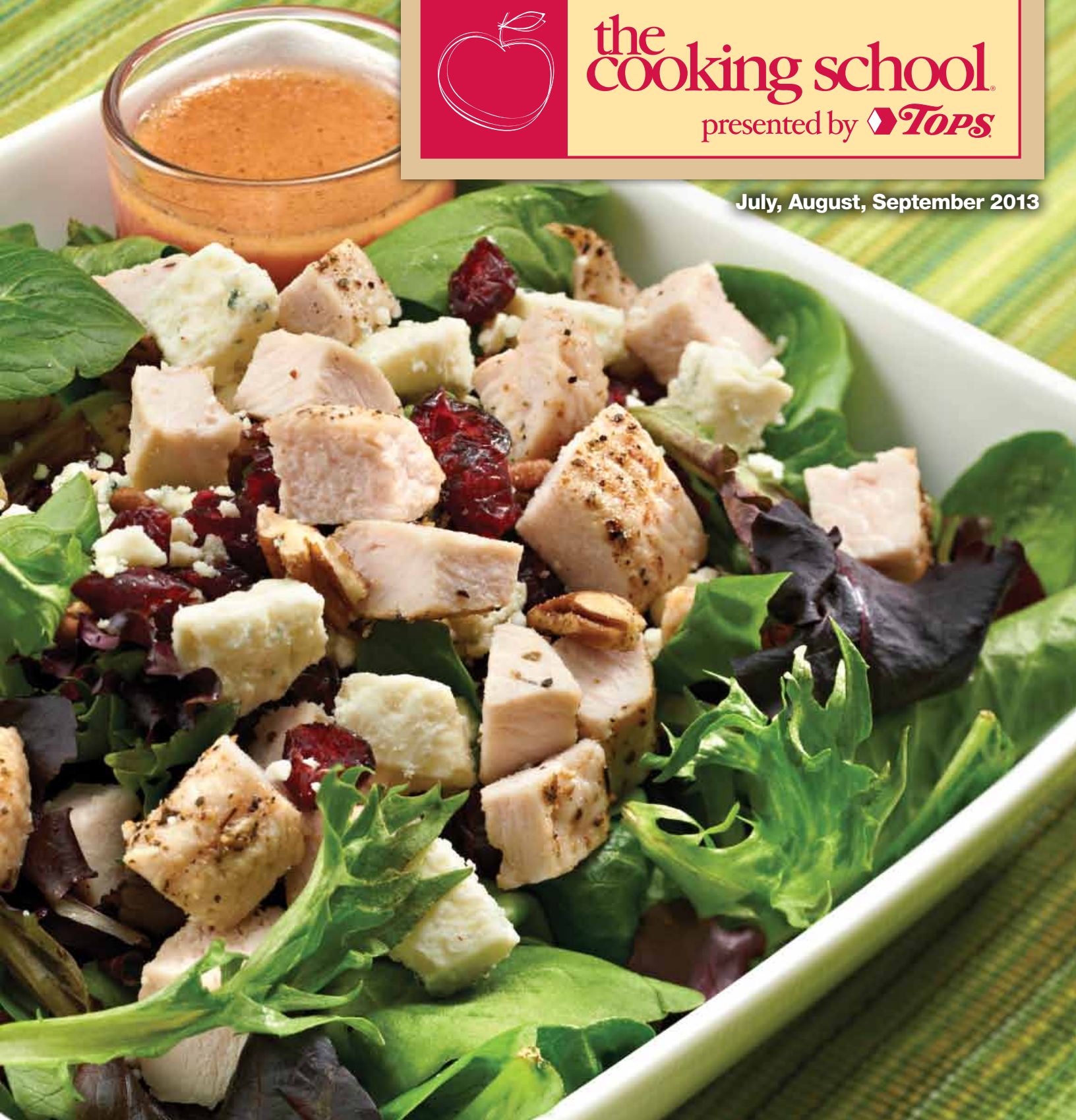


IN THIS ISSUE: Kids' Summer Camps | The Art of Sushi Making



the  
cooking school  
presented by **TOPS**

July, August, September 2013



AMHERST 3980 Maple Road / N. Bailey, 716-515-2000  
WEST SENECA 355 Orchard Park Road, 716-517-3006

TOPS COOKING SCHOOL ONLINE [TopsMarkets.com](http://TopsMarkets.com) > Departments > The Cooking School



## 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, 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 3

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! Due to an overwhelming response, we have brought back 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.



## Adult Classes PAGE 9

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!



## Healthy Lifestyle PAGE 5

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!

# 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!!

\$20 for one child

\$35 for two children

\$50 for three children

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



## DINNER AND GAME NIGHT

September 28, 6-9 pm

Games are the theme for tonight's kid's night out class. Let's make game food as we play games & win prizes!

*Tic Tac Toe Panini Sandwiches, Hummus with Pick Up Sticks, Checkerboard Apples, Twister Dessert*

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



**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. Children with long hair, please tie it back before class. **Please have child wear closed-toe shoes (sneakers) for safety reasons, no 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.



