

OCTOBER • NOVEMBER • DECEMBER

# Delightful

## 2016 Classes for the Holidays

### Kids Classes:

Gifts from the Kitchen

### Bring On the Holidays!

Spooky & Delicious Halloween Treats,  
Perfect Pies, Thanksgiving Dishes,  
Holiday Cookies.

### Gingerbread House Celebration!

### Healthy Lifestyle Classes:

12 Healthy Lifestyle Classes

### Hands On:

Pierogies, Holiday Desserts



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](http://TopsMarkets.com) > Departments > The Cooking School





# Manager's Message



Welcome to the holiday edition of the Cooking School newsletter. I like to think of this newsletter as the "family newsletter", as this is the months when families get together; young and old, near and far, to celebrate the holidays. And how do we celebrate? With food as the focal point, of course! Let the Cooking School classes help you with party planning, gather new menus and recipes to share with family and friends! We offer wine and beer pairings, and hands on classes for adults. We have all new "Health classes" to get you through these times of parties and family gatherings, so you can forgo that dreaded "diet" come January. 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 3-7

This time of year is a magical time, especially for kids. They dream of ghosts & goblins, turkeys and pumpkin pie, outdoor fun in the snow, then coming in for hot chocolate & cookies. While they see the hustle & bustle the holiday season brings, they want to play a part in it all. The Cooking School has some great holiday classes planned for them, including making their own holiday delights and gingerbread houses! This year why not let the visions of sugar plums dancing in their heads come true, by coming to the Cooking School, where we will help them learn skills to last a lifetime of holidays!



## HEALTHY LIFESTYLE PAGE 9-10

Eat well and stay fit this holiday season. We offer an array of health-related classes for both adults and children. These classes are taught by Registered Dietitians; they have a wealth of information to give you, and the classes are covered in part by most local health insurances. We begin by continuing our Family Cooks Together series, Healthy Heart, as well as risk factors for Diabetes, and our Eat Well, Stay Fit Program. Whether your concern is cholesterol, weight loss, heart health, diabetes or just general health, we have the class for you! Join us and get answers from our Dietitians to your most important health-related questions.



## ADULT CLASSES PAGE 11-12

Celebrate family, friends and food this magical holiday season. Choose from many holiday-themed classes, and get into the spirit. From Thanksgiving to Christmas and New Year's, we have a celebration for every occasion. Whether you want to bake and decorate cookies, prepare perfect pies, pair foods, or throw a holly, jolly dinner party, we have a class to suit your holiday needs.

# Kids Night Out!

**6-9 PM AGES 7 - 14** / AMHERST & WEST SENECA COOKING SCHOOLS

Come join us for a special dinner & games/movie night 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/watch selected games/movies. Bring a friend and add to the fun!! **(MOVIES ONLY IN AMHERST)**

**\$25 for one child, \$45 for two children and \$65 for three children**

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

## FRIGHTFUL ADVENTURE

**Saturday, October 22, 6-9pm**

Frankie, Witch Wanda, and Squiggly Worms will be joining us for a walk in the graveyard at midnight. Please join us for the walk and after we will make foods that even ghouls will eat. *Silly Apple Bites, Cheesy Beefy Worms in a Cup, Witches Fingers, Frankenstein Marshmallow Pops*

## MUFFIN CUP MADNESS

**Saturday, November 12, 6-9pm**

You can make that in a muffin cup? Yes you can. You thought muffin pans were only for muffins and cupcakes. *Bacon Cheeseburger Spaghetti Mini Pies, Parmesan and Parsley Pull-Apart Rolls, Salad in a Muffin Cup, Apple Pie Granola Bar Bites*



