese Strata, Bacon Mac & Cheese, Bacon Cheeseburger Buns, Meat Lover's Pizza*

SCAVENGER HUNT

Instructor "Miss Therese" Bertrand
Friday, March 20, 6:00-8:00pm
\$15

Tonight will be a fun filled BLAST! We will be separated in teams searching the cooking school for a few items on our scavenger hunt, then racing to be the first to finish our recipes and take a picture of them to complete our lists. May the best boy (or girl) win! *Cheese Ball Heart, Lego Rice Krispy Bricks, Fruit Kabobs, Pizza Faces, Cupcake Contest*



COOKING FOR AMERICAN GIRLS SERIES

**\$15 A CLASS OR
ALL 3 FOR \$40
AGES 4-15**

CAROLINE

Saturday, January 24, 3-5:00pm

It wasn't easy living in the North on the Great Lakes during the War of 1812. Come try some foods from that era that Caroline would have helped make for her family. *Easy Fried Chicken, War Eagle Carrots, Soldier's Sweets, War of 1812 Applesauce Cookies*

JULIE

Saturday, February 28, 3-5:00pm

In the 1970's in San Francisco, California, the world was changing and so was the food. Open your mind and your mouth as you make some delicious food from that time period. *San Francisco Stew (like Chili), Bay Bridge Muffins, Nob Hill Salad and Dressing, Fudge "Foggies" (Cookies)*

KAYA

Saturday, March 21, 3-5:00pm

In the mid 1700's in the Native American culture, everything they ate was from "Mother Earth". Join us and make some delicious foods inspired by the land and it's bounty. *Native American Meat Pie, Three Sisters Harvest Stew, Indian Corn Casserole, Navajo Sweet Fry Bread (Bannock)*



FEBRUARY BREAK DAY CAMPS

FAVORITE MOVIE WEEK

\$25 for 1 child for 1 day

\$20 each for 1 child for 2 Days

OR 2 children for 1 day

\$18 each for 1 child for 3 days

OR 3 children for 1 day

\$15 each for 1 child for all 4 days

OR 4 children for 1 day

CAMP DAY 1: THE LITTLE MERMAID

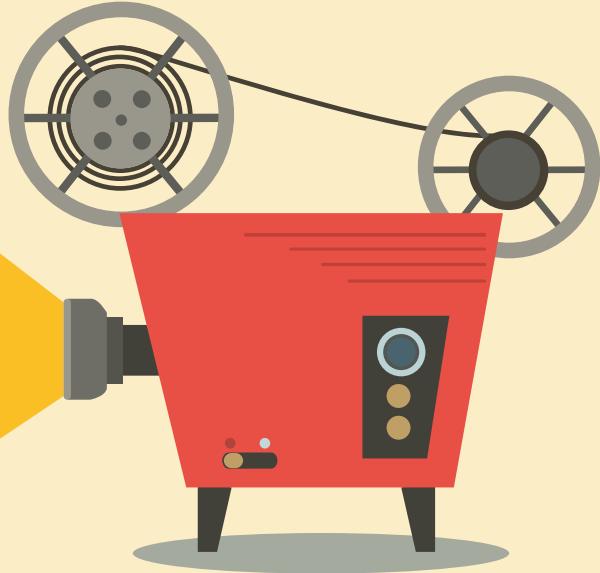
Monday, February 16, 10:00am-1:00pm

Fish-wiches (chicken too), Seashell Purses, Sweet Pearls, Starfish Cookies, Blue Seas Smoothies

CAMP DAY 2: CARS AND PLANES

Tuesday, February 17, 10:00am-1:00pm

Lightening McQueen's Balsamic Motor Oil Chicken Wings, Planes Bento Box Munchies (includes Dusty Cheese Topped Crackers, Snow Pea "Propeller Blades", Carrot "Landing Gear" Wheels, & Fluffy Popcorn Clouds), Whitewall Tire Cookies, Tow Mater Cupcakes



CAMP DAY 3: DESPICABLE ME

Wednesday, February 18, 10:00am-1:00pm

Sky Parfait, Shrunken Moon Pops, Minion Fingers and Cupcakes, Stuffed Crust Pizza Snacks, Strawberry Jam, Movie Popcorn

CAMP DAY 4: HUNGER GAMES

Thursday, February 19, 10:00am-1:00pm

Peeta's Pesto Pasta, Dandelion Salad of Hope, Everdeen Family Springtime Soup, The Capital's Sauteed Apples with Honey Whipped Cream