**NOW TAKING RESERVATIONS!**  
DON'T MISS OUT! SPACE IS LIMITED, SO RESERVE YOUR CHILD'S SPOT TODAY!

## Little Chefs Camp

### PEARBEAR PICNIC CAMP

Monday, August 12, 10-11:30 am

**\$15 per little chef**

The PearBear are back with some tasty pear recipes to make, along with a fun storybook, and other take home goodies! *PearBear Bouquet Sandwiches, Yogurt Pear-fait, PearBear Muffins*

## 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 as stated, as in our teas and brunches.

*Culinary Instructors: Judy Handzlik, Amherst / Linda Duncan, West Seneca*

### TEDDY BEARS PICNIC

Saturday, July 20, 10-11 am

**\$13 per little chef**

If you go out in the woods today you're sure of a big surprise. The Teddy bears are having a patriotic picnic. They will be flag twirling & singing "Yankee Doodle". Please bring in your teddy bear or favorite stuff toy to celebrate with us! *Bear Claws (carrot & celery curls), Beary Good Bear Sandwiches, Ants on a Freshly Stamped Patriotic Blanket, No Bake Bear Paws*

### INSIDE OUT, UPSIDE DOWN, AND GOING THROUGH

Saturday, August 3, 10-11 am

**\$13 per little chef**

Inside out, upside down, going through day, how silly!! Have you ever hung upside down, or wore your clothes inside out? How about gone through a hula hoop? These are all fun things to do. Wear your shirt inside out, and come make upside down, going through and inside out delicious food. *Inside Out Turkey Sandwich, Upside Down Muffins, Going Through Fruits and Veggie Necklaces*

### LET'S CELEBRATE GRANDPARENTS DAY

Saturday, September 7, 10-11:30 am

**\$20 per little chef/ grandparent (\$10 per extra adult due to limited seating, max of 2 adults per child)**

What would we do without our grandma's and grandpa's, nana's or papa's? They are a special part of our lives. We learn so much from their story telling & wisdom. Let's not forget their special love and kindness by having breakfast with them on their special day that you helped prepare! *Scramble Eggs & Ham Cups, Cornflake Crusted French Toast, Fresh Fruit with a Chocolate Sauce, Coffee & Tea for Adults, Juice for Little Chefs*

## Future Chefs AGES 7 & UP

Children of this age attend the cooking classes without a parent or adult guardian, 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 all food allergies.

*Culinary Instructors: Judy Handzlik, Amherst  
Karen Gold & Linda Duncan,  
West Seneca*

### CUPCAKE WARS

Tuesday, July 23, 6-8 pm

**\$15 per future chef**

Creative cupcakes are still very popular. Do you think you can create a sweet or savory cup cake? We will make two batters from scratch, add your choice of many different add- ins, and decorate according to the theme. Theme will be a surprise! Come create and test taste all creations.

### LET'S HAVE A PICNIC

Thursday, August 22, 6-8 pm

**\$15 per future chef**

What better way to beat the heat than having a picnic in the park, by the lake, or in your own backyard! No need to fire up the stove or grill either! *Bug Bites, Rotisserie Chicken Salad Sandwiches, Deviled Eggs, Watermelon Salsa & Chips*

### AN APPLE A DAY

Friday, September 20, 6-8 pm

**\$15 per future chef**

With the variety and abundance of apples in New York State, this is the perfect season to celebrate the apple! *Apple Salad, Mini Chicken and Apple Empanadas, Red Hot Cinnamon Apple Slices over Vanilla Ice Cream, Apple Spritzer*

**NOW TAKING RESERVATIONS!**  
 DON'T MISS OUT! SPACE IS LIMITED, SO RESERVE YOUR CHILD'S SPOT TODAY!

## FUTURE CHEFS 3 DAY SUMMER CAMPS

AMHERST AND WEST SENECA  
 COOKING SCHOOLS

Ages 7 & up  
**\$25 each day,**  
**\$70 for all three days (must attend all three days to get the discount (no coupons taken with camps))**

### AMUSEMENT PARKS HERE WE COME!

#### DISNEY WORLD

**Tuesday, August 6, 10am-1pm**

Let's visit some of the major lands in Disney. We will tour the Magic Kingdom to see the mouse that made it all happen. Traveling on to Epcot to the old country of Belgium where they are making waffles. Continuing on, we will visit Ratatouille cooking up his famous soup. Finally, we end up at the Polynesian Hotel sitting on the beach with a tropical slush drink basking in the sun. *Mickey's Party Pizza, Ratatouille Soup, Belgium Waffles with Animal Kingdom Fruit, Polynesian Fresh Fruit Slushy*

#### HERSHEY PARK

**Wednesday, August 7, 10am-1pm**

What a vacation! Into the world of Hershey's chocolate, Hershey's Spa, Hershey Candy bars, and non-chocolate favorites. We will enjoy them all as we visit Hershey Park. *Chocolate Bliss Waldorf Salad with Crackers and Homemade Chocolate Spread, Chocolate Sloppy Joes, Crunchy Chocolate Peanut Sticks, Chocolate Taco Ice Cream*