# Gingerbread House Celebration!



**AGES 7 AND UP WITH AN ADULT** CULINARY INSTRUCTOR JUDY HANDZLIK

## HAUNTED HOUSE FOR FUTURE CHEF / ADULT TEAMS

Friday, October 21, 6:30-8:00 pm AMHERST

Friday, October 14, 6:30-8:00 pm WEST SENECA

**\$30 PER TEAM (one adult/one Future Chef)**

**\$5 extra person on team**

Decorate a spooky gingerbread house with ghosts and goblins galore! Create your own Halloween scene with candy corn fences, licorice trees and all kinds of sweet and scary fun. *Each team will receive one haunted house and a frightening amount of candy decorations!*

## GINGERBREAD CHRISTMAS COTTAGE JR. CHEF/ADULT TEAMS

Friday, December 9, 6:30-8:00 pm AMHERST

Friday, December 16, 6:30 – 8:00 pm WEST SENECA

**\$30 PER TEAM (one adult/one Future Chef)**

**\$5 extra person on team**

Decorate a charming gingerbread house with royal icing "snow" and sweet treats. Judy will help you create your own holiday scene with pretzel windows, cobble-candy pathways and gumdrop trees. Each team will receive one gingerbread house and enough candy to cause a celebration!

*Snacks will be provided at both classes!*

# 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; please bring if wearing boots.** 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.

There has been a number of parents/students inquiring about classes for an older age group, as some of our regular students have aged out of the future chef program. We used to have classes for this age group, but due to lack of interest they were phased out. We are willing to give it a try again so check out the ASPIRING CHEF CLASS for ages 12 and up!

## LITTLE CHEFS

### AGES 3-6 WITH PARENT

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

### HALLOWEEN IS HERE!

**Saturday, October 15, 11am-12:30pm**  
**\$13 per Little Chef**

Welcome to the Halloween Party. What will we find here? Ghosts, Princesses, Super Heroes, or Ninja Turtles? Whatever your costume, wear it (no masks please). *Pumpkin Grilled Cheese and Tomato Bake, Grape Mummy, Marshmallow Ghosts*



### ZOOTOPIA/BOOK READING

**Saturday, November 5, 11am -12:30pm**  
**\$13 per Little Chef**

A city of animals with Judy Hopps as a new police officer struggling to prove herself, jumps on a mysterious case, while Nick Wile a wily fox makes it harder for her to solve. *Judy Hopps Bunny Biscuitwich, A Fruity Turtle, Animal Cookie Bar*



### GIFTS FROM THE KITCHEN

**Saturday, December 10, 11am-12:30pm,**  
**Amherst, \$15 per Little Chef**  
**Saturday, December 3, 11am-12:30 pm,**  
**West Seneca, \$15 per Little Chef**

Your teachers, and family members will say "You made that for me?" A gift from your child's own hands is the best gift anyone can have. *Toasted Cheerios in a Snow Storm, Pizza Popcorn in a Shaker, Chocolate Dipped Candy Canes, Chocolate Dipped Spoons*



# FUTURE CHEFS

## AGES 7 & UP

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

Culinary Instructors: Karen Gold - Amherst, Linda Duncan - West Seneca

### FUN FALL FOOD DAY CAMP

Monday, October 10, 11am -1pm

\$30 per Future Chef

Fall back into some fun and tasty recipes you will make over and over again. *Chicken Sausage and Apple Pizza, Sunday Special Apple Salad, Roasted Fall Vegetables with a Seasonal Dip, Scarecrow Cookie Pop*

### ALL HALLOWS EVE

Thursday, October 27, 6-8pm

\$16 per Future Chef

When witches go riding, and black widow spiders are seen, the trees start to whisper, it is time for Halloween. Ghoulish food will be in the making, some will be stirred and some will be baking. *Giant Black Widow Taco Ring, Melted Witches Dip Served with Apple Slices, Carrot and Cucumber Pumpkins, Witches Potion*



### SOUTHERN COOKING

Thursday, November 17, 6-8pm

\$16 per Future Chef

Let's take a trip to the south where days are warm time goes slower and food is yummy. These recipes are a twist from your regular down home cooking. *Lemonade Chicken, Southern Biscuits, Tasty Tots, Caramelized Apples*