CAMP DAY 5: TANGLED

Friday, February 20, 10:00am-1:00pm

Rapunzel's Favorite Squash and Hazelnut Soup, Flynn Rider's Smouldering Chicken Casserole, Orange Biscuit Braids, Pascal Cupcakes, Maximus' Thirst Quencher



SPRING BREAK DAY CAMPS

SUPERHERO WEEK

\$25 for 1 child for 1 day

\$20 each for 1 child for 2 Days OR

2 children for 1 day

\$18 each for 1 child for 3 days OR

3 children for 1 day

\$15 each for 1 child for all 4 days OR

4 children for 1 day

CAMP DAY 1: WONDER WOMAN & BAT GIRL

Monday, March 30, 10:00am-1:00pm

Wonder Woman Breadstick Lassos, Batgirl Bat Cookies, Red, White and Blue Chocolate Covered Strawberries, Mini Pizzas with “Bat Cheese”, Superhero Slushie

CAMP DAY 2: SPIDERMAN

Tuesday, March 31, 10:00am-1:00pm

Spider Snacks, Hero Sandwich, Spider Web Cookies, Spider Candies, Green Goblin Bug Juice

CAMP DAY 3: AVENGERS

Wednesday, April 1, 10:00am-1:00pm

Thor Hammer Snacks, Captain America Dipped Strawberries and Sweet Shields, Hulk’s Green Glop and Party Punch, Black Widow Spider Bites

CAMP DAY 4: ARROW AND FLASH

Thursday, April 2, 10:00am-1:00pm

Flash-Cooked Stir Fry, “Straight-as-an-Arrow” Kabobs, “The Flash” Cupcakes, Green Arrow Gulp

CAMP DAY 5: SUPERMAN

Friday, April 3, 10:00am-1:00pm

Man-of-Steel Pizza, Kryptonite Parfaits, Lex Luther Lemon Cake, Superman Rice Krispie Treats, Frozen Fortress Slushies

Adult Classes



Classes without any symbols are demonstration classes.

COOKING SCHOOL OPEN HOUSE

-No reservations required!

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Sunday, January 18, 10:00am-2:00pm

FREE EVENT

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HANDS-ON BREAD MAKING

Culinary Instructor Chet Fery, The "Bread Man"

Wednesday, January 28, 7:00-9:00pm

\$25

Experience an evening of bread making and story-telling with Chet. Special attention will be given to the flavoring of yeast breads. Participants will create bread dough, learn bread flavoring techniques and share a bread story. Class is designed for the novice and experienced bread makers. Participants will each leave with a loaf of bread and recipes.

I CAN MAKE THAT IN MY SLOW COOKER?!

Culinary Instructor Liz Bauld

Monday, February 2, 7:00-9:00pm

\$25

Many of us use our crockpots this time of year for stews, chilis and the like. Want to mix it up a little? Come tonight and let Liz show you some new and different things you can make in your slow cooker. *Beef Gyros, Picadillo Stuffed Peppers, Butternut Squash Barley Risotto, Crockpot S'mores Brownies, Pumpkin Spice Latte*



EASY DINNERS

Personal Chef Ellen Adams

Wednesday, February 4, 11:00am-1:00pm

\$15

Quick week night meals are the name of the game if you are stressed for time in the evenings. Class tonight will show you how to get dinner on the table in no time flat! *Spinach Salad, Lemon Spaghetti, Mediterranean Chicken with Brown Rice, Variety Pizzas on Naan Bread, Italian Salad*



HANDS-ON SUSHI AND SASHIMI

Seafood Expert Larry Bauld

Tuesday, February 10, 7:00-9:00pm

\$35, includes rolling mat to take home

Sushi can be a pricey night out. Larry always enjoys showing us how to enjoy that great sushi taste in the comfort of your own home. Come try these great recipes, a couple of which has a tasty twist! *Everything Bagel Sushi, Herb Crab Salad Maki, Tuna Tar Tar, Asparagus Roll*

MARVELOUS MAC AND CHEESE

Chef Therese Bertrand

Thursday, February 12, 7:00-9:00pm

\$25

Nothing screams comfort like a creamy, thick dish of macaroni and cheese. Tonight we will explore the growing trend of upgrades to the already delicious original. Bring your appetite! *Lobster Mac & Cheese, Two-Cheese with Tomato Mac & Cheese, Fried Mac & Cheese, Buffalo Mac & Cheese, Peanut Butter Bars for Dessert*