#### SEA WORLD

**Thursday, August 8, 10am-1pm**

Is that Shamu I see? Dolphins are everywhere, fish of all kinds, and shows to see. As exciting as it may be so will our food we will make. *Sushi Two Ways, Puffer Fish on a Fruited Sea Bed Fruit Tray, Crabby Salad, Creature Treats*

# Aspiring Chefs Culinary Program!

*Ages 12 and up  
 Amherst Cooking School Only*

**Parents will be invited the last day for coffee, tea, homemade baked goods & a graduation ceremony!**

**JULY  
 9-12  
 10:00 am  
 to  
 1:30 pm**

\$195 for all four days; must be able to attend all days.  
 \$50 deposit required at time of registration.

This Camp 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. With families having two working parents, some young adults may have the responsibility to get dinner on the table some nights, or college bound students may find they are not ready to tackle their meal preparation alone. In this camp they will learn all the kitchen basics from using the correct equipment in a safe manner, learn basic knife skills, to using the correct bakeware and measurements in baking. We will cook, bake, dice and chop and then eat our creations. This camp is a 4 day commitment and space is limited due to the hands on learning involved. Hand outs, recipes, certificates of class completion will be given.

#### DAY 1 BREAKFAST MENU

Make Your Own Pizza Omelets, Blintzes with Homemade Fruit Sauce, Granola Crunch, Fruit Smoothies

#### DAY 2 LUNCH MENU

Corn Chowder, Mozzarella & Ham Stromboli, Oriental Chicken on Salad Greens

#### DAY 3 DINNER MENU

Chef Salad with Homemade Croutons & Dressing, Fish Tacos, Taco Potato Salad, Grilled Fruit with Ice Cream

#### DAY 4 APPETIZERS & SWEET TREATS

Make Your Own Deviled Eggs, Fruit Salsa & Homemade Chips, Chocolate Bouchons, No Bake Berry Cheesecakes



# 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.

**Erin Burch, MS, RD, CDN** — who teaches “Eat to Your Heart’s Content Program”

**Emily Gorman, RD** — who teaches the “Family Cooks Together Program”

**Laura Segool, MS, RD, CDN** — who teaches the “Diabetic Cooking Program”

**Jessica Masterson, RD, CDN** — who teaches the “Eat Well, Stay Fit Program”



These great classes taught by a Registered Dietitian 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 hand-outs 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

**Erin Burch, MS, RD, CDN**  
**Jessica Masterson, RD, CDN**

### VEGETARIAN EATING FOR A HEALTHIER HEART\*

Tuesday, July 16, 6-8 pm Amherst  
Wednesday, July 24, 6-8 pm West Seneca  
**\$25 per person without insurance**  
Cholesterol and saturated fat are found mostly in animal products and part of the heart healthy diet involves reducing your intakes of these nutrients. Why not try a vegetarian dish once a week? In addition to being lower in cholesterol and saturated fats vegetarian meals can also help you reach your vegetable intake and add some heart healthy fiber to your diet. *Vegan Potato Salad\**, *Black Bean Quinoa Burgers\**, *Creamy Tomato Fettuccine\** and *Vegan Spice Cake\**

### TO EAT OR NOT TO EAT; FAT- THE GOOD, THE BAD AND THE UGLY

Monday, August 26, 6-8 pm Amherst  
Wednesday, August 14, 6-8 pm West Seneca  
**\$25 per person without insurance**  
The heart healthy diet is low in fat and sodium however that does not mean fat free. We need fat in our diets to meet all of our nutritional needs however some fats are more harmful than others. Saturated, unsaturated, cholesterol and trans- fats and their effect on our health will be discussed in this class. *Olive Polenta Poppers*, *Artichoke*, *Spinach Salad with Tuna*, *Stuffed Peppers with Turkey & Walnuts*, *Monounsaturated Chocolate Cake*

### PROTECT YOUR HEART – PROTECT YOUR BRAIN

Monday, September 16, 6-8 pm Amherst  
Wednesday, September 11, 6-8 pm West Seneca  
**\$25 per person without insurance**  
What helps your heart can help your brain, too. Come learn from Erin as she shares how following a heart-healthy lifestyle can lower your chances of having a stroke, as well as make a big difference in your mental abilities as you age. *Chicken and Spinach Soup with Fresh Pesto*, *Broccoli Salad with Creamy Feta Dressing\**, *Eggplant Pomodoro Pasta\**, *Brown Sugar Peach Shortcakes\**

## Family Cooks Together HANDS-ON: FAMILY AND KIDS, AGES 7 & UP

**Emily Gorman, RD**

These classes will be geared to all family members, ages 7 & up. 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, NO SANDALS ALLOWED FOR SAFETY REASONS. Hair must be pulled back if long)**

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, \$13 per child ages 12 and under.