### BLACK FRIDAY LUNCH AND GAMES CAMP

Friday, November 25, 10am-1pm

\$30 per Future Chef

Mom can go shopping for the black Friday deals for the holiday gifts, while we have fun making or lunch and play some games! *Painted Rolls (to be used for lunch), Pressure Cooker Mac and Cheese, Party Popcorn*

### COOKIE BAKE TIME!

PLEASE CHOOSE ONE DATE

Sunday, December 11, 12-2:30pm

\$30 per Future Chef

Sunday, December 18, 11-1:30 pm

\$30 per Future Chef

It's that time again to bake the cookies, you must leave some for Santa! No Bake, You Bake, and we all decorate. What fun and you can share some cookies and recipes with your family. Snacks will be served. **Remember to bring a container to take some cookies home.**

*Chinese No Bake Cookies, Elfin Shortbread Cookies, Oatmeal Cranberry White Chocolate Chip Cookies, Creamy Crunchy Chocolate Bars*



### GIFTS FROM THE KITCHEN

Tuesday, December 13, 6-8pm, Amherst

\$30 per Future Chef

Friday, December 2, 6-8pm West Seneca

\$30 per Future Chef

What a great way to give a teacher or a loved one a gift from the heart. Your child can create gifts with all the trimmings included. *Slammin' Jammin' Berry Bar Mix in a Jar, Cinnamon Twists, Pretzel Bites, Chai Latte Tea Mix*

### SNACKS WILL BE SERVED

**Please bring a box to take your gifts home in.**





# WINTER CAMP FOR FUTURE CHEFS

AGES 7 & UP

## WINTER COMFORT FOOD CAMP

Wednesday, December 28, 10am-1pm  
\$30 per Future Chef

Outside the window there is a blanket of white, a winter's wind makes a sharp bite. Inside we are creating winter's warmth, with hot soup and warm comforting food. *Chicken Tortellini Soup, Cheese Strips, Mini Snow Dogs, Chocolate Crusted Ricotta Bites, Homemade Whipped Cream*

## HAPPY 2017 CAMP

Thursday, December 29, 10am-1pm  
\$30 per Future Chef

A new year is on the rise and Auld Lang Syne to 2016. Let's celebrate with our own appetizers, and our own sparkling punch. We also will have noise makers for our celebration!

*Mini Ham Baked Potatoes, Pizza Dippers, S'more's Toasting over an Open Fire, Banana Bread Dip, Served with Apple and Pear Slices, Sparkling Punch*





# ASPIRING CHEFS

**AGES 12 & UP**

Culinary Instructors:

Susan Vernon - Amherst

Linda Duncan - West Seneca

## LET'S GET BAKING!

Monday, November 21, 6-8 pm  
\$18 per Aspiring Chef

The holidays are fast approaching and Mom/Dad need help in the kitchen!

Let's try our hand at making some fantastic desserts that will have your family handing the apron strings over to you next holiday! **Please eat dinner before class.**

*Apple/Raisin Phyllo Strudel, Pumpkin Swirled Oat Bars*



# 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.



# COOKING CLASSES FOR HOME SCHOOLERS



**West Seneca Cooking School Only**

Culinary Instructor, Linda Duncan

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. Cost is \$16 per student. **No wet boots/shoes are allowed in the cooking School; please bring dry shoes for safety.**

## TACOS- 2 WAYS!

Friday, November 11, 11am-1pm • \$16 per student

They're easy to make and everyone loves them! We will learn how/ where tacos originated from and how to make traditional tacos without opening a prepackaged spice pouch, and also how to make hearty Rico's tacos for some variety along with some delicious homemade accompaniments. *Traditional Tacos, Rico's Tacos (ground beef with potatoes), Fresh Salsa, Mexican Sundae with Homemade Ice Cream*





# Cook's Corner

## Beef and Barley Mulligan, by Grace Hanusin

1995 NYS Beef Cook- Off 2nd Place Winner

This recipe is low in fat, has added grains and easy to prepare. It's great for a cold Buffalo day, while curled up next to a fire.