HANDS-ON CUISINE FOR THE CHINESE NEW YEAR

Culinary Instructor Deborah Gerlach

Thursday, February 19, 7:00-9:00pm

\$25

Chinese New Year is TODAY. Celebrate the Year of the Sheep by making a delicious Chinese dinner, complete with dessert. Enjoy the experience of wokery cooking and baking all in one class. *Cashew Chicken Stir-Fry, Chinese Fried Rice, Chinese Greens, Crunchy Almond Cookies*



GARLIC GALORE

Chef Amie Liming
Tuesday, February 24, 11:00am-1:00pm

\$15

Garlic has been used for medicinal and culinary purposes for thousands of years in many cultures. Join us tonight to learn some new ways to use garlic, and the many health benefits of this incredibly versatile seasoning. *Home Made Garlic Oil and Garlic Spread, Garlic Parmesan Encrusted Chicken, Sautéed Garlic Kale, Garlic Sundried Tomato Cornbread*

COOKING WITH GOURMET OLIVE OILS AND VINEGARS

Culinary Instructor Ilene Stella
Thursday, February 26, 7:00-9:00pm

\$25

Learn to use gourmet oils and vinegars in a variety of delicious entrees and desserts. *Grilled Salad, Roasted Eggplant and Tomato Soup, Bacon, Cheddar, and Spinach Quiche, Blood Orange and Chocolate Brownies*

HANDS-ON CAKE DECORATING

Culinary Instructor Liz Bauld
Monday, March 2, 7:00-9:00pm

\$35 with take home starter kit

This is one of the most requested classes that we have. A lot of people have always wanted to learn how to decorate their own cakes. Come tonight and learn the basics from someone who has over 20 years of cake decorating experience. *Frosting, Shell Borders, Writing, Drop Flowers, Roses, Rosebuds, Leaves*

HANDS-ON BREAD MAKING; PART 2

Culinary Instructor Chet Fery, The "Bread Man"
Wednesday, March 4, 7:00-9:00pm

\$25

Experience another evening of bread making and story-telling with Chet. Special attention will be given to stuffed breads. The class will be filled with fun, flavor and plenty of dough. Participants will leave with a loaf of stuffed bread and recipes.

HANDS-ON KNIFE SKILLS

Personal Chef Ellen Adams
Monday, March 9, 7:00-9:00pm

\$25

Have you ever wanted to learn what the best knife is to use for a certain recipe or kitchen job? Well tonight we will be chopping our way to a delicious dinner by learning how to batonette, julienne, and "speed chop" all while creating this dinner. *Chopped Salad with Green Goddess Dressing, Chipotle Cole Slaw, Asian Stir Fry with Peanut Sauce, Apple Crisp*



 **LUNCHBOX MAGIC**

Chef Therese Bertrand

Wednesday, March 11, 11:00am-1:00pm

\$15

Tired of the same old peanut butter and jelly or turkey and may sandwich in your lunchbox day after day? Come join us tonight if you struggle to find creative things to put in your kids, spouses or your lunchbox for school, work or all day appointments. *Cranberry Chicken Salad on a Croissant, Beef with Provolone and Red Pepper Mayo Pinwheels, Caprese Salad on a Stick, Southwest Chicken Roll Ups, Pasta Salad Stuffed Cucumber*

**IRISH FAVORITES**

Culinary Instructor Deborah Gerlach

Monday, March 16, 7:00-9:00pm

\$25

Wear something green and celebrate St. Paddy's Day with a delicious Irish Meal. Relax and enjoy the luck of the Irish. Basic ingredients will be used to make traditional favorites, but some may have a new flare. *Reuben Paninis, Beer Cheese Soup, Creamy Herbed Mashed Potatoes, Irish Soda Bread*

**HANDS-ON IRISH BED AND BREAKFAST**

Culinary Instructor Ilene Stella

Tuesday, March 17, 7:00-9:00pm

\$25

Celebrate St. Patrick's Day with this hands on class where you will learn how to make some delicious Irish brunch recipes. *Raspberry Scones, Shepherds Stew, Emerald Isle Salad, Whiskey Pie*

**ASIAN SEAFOOD**

Seafood Expert Larry Bauld

Tuesday, March 24, 11:00am-1:00pm

\$20

Just cooking seafood can seem a big task sometimes, but cooking it Asian style can seem even more daunting. Tonight Larry takes us through the steps to make some delectable Asian seafood recipes. *Spicy Shrimp and Bok Choy Noodle Bowl, Calamari Stir-Fry with Peppers and Cucumbers, Crispy Tempura Battered Shrimp, Hot and Sour Seafood Soup*