### WHO’S READY FOR A PICNIC?\*

Monday, July 22, 6-8 pm Amherst  
Thursday, July 18, 6-8 pm West Seneca  
Summertime is the perfect time to go outside to take the family for a picnic! Whether it’s in your own backyard or your favorite neighborhood park, Emily will provide recipes that can be easily packed and ready to go wherever you are headed! Come join the fun in the “Sun” and learn about the delicious healthy flavors summertime can bring! *Raspberry Limeade\**, *7 Layer Salad\**, *Southwestern Bean Burger Wraps\**, *Mini Key Lime Tarts\**

### THERE’S NOTHING LIKE CARNIVAL FOOD! \*

Tuesday, August 13, 6-8 pm Amherst  
Monday, August 19, 6-8 pm West Seneca  
There’s nothing like carnival food, but what if you could make these recipes at home? Emily can teach you how to make healthier, mouth-watering carnival food that will satisfy you and your child’s cravings and still feel guilt-free! *Peach Cooler\**, *Crispy Oven Fries\**, *Black Bean Nacho Pizza\**, *Chocolate Crunch Trail Mix\*with Crispy Pita Chips\**, *“Cocoa Nut” Bananas\**

### NATIONAL CHOLESTEROL AWARENESS MONTH \*

Thursday, September 12, 6-8 pm Amherst  
Wednesday, September 18, 6-8 pm West Seneca  
Come to Emily’s class to learn easy and fun recipes that you can make for your family that are low in fat, but FULL with flavor! We’ll also discuss why certain foods can be more beneficial towards a heart healthy lifestyle, but the flavor and aroma won’t be missing! *Sweet Potato Peanut Bisque\**, *Vegetarian Taco Salad\**, *Glazed Carrots with Raisins\**, *Chocolate Avocado Shake\**



## Diabetic Cooking

Laura Segool, MS, RD, CDN

### BACKYARD BBQ

Wednesday, July 24, 6-8 pm Amherst  
Tuesday, July 16, 6-8 pm West Seneca

**\$25 per person without insurance**

Nothing says summer quite like a barbecue on a warm, sunny day. So come join Laura to learn how to grill up some backyard favorites, without sending your blood sugar skyrocketing!

*Fresh Cabbage and Tomato Salad,\* Grilled Green Beans with Horseradish Ketchup,\* Turkey Veggie Burgers, Tropical Cake Squares\**

### A CARB-FRIENDLY PICNIC

Wednesday, August 21, 6-8 pm Amherst  
Wednesday, August 28, 6-8 pm West Seneca

**\$25 per person without insurance**

What perfect weather for a walk in the park followed by a healthy snack or meal! Come learn how to properly fuel your body before and after exercise to avoid hypoglycemia and hyperglycemia.

*Rosemary-Scented Nut Mix,\* Jicama Slaw,\* Curried Chicken Salad with Grapes, Blueberries with Lemon Cream\**

### THE ABC'S OF DIABETES

Wednesday, September 18, 6-8 pm Amherst  
Wednesday, September 25, 6-8 pm West Seneca

**\$25 per person without insurance**

It's back to school and time to learn the ABC's of diabetes. Laura will address the health complications associated with uncontrolled blood sugar, while teaching you ways to maintain a healthy lifestyle. You'll leave this class feeling like an honorable student and take away some new favorite recipes! *Sautéed Grape Tomatoes,\* Scrumptious Collard Greens,\* Maple-Chili Glazed Pork Medallions, Pumpkin, Spice & Everything Nice Muffins\**

## Eat Well, Stay Fit

Jessica Masterson, RD, CDN

### MISSING NUTRIENTS ON A GLUTEN FREE MEAL PLAN

Wednesday, July 31, 6-8 pm Amherst  
Thursday, July 11, 6-8 pm West Seneca

**\$25 per person without insurance**

Traditionally many grain foods are enriched with vitamins and minerals to insure adequate intakes; although many gluten-free grain foods are not enriched with B-vitamins and iron. As a result, a gluten-free diet may be lacking in B-vitamins, iron, and fiber. Find out which foods you should be eating to insure adequate intakes of these important nutrients. *Spinach and Kale Turnovers,\* Home-Style Meat Loaf, Sweet and Earthy Roasted Sesame Sweet Potatoes\* Health Conscious Cookie Dough Peanut Butter Cups\* All menu items are gluten free.*

### COOKING WITH SUMMER FRUITS

Friday, August 16, 6-8 pm Amherst  
Thursday, August 1, 6-8 pm West Seneca

**\$25 per person without insurance**

Fruits and vegetables taste best when they are fresh and local. Utilizing the abundance of produce this time of year can sometimes be a challenge. In this class we will use some common seasonal fruits in less traditional ways while still maintaining their nutritional integrity. *Nutty Blueberry Quinoa Salad, Grapes & Feta with Mixed Greens, Peach and Cream Cheese Whole Wheat Flat Bread Sandwiches with Balsamic Dressing, Roasted Pork Tenderloin with a Smoky Fresh Cherry Jam*