### Ingredients:

- 1 ½ pounds ground beef (80-85% lean)
- 1 medium sweet onion, diced
- 1 medium green pepper, chopped
- 1 heaping teaspoon prepared minced garlic
- ½ teaspoon black pepper
- 1 cup water
- 1 heaping teaspoon Better than Bouillon beef base (use base that has the first ingredient beef, not salt. Use the refrigerated base)
- 1 28 oz. can of original stewed tomatoes
- ¾ cup Mothers quick cooking barley, or regular barley, (adjust cooking time by 10 minutes)
- ½ cup fresh parsley, chopped

### Directions:

Place ground beef, onion, green pepper, garlic and pepper into a Dutch oven and cook until beef is done and vegetables are tender, stirring frequently. Pour in water and beef base, stir. Open can of tomatoes, place serrated knife into can to break up tomatoes slices. Pour into pot. Pour barley in, stir well. Cover, bring to a boil, and then simmer for 30 minutes, stirring often. Chop parsley, and add to pot the last 15 minutes of cooking. Remove from heat, stir and place into bowls.

## Berry Pretty Pork Roast

Adapted from Taste of Home

### Ingredients:

- 1 boneless whole pork loin roast (about 2-1/2 pounds)
- ½ cup chopped dried plums
- 1/3 cup each fresh or frozen blueberries, raspberries and sliced strawberries
- 2 garlic cloves cut into slivers
- ¼ cup butter, melted
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup red wine
- 1 tablespoon Tops brown sugar
- 1 tablespoon Tops seedless raspberry jam

### Directions:

Make a lengthwise slit down the center of the roast to within ½ inch of the bottom. Open roast so it lies flat; cover with plastic wrap. Flatten to ¾ inch thickness. Remove plastic; Combine the fruit; place on one side of roast. Close roast; tie several times with kitchen string and secure ends with toothpicks. Cut slits in roast; insert garlic slivers. Place in an un-greased shallow backing pan. Drizzle with butter; sprinkle with oregano, salt and pepper. In a small bowl, combine the wine, brown sugar and jam. Drizzle over roast. Bake, uncovered at 350° for 75-80 minutes or until meat thermometer reaches 160°. Let stand for 10 minutes before slicing.

# 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, RD, CDN**

**Sarah Stimpson, RD, CDN**

Program and the Eat Well Stay Fit Programs.



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 - West Seneca

### THE TRICK TO MAKING HEART HEALTHY EATS- COOKING TECHNIQUES FOR THE WIN

**Thursday, October 20, 6-8 pm Amherst**

**Tuesday, October 11, 6-8 pm West Seneca**

**\$30 without Insurance**

This month come join us and learn a few cooking techniques that reduce saturated fats and sodium added during cooking so you can be the pro at making heart friendly meals. Take away healthy cooking know-how including: what spices to use when (instead of salt), different cooking and baking techniques that require less fats and healthier oils, and, of course, some new delicious heart-healthy recipes! *Butternut Squash, Cider, and Herb Soup\**, *Baked Honey Garlic Chicken*, *Roasted Vegetable Medley\**, *Autumn Pumpkin Bread\**

### HOW TO HEART HEALTHIFY YOUR HOLIDAY FAVORITES WITH A FEW SUBSTITUTES AND ADD-INS!

**Monday, November 14, 6-8 pm Amherst**

**Tuesday, November 15, 6-8 pm West Seneca**

**\$30 without Insurance**

Come learn a few tips and techniques for recipe alterations to sneak in a few extra whole grains and veggies and lower fat and sodium content of your favorite dishes! Armed with some healthy (and tasty) ingredient exchanges you can enjoy holiday favorites that are good and good for you! *Creamy Corn Soup\**, *Savory Sausage Stuffing*, *Mashed Cauli-Potatoes\**, *Cranberry and Sweet Potato Bread\**