MORE BACON BONANZA

Chef Amie Liming

Wednesday, March 25, 7:00-9:00pm

\$25

Back by popular demand, bacon is everyone's guilty pleasure. Join Chef Amie as she prepares these mouth watering recipes featuring BACON! *Bacon Jalapeno Poppers, Bacon Caprese Salad, Adirondack Bacon BBQ with Apples and Onions, Bacon Chocolate Chip Cookies*

Class Registration

Registration is easy and convenient!

We are able to take credit card payments over the phone. To register for a cooking class at our Mt. Read Blvd. TOPS, please note the following:

- To register by phone: Call The TOPS Cooking School in Rochester at 585-663-5449.
- You must provide a credit card number and expiration date to register by phone. Card cannot be debit only – card must have a VISA/MasterCard/American Express/Discover logo. Please have your credit card ready when calling.
- Preregistration for all classes is recommended at least three business days in advance, as the class may be canceled for low attendance after that time.

Elizabeth Bauld
Cooking School Manager
3507 Mt. Read Blvd., Rochester, NY 14616
585-663-5449

Cancellation Policy

- If you cannot attend a class, you may send a substitute in your place.
- 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 need to cancel. We will call to confirm. We regret any inconvenience this may cause.
- School is handicap-accessible.

Class Registration Form

Name: _____
Address: _____
Email: _____
Day Phone: _____ Evening Phone: _____
TOPS BonusPlus® #: _____
Credit Card #: _____



Expiration Date: _____

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Meet Our Instructors



Chef Ellen Adams: Ellen is a Certified Personal Chef. She spent 20 years in the military and enjoys cooking foods from around the world where she was stationed. She likes to focus on healthy cooking and preparing delicious and nutritious meals using local and seasonal ingredients.

Larry Bauld: Larry comes to us with over 20 years of retail food experience. He has worked with organic produce, natural foods and supplements, and seafood. Although his knowledge and teaching can cross over all 3 areas, his greatest passion is teaching others to reduce their fear of preparing enjoy and all varieties of seafood.

Liz Bauld: Liz has been manager of the Cooking School for 9 years. She is a self-taught home cook with is blessed with a family of “guinea pigs” to help her perfect her recipes. She a slow cooker fanatic who also loves sharing her hobby of cake decorating with others. But Liz is most enthusiastic about teaching children how to cook and make healthier eating choices.

Chef Therese Bertrand: In the last 25 years, Therese says she's been blessed to have been the chef at a few of Rochester's fine restaurants, hotels, and party houses. She specialized in sauté and catering. She has an innate passion for cooking, and how tastes blend together. Therese loves teaching adults and kids at the cooking school to navigate restaurant quality recipes with ease as they begin to develop that joy and passion in cooking too.

Chet Fery, The Bread Man: Chet is an amateur bread baker, who shows how random acts of kindness can change our lives and create a world community that is caring, supportive and secure. He has given away over 10,000 loaves of bread to family, friends, colleagues and strangers. Through this effort he has created hundreds of stories that will touch your heart and stimulate your soul. Each Bread Time Story will inspire, instruct, motivate and also take you much further.

Deborah Gerlach: Deborah has been cooking and baking since childhood. She loved helping her mom and grandma in their kitchens and helping with family food related businesses and restaurants. Deborah has owned her own chocolate business, worked in the food industry locally and out-of-state, managed restaurants and a bar. She enjoys experimenting with new recipes and has been teaching cooking and other types of classes for over 15 years.

Chef Amie Liming: At a young age Amie enjoyed cooking and collecting recipes. She earned a degree in culinary arts in order to make a career out of her passion for cooking. Amie has a culinary background in catering, banquet, restaurant, corporate food service and as an executive chef of a private women's club. Through these experiences she has gained knowledge that she loves to share in her cooking classes. Amie loves to teach cooking classes to adults and children because she believes that good, nutritious, homemade food is another way to show love to family and friends.

Ilene Stella: Ilene has been cooking for herself since the age of 5 and believes it's a fun, practical life skill for all kids to learn. “What I love about our classes is that the kids are learning to eat smart and make healthy life choices. We consistently see fussy eaters being turned on to new foods! The kids make new friends, gain self esteem and really enjoy eating what they have made.”