### EAT TO REDUCE INFLAMMATION

Tuesday, September 24, 6-8 pm Amherst  
Monday, September 30, 6-8 pm West Seneca

**\$25 per person without insurance**

There are many disease conditions associated with inflammation (arthritis, Crohn's disease, obesity, psoriasis, ulcerative colitis to name a few) fortunately there are a few dietary changes you can make to reduce inflammation. Learn the basics of an anti-inflammatory diet and some delicious recipes to incorporate into your meal plan. *Meat-less "Meat" Balls and Walnuts served with a Spicy Tomato Sauce\* Easy Salmon Cakes with a Creamy Dill Sauce, Bulgur with Ginger and Orange\*, Apricot Walnut Truffles*

\* Vegetarian recipe

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 29     | 30      | 31        |          |        |          |

SEPTEMBER 2013

| SUN.      | MON.  | TUES.  | WED.  | THURS.  | FRI.   | SAT.   | SUN.      | MON.  | TUES.   | WED.   | THURS.  | FRI.  | SAT.  |
|-----------|---|--|---|---|--|--|-----------|---|---|--|---|---|---|
|           |   |  |   | <b>1</b><br>HEALTHY LIFESTYLE SUMMER FRUITS 6-8PM   | <b>2</b><br>ADULT CLASSES COUPLES PATIO PARTY 6-8:30PM                                       | <b>3</b><br>KIDS' KITCHEN INSIDE OUT 10-11AM<br>KIDS' KITCHEN INSIDE OUT 10-11AM | <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>   | <b>5</b>  | <b>6</b>  | <b>7</b><br>KIDS' K... GRANDPAR-ENTS DAY 10-11:30AM<br>KIDS' K... GRANDPAR-ENTS DAY 10-11:30AM  |
| <b>4</b>  | <b>5</b>  | <b>6</b><br>KIDS' KITCHEN FUTURE CHEF CAMP 10-1PM<br>KIDS' KITCHEN FUTURE CHEF CAMP 10-1PM | <b>7</b><br>KIDS' KITCHEN FUTURE CHEF CAMP 10-1PM<br>KIDS' KITCHEN FUTURE CHEF CAMP 10-1PM        | <b>8</b><br>KIDS' KITCHEN FUTURE CHEF CAMP 10-1PM<br>KIDS' KITCHEN FUTURE CHEF CAMP 10-1PM      | <b>9</b><br>ADULT CLASSES FUSS FREE APPETIZERS 6-8:30PM<br>ADULT... SIMPLY SEASONAL 6-8:30PM | <b>10</b>  | <b>8</b>  | <b>9</b>  | <b>10</b><br>ADULT CLASSES LABOR FREE FESTIVITIES 6-8:30PM      | <b>11</b><br>ADULT CLASSES STUFFED PEPPERS 6-8:30PM<br>HEALTHY... PROTECT YOUR HEART & BRAIN 6-8PM | <b>12</b><br>HEALTHY LIFESTYLE CHOLESTORAL AWARENESS 6-8PM  | <b>13</b><br>ADULT CLASSES EVERYTHINGS PEACHY 6-8:30PM<br>ADULT... STUFFED PEPPERS 6-8:30PM | <b>14</b>   |
| <b>11</b> | <b>12</b><br>KIDS' KITCHEN PEARBEAR PICNIC CAMP 10-11:30AM<br>KIDS' KITCHEN PEARBEAR PICNIC CAMP 10-11:30AM | <b>13</b><br>HEALTHY LIFESTYLE CARNIVAL FOOD 6-8PM   | <b>14</b><br>ADULT... SOUTHERN LIVING 10-11:30AM<br>HEALTHY LIFESTYLE FAT, GOOD, BAD + UGLY 6-8PM | <b>15</b><br>ADULT CLASSES SIMPLY SEASONAL 6-8:30PM<br>ADULT... FUSS FREE APPETIZERS 6-8:30PM   | <b>16</b><br>HEALTHY LIFESTYLE SUMMER FRUITS 6-8PM   | <b>17</b>  | <b>15</b> | <b>16</b><br>HEALTHY LIFESTYLE PROTECT YOUR HEART & BRAIN 6-8PM | <b>17</b><br>ADULT CLASSES EVERYTHINGS PEACHY 6-8:30PM          | <b>18</b><br>HEALTHY LIFESTYLE ABC'S OF DIABETES 6-8PM<br>HEALTHY... CHOLESTORAL AWARENESS 6-8PM   | <b>19</b><br>ADULT CLASSES TAILGATING GONE WILD 6-8:30PM<br>ADULT... BOUNTIFUL BREAKFAST 6-8:30PM   | <b>20</b><br>KIDS' KITCHEN AN APPLE A DAY 6-8PM<br>KIDS' KITCHEN AN APPLE A DAY 6-8PM       | <b>21</b>   |
| <b>18</b> | <b>19</b><br>HEALTHY LIFESTYLE CARNIVAL FOOD 6-8PM  | <b>20</b><br>ADULT CLASSES LUSCIOUS LIMES 6-8:30PM   | <b>21</b><br>HEALTHY LIFESTYLE CARB FRIENDLY PICNIC 6-8PM   | <b>22</b><br>KIDS' KITCHEN LET'S HAVE A PICNIC 6-8PM<br>KIDS' KITCHEN LET'S HAVE A PICNIC 6-8PM | <b>23</b><br>ADULT CLASSES COUPLES PATIO PARTY 6-8:30PM                                      | <b>24</b>  | <b>22</b> | <b>23</b><br>ADULT CLASSES TAILGATING GONE WILD 6-8:30PM        | <b>24</b><br>HEALTHY LIFESTYLE EAT TO REDUCE INFLAMMATION 6-8PM | <b>25</b><br>HEALTHY LIFESTYLE ABC'S OF DIABETES 6-8PM   | <b>26</b><br>ADULT CLASSES BOUNTIFUL BREAKFAST 6-8:30PM<br>ADULT... LABOR FREE FESTIVITIES 6-8:30PM | <b>27</b>   | <b>28</b><br>KIDS' KITCHEN DINNER + GAME NIGHT 6-9PM<br>KIDS' KITCHEN DINNER + GAME NIGHT 6-9PM |
| <b>25</b> | <b>26</b><br>HEALTHY LIFESTYLE FAT, GOOD, BAD + UGLY 6-8PM  | <b>27</b>  | <b>28</b><br>ADULT... LUSCIOUS LIMES 6-8:30PM<br>HEALTHY... CARB FRIENDLY PICNIC 6-8PM            | <b>29</b>   | <b>30</b><br>ADULT CLASSES SOUTHERN LIVING 6-8:30PM  | <b>31</b>  | <b>29</b> | <b>30</b><br>HEALTHY LIFESTYLE EAT TO REDUCE INFLAMMATION 6-8PM |   |  |   |   |   |