### HEART HEALTHY APPETIZERS YOU AND YOUR GUESTS WILL LOVE

**Monday, December 12, 6-8 pm Amherst**

**Tuesday, December 20, 6-8 pm West Seneca**

**\$30 without Insurance**

'Tis the season for food, family, and friends! With all the gatherings you are hosting and going to (or the cozy evenings you're looking for a tasty side for a night in) this year be ready with some heart healthy appetizer recipes your heart and your guests with thank you for! *Creamy Sweet Potato Dip\**, *Jerk Chicken Meatballs*, *Baked Buffalo Cauliflower Bites\**, *Roasted Cranberry and Goat Cheese Flatbreads\**

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

Sarah Stimpson, RD, CDN

These classes will be geared to all family members, starting at age 7. Children ages 7 to 16 must be accompanied by an adult. In years past, family time was always spent around the dinner table, where conversations would be personal in nature, where families could feel close to each other. Family life today is all too busy, with less time spent on families eating meals together, more time going to the nearest fast food place. If each family member had a role in getting a healthy meal on the dinner table, there would be more time available to stay home and enjoy the meal together. Let us help you start getting back to family basics, while enjoying the healthy meal that you helped to prepare! **(Please wear closed toed shoes like sneakers; hair must be pulled back if long.) No BOOTS are allowed for safety reasons.**

These classes are covered under the Healthy Lifestyle classes. All Insurance information will be needed for all attending, and will be taken when you reserve the class, along with your credit card information.

**The cost without covered Insurance for the Family Cooks classes is \$30 per adult, \$15 per child ages 13 and under.**

### TIPS ON DECREASING SUGAR AT THIS BEWITCHING TIME OF YEAR

**Wednesday, October 12, 6-8 pm Amherst**

**Tuesday, October 25, 6-8 pm West Seneca**

Join Sarah to discuss how to decrease your family's sugar intake. Do you wonder how much sugar your family is eating around Halloween? Learn where to find hidden sugar in food products and see the eye opening truth about how much sugar is in your sugar sweetened beverages! Sample some delicious low sugar recipes your family will enjoy! *Fruit Infused Water - Orange Cranberry Cooler\**, *Pumpkin Soup\**, *Boneless Chicken Wings*, *Bewitching Brownie Bites\**

### TOP VEGETARIAN THANKSGIVING RECIPES\*

**Friday, November 11, 6-8 pm Amherst**

**Friday, November 4, 6-8 pm West Seneca**

Thanksgiving can be a tough time of year for vegetarians. Join Sarah in creating some vegetarian recipes you can serve to the whole family over Thanksgiving. Learn which foods to be eating to make sure vegetarians are getting all the nutrients they need. *Vegetarian Stuffing\**, *Lemony Green Beans\**, *Sweet Potato Casserole\**, *Yummy Molasses Cookies\**

### FOOD SAFETY TIPS FOR THE FAMILY OVER THE HOLIDAY

**Thursday, December 8, 6-8 pm Amherst**

**Tuesday, December 13, 6-8 pm West Seneca**

Food safety is important over the holidays with lots of parties and gatherings. Learn how to protect you and your family from getting sick from foodborne illness over the holidays. Join Sarah in creating some healthy recipes the whole family will enjoy. *Healthy Cookie Dough Dip\**, *Honey Orange Roasted Carrots\**, *Herbed Pork Tenderloin*, *Lighter Carrot Cake\**

\* Vegetarian recipe





## DIABETIC COOKING

Heidi Showalter - Amherst • Laura Gill - West Seneca

### GREEN LIGHT FOODS FOR DIABETES

Thursday, October 6, 6-8 pm Amherst

Thursday, October 20, 6-8 pm West Seneca

**\$30 without Insurance**

Eat more! You don't often hear that when you have diabetes, but non-starchy vegetables are one food group where you can satisfy your appetite. Come join us as we delve into a delicious menu filled with these green light foods. *Spinach Artichoke Dip\**, *Spinach and Sweet Potato Hash\**, *Veggie & Cheese Stuffed Chicken*, *Sweet Treat Smoothie Bowl\**