AUGUST 2013

# Adult Classes

## HANDS-ON

If you would like to try your hand at cooking, these classes are for you! Please come with hair tied back if long, and wear closed-toe shoes for your safety (No Sandals allowed). Aprons will be provided for your use.

### SIMPLE SUMMER SALADS

Culinary Instructor Karen Gold  
 Wednesday, July 17, 6-8:30 pm Amherst  
 Monday, July 22, 6-8:30 pm West Seneca  
**\$25 per person**

When it's hot outside, who wants to cook over a stove inside? Enjoy a cool and refreshing salad instead! Pack a picnic basket, head over to the park, by the lake, or even in your own backyard! *Cobb Salad, Grilled Flat Iron Steak Salad, Asian Salad, Fresh Fruit Ambrosia Salad*

### THE ART OF SUSHI MAKING

Culinary Instructor Rose Ann Ross  
 Friday, July 26, 6-8:30 pm Amherst  
 Friday, July 19, 6-8:30 pm West Seneca  
**\$25 per person**

Chinese proverb: You can only understand something by trying it yourself. Sushi is as fun to make as it is to eat. Join Rose Ann as she teaches you the art of sushi making! *Sushi Rice, Philadelphia Roll, California Roll, Shrimp Tempura Roll, Chinese Tea, Fortune Cookies*

### LUSCIOUS LIMES

Culinary Instructor Rose Ann Ross  
 Wednesday, August 28, 6-8:30 pm Amherst  
 Tuesday, August 20, 6-8:30 pm West Seneca  
**\$25 per person**

Let's put the refreshing taste of limes to work and create a "limeious" meal! *Fresh Field Green Salad with Cilantro Lime Dressing, Coconut Lime Rice, Grilled Chicken Breast with Lime Sauce, Refreshing Key Lime Pie*

### COUPLES PATIO PARTY

Culinary Instructor Karen Gold  
 Friday, August 2, 6-8:30 pm Amherst  
 Friday, August 23, 6-8:30 pm West Seneca  
**\$25 per person**

Enjoy the warm summer Buffalo nights with a few friends and invite them over for a casual evening of good food and great fun! *Grilled Fish served with a Tropical Salsa, Baked Potato Fans, Watermelon/Heirloom Tomato/Feta Salad, No Bake Éclair Cake*

### SOUTHERN LIVING

Culinary Instructor Rose Ann Ross  
 Wednesday, August 14, 6-8:30 pm Amherst  
 Friday, August 30, 6-8:30 pm West Seneca  
**\$25 per person**

What is Southern cooking? According to Paula Deen, "Southern cooking is a way of life. It's more than just a recipe, a pot of fried chicken, or fresh biscuits. It's that welcoming sense of warmth that you feel after eating this wonderful food. It's saying "Hey y'all," with a grin to a stranger, or opening a door for someone. It's hospitality on a plate." I tend to agree with Paula. Rose Ann will welcome you to our cooking school and prepare a few Southern favorites! *Andouille Shrimp Cream Soup, Fried Green Tomatoes Po' Boys, Southern Style Collard Greens, Orange Chess Pie, Southern Sweet Tea*

### BOUNTIFUL BREAKFAST

Culinary Instructor Rose Ann Ross  
 Thursday, September 26, 6-8:30 pm Amherst  
 Thursday, September 19, 6-8:30 pm West Seneca  
**\$25 per person**

It's back to School time which means mornings are hectic, so let's bring the family together to catch up and enjoy a wonderful weekend breakfast! *Chocolate Italian Hazelnut Banana Crepes, Bacon and Cheese Quiche, Cheesy Potato Rounds, Healthy Smoothie*

### BOUNTIFUL PEPPERS-STUFFED

Culinary Instructor Rose Ann Ross  
 Wednesday, September 11, 6-8:30 pm Amherst  
 Friday, September 13, 6-8:30 pm West Seneca  
**\$25 per person**

Peppers are plentiful in your gardens during the growing months. Let Rose Ann teach you how to stuff some of the many types of peppers we love to eat! *Stuffed Banana Pepper Dip, Stuffed Peppew Peppers, Stuffed Large Peppers, Stuffed Sweet Banana Peppers*



# Adult Classes

## DEMONSTRATION

*Register early!*

**SOME CLASSES FILL QUICKLY  
AND OTHERS MAY NOT BE HELD  
DUE TO LOW REGISTRATION.**

### LET'S CELEBRATE THE RED, WHITE & BLUE

Culinary Instructor Jeannette Kreher  
Monday, July 15, 6-8:30 pm Amherst  
Tuesday, July 9, 6-8:30 pm West Seneca

**\$25 per person**

Red, white and blue never tasted so good! Change these "old time favorites" into explosive family "fire-works" right on your BBQ! Easy party planning for the big day! *Chilled "Gazpacho", Fish Pockets, Pasta with Berries & Nuts, Grilled Banana Split Sundaes*

### AL FRESCO DINING WITH GRILLED PIZZAS AND SALAD PAIRINGS

Culinary Instructor Susan Vernon  
Friday, July 19, 6-8:30 pm Amherst  
Friday, July 26, 6-8:30 pm West Seneca

**\$25 per person**

Everyone loves Al Fresco dining at their favorite neighborhood outdoor Bistro. No one likes the long waits for a table. Turn your own backyard into a sheik outdoor oasis. All you need is a nice breeze and some easy recipes to enjoy those warm summer nights. *Buffalo Chicken Pizza with Celery and Carrot Salad Topped with Bleu Cheese Vinaigrette, Philly Cheese Steak Pizza with a Grilled Caesar Salad*

### BASICS OF CANNING & PRESERVING YOUR GARDEN

Culinary Instructor Karen Gold  
Tuesday, July 30, 6-8:30 pm Amherst  
Friday, July 12, 6-8:30 pm West Seneca

**\$25 per person**

Have an abundance of tomatoes and cucumbers this year? Want to preserve them to enjoy throughout the winter months? Well, this class is for you! We will cover the basics of hot water bath canning and you'll even get a sample to take home with you! *Fresh Tomato Salsa, Sweet Pickle Relish, Pickled Cauliflower*

### SIMPLY SEASONAL \*VEGETARIAN CLASS

Culinary Instructor Jeannette Kreher  
Thursday, August 15, 6-8:30 pm Amherst  
Friday, August 9, 6-8:30 pm West Seneca

**\$25 per person**

Let's take the farmers (or your garden's) bounty to our table. Learn how to make new family or picnic favorites with all the fabulous farmer's market flavors. *A Peach in Thyme Soup, Endive Caesar Bites, Pasta Italia with Roasted Seasonal Veggies, Plate-licking Zucchini Brownies*

### LIGHT SUMMER DINING WITH FUSS FREE APPETIZERS

Culinary Instructor Susan Vernon  
Friday, August 9, 6-8:30 pm Amherst  
Thursday, August 15, 6-8:30 pm West Seneca

**\$25 per person**

Those lazy hazy days of summer can leave you feeling tired and full. Fuss free appetizers are great for an evening of light snacking and relaxation. *Fire Roasted Red Pepper Hummus with Pita Chips, Pear and White Cheddar Quesadillas, Goat Cheese Stuffed Portabellas on Top of Lemon Vinaigrette Tossed Fresh Baby Spinach*

### LABOR FREE FESTIVITIES

Culinary Instructor Jeannette Kreher  
Tuesday, September 10, 6-8:30 pm Amherst  
Thursday, September 26, 6-8:30 pm West Seneca

**\$25 per person**

Take the stress out of Labor Day and Back to School. These tasty and stress free menu items can be a new "go to" on busy nights. *Edamame & Bean Salad, Shrimp Melts, Quinoa Stuffed Peppers, Make-it-Your Own Fruit Crisp*