### STARTING YOUR DAY WITH CARBOHYDRATES

Wednesday, November 18, 6-8pm Amherst

Thursday, November 5, 6-8pm West Seneca

**\$25 per person without insurance**

Learn simple changes to increase your fiber intake to ensure your daily needs are met. Not only will these recipes keep you full longer, they will also help promote better blood glucose control! *Lentil Bruschetta\**, *Cream of Wild Rice Soup\**, *Paprika Shrimp & Green Bean Sauté*, *Cinnamon Roasted Pears\**

### PORTION CONTROL = BLOOD SUGAR CONTROL

Thursday, December 1, 6-8 pm Amherst

Thursday, December 1, 6-8 pm West Seneca

**\$30 without Insurance**

The holidays can be a tricky time to stick with measuring serving sides and exercise portion control. We will show you some simple tips on how to avoid all that carb-heavy snacking. But don't worry, you'll try some healthy surprises and learn how to make these foods for your holiday get-togethers. *Spiced Nuts\**, *Black Eyed Peas & Walnut Lettuce Wraps\**, *Bell Pepper Poppers\**, *Cranberry Oatmeal Cookies\**

## EAT WELL, STAY FIT

Sarah Stimpson, RD, CDN

### DIETARY IMPACT OF PH (ALKALINE) BALANCE IN YOUR DIET

Tuesday, October 18, 6-8 pm Amherst

Wednesday, October 5, 6-8 pm West Seneca

**\$30 without Insurance**

Have you heard the buzz about the "alkaline diet?" Come learn exactly what all the hype is over the pH of the foods we eat and how it really affects our health. Sample some delicious recipes that are feel good and help you stay on track with a balanced diet. *Breakfast Quinoa\**, *Roasted Salmon Butternut Squash Salad*, *Roasted Broccoli and Red Bell Pepper\**, *Creamy Grape Dessert\**

### ANTI-INFLAMMATORY DIET FOR THE HOLIDAYS

Tuesday, November 8, 6-8 pm Amherst

Tuesday, November 1, 6-8 pm West Seneca

**\$30 without Insurance**

Join Sarah in learning what are inflammatory foods and the affect they have on our bodies. Learn how to minimize or reduce these foods in your diet. We will discuss certain health conditions in which it is recommended to follow an anti-inflammatory diet. Join Sarah in enjoying these delicious recipes Thanksgiving themed recipes. *Green Beans with Poppy Seed Dressing\**, *Creamy Mashed Cauliflower\**, *Turkey Tenderloin with Cranberry- Shallot Sauce*, *Low Calorie Baked Apples\**

### IMMUNE BOOSTING FOODS AND TIPS DURING THE WINTER

Monday, December 5, 6-8 pm Amherst

Thursday, December 15, 6-8 pm West Seneca

Winter is the season for getting sick. The holidays are a busy time and this is the time when our immune systems can get run down. Learn some great immune boosting foods from Sarah and sample some delicious recipes that are sure to keep your body healthy over the holidays! *Spinach Orange Salad\**, *Sweet Potato and Apple Stir Fry\**, *Quick Chicken Noodle Soup*, *Cranberry Orange Muffins\**



\* Vegetarian recipe



# 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 Boots allowed).** Aprons will be provided for your use. 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.



## SAY CHEESE WHILE MAKING MEMORIES! *Hands On*

Instructor Jeannette Kreher

Friday, October 7, 6-8:30 pm Amherst

Tuesday, October 4, 6-8:30 West Seneca

**\$30 per person**

Make memories while enjoying great menu items with cheese! Your guests will definitely have a smile on their face while sayin' cheese!!! *Bloody Mary Arancini Balls, Everybody Loves Lasagna, Cassata Trifle Cake*

## IT'S CABBAGE TIME!!! *Hands On*

Culinary Instructor Karen Gold

Thursday, October 13, 6-8:30 pm Amherst

Thursday, October 6, 6-8:30 pm West Seneca

**\$30 per person**

What do you do with those huge heads of cabbage you just bought at the fall market? You roll up your sleeves and start rolling those leaves to make Cabbage Rolls! Or as we say in Polish – **Golambki!** This class will teach you the authentic way to make Polish Golambki and the homemade sauce it cooks in. We'll also make a pot of Polish **Sweet and Sour Cabbage** and learn the importance of making a good roux so your dish is not watery. And let's pair that up with some warm **Yeast Rolls** fresh from the oven!

## MOTHER SAUCES PART 1 *Hands On*

Culinary Instructor Susan Vernon

Tuesday, October 4, 6-8:30 pm Amherst

Wednesday, October 19, 6-8:30pm West Seneca

**\$30 per person**

Not your mother's sauce but the five mother sauces of the culinary world. In these classes Susan gets serious! You will leave here with the skills to make any of the versatile sauces. They will allow you to create the most fabulous dishes. And yes..... There will still be lots of fun!!! **Béchamel**, the simplest of the sauces with *Homemade Baked Rigatoni* and *Croquet Monsieur*, **Veloute**, with *Mock Crab* and *Cavatapi Macaroni* and *Cheddar* and *Chicken Wellington*



## MOTHER SAUCES PART 2 *Hands On*

Culinary Instructor Susan Vernon

Tuesday, October 11, 6-8:30 pm Amherst

Wednesday, October 26, 6-8:30pm West Seneca

**\$30 per person**

Tonight we will continue our sauce techniques with the following sauces **Tomato:** we will be making Sausage and Peppers Cacciatore, **Hollandaise:** with Steamed Haricot Beans and Baked Eggs with Crispy Panetta. **Española**, with Fresh Crinkle Cut Pome de Terre Frites (French Fries)

## CAST IRON COMPLETE MEAL! *Hands On*

Instructor Jeannette Kreher

Thursday, November 10, 6-8:30 pm Amherst

Thursday, November 3, 6-8:30 pm West Seneca

**\$30 per person**

Learn to use your cast iron cookware to add iron into your diet naturally. See how you can make an entire meal in cast iron. I'll share some tricks and techniques to making the perfect cast iron meals. *Baked Brie with Honey Apricot Crostini, Pull Apart Herb and Garlic Rolls, Herbed Turkey Breast with Cranberry Chutney, All American Apple Pie*





## HOLIDAY PIES, TARTS AND GALETTES *Hands On*

Culinary Instructor Karen Gold

Friday, November 18, 6-8:30 pm Amherst

Thursday, November 10, 6-8:30 pm West Seneca

**\$30 per person**

Nothing beats a good piece of pie or a fancy tart or a savory Galette during the holidays! Join me as we explore the differences between a pie, tart or Galette as you make your own individual mini pie while learning the tricks to make a flaky crust using my Blue Ribbon Winning crust recipe! *Old Fashioned Double Crust Apple Pie, Fresh Fruit Berry Tarts with a Buttery Crust and Cream Cheese Filling, Gruyere Cheese, Onion and Potato Galette*

## SOUP FOR SUPPER *Hands On*

Culinary Instructor Susan Vernon

Friday, November 4, 6-8:30 pm Amherst

Friday, November 18, 6-8:30pm West Seneca

**\$30 per person**

With the cold weather comes the cravings for homemade soups. We will be whipping up Susan's favorites, from scratch recipes. Tuscan Bean Soup with Escarole, Cheesy Potato Leek, Tomato Orzo. All soups will be accompanied with Chef Salad and Crostini