### EVERYTHING'S PEACHY

Culinary Instructor Susan Vernon  
Friday, September 13, 6-8:30 pm Amherst  
Tuesday September 17, 6-8:30 pm West Seneca

**\$25 per person**

Peaches are so versatile in both sweet and savory dishes. There's still time, so let's grill up a peachy keen meal that will delight your palate and please your tummy! *Grilled Peach and Pineapple Salsa with Grilled Pita Points, Field Green Salad with Peach and Tarragon Dressing, Grilled Atlantic Salmon with Peach Bee Sting Glaze, Grilled Peach Melba with Vanilla Bean Ice Cream*

### TAILGATING GONE WILD

Culinary Instructor Karen Gold  
Thursday, September 19, 6-8:30 pm Amherst  
Monday, September 23, 6-8:30 pm West Seneca

**\$25 per person**

Want to be the hit of the tailgaters this football season? You will be once you start your grill and don't be surprised if you even coax some of the other teams' fans over too! *Grilled Bleu Cheese Stuffed Mushrooms, Grilled Turkey Tenderloin with Cranberry/Onion BBQ Sauce Served With Grilled Onion Slices, Grilled Sweet Potato Fries, Grilled Fruit Salad With a Vanilla Yogurt/Honey Glaze*



# 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, teaches the special needs population 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 classes and manages day to day operations of the cooking school in West Seneca.

## KIDS' INSTRUCTOR LINDA DUNCAN

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

## CULINARY AND KIDS INSTRUCTOR KAREN GOLD

Karen is a cooking school assistant who 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 will also be teaching some of the Future Chef classes in West Seneca.

## 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 scout programs and hosts birthday parties, as well.

## 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 ROSE ANN ROSS

Rose Ann was the owner of her own restaurant, Rigatoni's, located on Delaware Ave. in Kenmore from 1986-1996. Her quick, uncomplicated recipes will enhance your own cooking abilities, as well as her flair for table decorating. Rose Ann specializes in hands on classes, which she makes entertaining as well as educating!

## CULINARY INSTRUCTOR SUSAN VERNON

Susan is 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.



# 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.

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.

## Kids Summer

AMHERST AND WEST SENECA COOKING SCHOOLS

Ages 7 & up

**\$25 each day, \$70 for all 3 days**

## Future Chefs 3 Day Summer Camps

AMHERST AND WEST SENECA  
COOKING SCHOOLS

**\$25 each day,**

**\$70 for all three days**

**(must attend all three days to get the discount (no coupons taken with camps))**



### AMUSEMENT PARKS HERE WE COME!

#### DISNEY WORLD

Tuesday, August 6, 10 am-1 pm

Let's visit some of the major lands in Disney. We will tour the Magic Kingdom to see the mouse that made it all happen. Traveling on to Epcot to the old country of Belgium where they are making waffles. Continuing on, we will visit Ratatouille cooking up his famous soup. Finally, we end up at the Polynesian Hotel sitting on the beach with a tropical slush drink basking in the sun. *Mickey's Party Pizza, Ratatouille Soup, Belgium Waffles with Animal Kingdom Fruit, Polynesian Fresh Fruit Slushy*

#### HERSHEY PARK

Wednesday, August 7, 10 am-1 pm

What a vacation! Into the world of Hershey's chocolate, Hershey's Spa, Hershey Candy bars, and non-chocolate favorites. We will enjoy them all as we visit Hershey Park. *Chocolate Bliss Waldorf Salad with Crackers and Homemade Chocolate Spread, Chocolate Sloppy Joes, Crunchy Chocolate Peanut Sticks, Chocolate Taco Ice Cream*

#### SEA WORLD

Thursday, August 8, 10 am-1 pm

Is that Shamu I see? Dolphins are everywhere, fish of all kinds, and shows to see. As exciting as it may be so will our food we will make. *Sushi Two Ways, Puffer Fish on a Fruited Sea Bed Fruit Tray, Crabby Salad, Creature Treats*

# Aspiring Chefs Culinary Program!

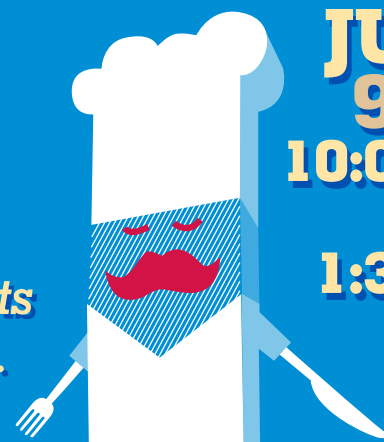
**A must for young adults & college bound students who have a genuine interest in learning to cook.**

**Learn kitchen basics, knife skills & more!**

We will cook, bake, dice, chop and eat our creations.

**Space is Limited so Register Today!** For more info visit

[www.TopsMarkets.com/Departments/The\\_Cooking\\_School](http://www.TopsMarkets.com/Departments/The_Cooking_School) or register at 716.515.2000



**JULY**  
**9-12**  
**10:00 am**  
**to**  
**1:30 pm**