## AUTHENTIC ITALIAN, JUST LIKE MY MADRE MAKES!

*Hands On*

Culinary Instructor Susan Vernon

Wednesday, November 16, 6-8:30 pm Amherst

Wednesday, November 9, 6-8:30pm West Seneca

**\$30 per person**

Susan is inviting you to her Italian table. She has created these recipes while reflecting back to her childhood where authentic Italian was enjoyed by all. Mangia! *Shaved Fennel Salad with Blood Oranges and Asiago, Meat Lasagna with Homemade Ragu and Homemade Lasagna Noodles, Sfinge (an Italian Donut)*

## POLISH PIEROGIS FOR CHRISTMAS *Hands On*

Culinary Instructor Karen Gold

PLEASE CHOOSE 1 DATE when registering

Thursday, Dec. 15, **OR** Friday, Dec. 16, 6-8:30 pm Amherst

Thursday, Dec. 8, **OR** Friday, Dec. 9, 6-8:30 pm West Seneca

**\$30 per person**

In this class you will learn the best dough and techniques I have developed over the years of pierogi making with my family. You will learn how to make a tender dough and the tricks of boiling and frying! *Pierogi Fillings will be: Farmers Cheese, Sauerkraut/Mushroom/Onion and Apple Cinnamon, served with Sausage, Applesauce and Sour Cream*

## HOME FOR THE HOLIDAYS *Hands On*

Culinary Instructor Susan Vernon

Friday, December 2, 6-8:30 pm Amherst

Monday, December 5, 6-8:30pm West Seneca

**\$30 per person**

You may be hosting Christmas dinner this year and are wondering what I can make. Well, let's change things up and show off our culinary skills. *Sugar Snap Peas with Ginger Butter and Fresh Citrus, Spiced Rubbed Ham with Apple-Maple Sauce, Cheesy Mashed Potato Pots, Pumpkin Trifle with Candied Pecans, Gingsnaps and Whipped Cream*



# Meet Our Chefs & Instructors

## REGIONAL COOKING SCHOOL MANAGER GRACE HANUSIN

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

## CULINARY & KIDS INSTRUCTOR KAREN GOLD

Karen was 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. 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 special need groups 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 she writes the kids kitchen menus, which showcases her creativity. Judy has semi-retired, and no longer will teach the Little Chef classes in Amherst. We will miss her!

## 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.

## KIDS INSTRUCTOR CAMILLE SUSZEK

Camille is our new Little Chef Instructor for the Amherst Cooking School. She also has been an assistant in West Seneca for the past 1 ½ years. Her love and patience for this age group makes her a perfect candidate for this position. We welcome her to Amherst Cooking School!

## 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.





# 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.

## Coupons

A maximum of 6 coupons are allowed per party/person per year. You MUST tell us that you have a coupon AT THE TIME OF REGISTRATION, so we can register you and charge your card accordingly which is 2 business days before the class. You must pay by credit card if you have a coupon for the adult classes, and the coupon must be brought in the day of the class, in order to get the discount. Thank you for your cooperation.

## Register Early!

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

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



## 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.





the  
cooking school  
presented by **Tops**

*Featured Events*



# Gingerbread House Celebration!

HANDS-ON | AGES 7 & UP  
CULINARY INSTRUCTOR JUDY HANDZLIK

**SEE INSIDE PAGE 2 FOR DETAILS!**



**Looking for a holiday gift for the person who has everything?**

Purchase gift certificates from the cooking school where you choose the price, they choose the classes!

***With each \$100 you spend, get a FREE \$25 certificate for yourself!***



**Do you have teaching experience with children?**  
**Do you love to cook with kids?**  
**Do you have an outgoing personality?**

Tops Cooking School is currently looking to hire a kids Instructor for all classes and camps during school breaks. This includes Christmas and Spring break camps and Summer camps. This part time position is perfect for Home & Career teachers who are looking for a fulfilling way to make extra money during school breaks.

Please call Grace Hanusin, at 515-2000 immediately for more information.



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