

IN THIS ISSUE: SUMMER CAMP PREVIEW | NATURAL FOODS DEPARTMENT TOUR



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

April, May, June 2013



ROCHESTER 3507 Mt. Read Boulevard, 585-663-5449
TOPS COOKING SCHOOL ONLINE TopsMarkets.com > Departments > The Cooking School



Manager's Message



Whew! Is it just me or did it feel like a **long winter** this year? I can't wait to see the leaves on the trees again, the grass turning green again, and the lilac bush in my yard blooming again. Yes, Spring is here, and Summer is on the way! Here at The Cooking School, we are shaking off the winter comfort foods and looking forward to the lighter fare that accompanies the warmer weather. As you browse the brochure, notice how our class subjects reflect this change.

As far as what's new, we have a couple of new subjects like cooking with cast-iron cookware, cooking for college students, and a basic series for new cooks. We continue to offer our customers the subjects they want like cooking for diabetes, quick meals with few ingredients, vegetarian meals, and various ways to entertain. For the kids, we recognize all the holidays and even manage to focus on some learning as they cook. As usual, we have too much to mention here, so start turning the pages and see it for yourself.

One more thought, in case you haven't already noticed, please keep an eye out for us at your local libraries. We continue to offer quite a few demonstration classes around Monroe County at town libraries for adults and kids of all ages. They are fun, informative, and the best part...they are FREE.

Happy Spring, and we can't wait for you to visit because "you always get our best, here at the TCS."

Elizabeth Bauld

Rochester Cooking School Manager



Kids' Kitchen PAGE 2

Moms and Dads, check out how we can help your child give you a memorable Mother's Day and Father's Day by letting them actually cook a meal for you! We also have a Spring Break Camp for all ages of children to help them pass the time of vacation, and looking forward, we even have our Summer Camp Preview, because believe it or not, it is right around the corner. Check it out and plan ahead.



Adult Classes PAGE 4

In addition to our regular class offerings of demonstration and hands-on classes, this quarter we are offering two classes on Saturday mornings. These classes will help educate you about two different areas of the store that you may be unfamiliar with; Natural Foods and Captain's Choice seafood. You will not only enjoy the class and sample the recipes, but you will also take a trip to the actual department, learn some more information, and have the opportunity to ask questions, all at a reduced price! Come check them out.

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 while you do some stress-free grocery shopping, or you can stay and watch the fun. You choose whatever you and your child are most comfortable with.

SPRING TEA PARTY

Instructor "Miss Amie" Liming
Saturday, April 13, 10 AM-12 PM

\$12

What a fabulous way to celebrate this season of flowers blooming and the weather getting warmer. Bring your favorite doll or stuffed animal, and after you make some yummy food, everyone will sit down for a fancy tea party. Pinkies up!
Cucumber Sandwich, Dragonfly Pretzels, Fancy Fruit Tarts, Cheesy Biscuits, Cotton Candy Cupcakes, Sparkling Punch

"MOUSETRONAUT"

Instructor "Miss Ilene" Stella
Saturday, April 27, 10 AM-12 PM

\$12

The story "Mousetronaut," by Astronaut Mark Kelly, tells the story of a very small mouse who wants very big things, which include traveling to outer space. Join us as we read how he gets his wish! Before we read, we will make some yummy favorites that are sure to send our taste buds "out of this world."
Mouse's Favorite Grilled Cheese (of course), Rocket Ship Fruit and Veggie Salad, Starry Nights Jell-O Snacks, "Space Dots" (Frozen Yogurt Dots)

MOMMY AND ME; TEA FOR TWO (OR MORE)

Instructor "Miss Natalie" Valente
Saturday, May 11, 10 AM-12 PM

\$12

Calling all Mommies! Have your special little one prepare a meal just for you! While you're out shopping, your child will learn how to cook up some delicious foods. Then, when you come back, enjoy some special mommy and me time with a fabulous lunch.
Raspberry Cream Muffins, Lovely Waffle Triangles, Hint of Kisses Fruit Salad, Pink Velvet Cupcakes, Sweet Tea

ABC'S OF BEGINNER COOKING

Instructor "Miss Amie" Liming
Saturday, May 18, 10 AM-12 PM

\$12

Everyone has to start somewhere. If your Little Chef has always enjoyed helping you in the kitchen, bring them this morning and let Miss Amie show them how to safely and cleanly work in the kitchen with you while they prepare some awesome treats.
ABC soup, Best Fudge Brownies, Cheesy Calzones, Delicious Smoothies, Elephant Snack Mix

BEACH DAY

Instructor "Miss Ilene" Stella
Saturday, June 1, 10 AM-12 PM

\$12

Do you hear that "roar"? It's the roar of the mighty ocean...and it's calling us to enjoy "Beach Day" by Karen Rosa. Join us as we read this delightful book and make four fun, beach-inspired recipes!
Captain's Chicken Fingers, Deviled Eggs, "At the Beach" Jell-O Cups, Sunny Lemonade

FATHER'S DAY FEAST

Instructor "Miss Amie" Liming
Saturday, June 15, 10 AM-12 PM

\$12

If you made breakfast in bed for Mom on Mother's Day this year, don't leave out Dad on his day. Come this morning and help make a fabulous feast, then have Dad come back and pick you up early so he can enjoy the meal you made.
Father's Favorite Cheeseburger Sliders, Loaded Potato Bake, Chocolate Milkshakes, Rocky Road Cookie Pizza, Dad's Favorite Salad

INDEPENDENCE DAY CELEBRATION

Instructor "Miss Lisa" Dillon
Saturday, June 22, 10 AM-12 PM

\$12

Red, white, and blue are the colors of this patriotic holiday. So in honor of July 4th coming up, Miss Lisa will help you make some fantastic foods in these colors that celebrate the USA.
Come be surprised and delighted with the variety of treats!



JUNIOR CHEFS AGES 8-15



SPRING TRAINING

Instructor "Miss Natalie" Valente
Friday, April 12, 6-8 PM

\$15

Baseball is in the air this time of year as all the MLB teams head south to get ready for their season. In honor of this all-American sport, Miss Natalie will have you make some of your favorite ballpark foods. *Corn Dogs, French Fries, Nachos, Cracker Jacks, Cotton Candy, Grand Slam Sundaes*

CUPCAKE WARS

Instructor "Miss Therese" Bertrand
Friday, April 26, 6-8 PM

\$15

Join us for a night of our own cupcake wars! We will bake, create, and design our own masterpieces. Unleash your creativity with our surprise themes and contests. Learn how to decorate with icing decorations, fondant, and glitters. Let the wars begin!!! *Silky Red Velvet, Peanut Butter Passion, Marble Madness, Flower Power, Nesting Baby Bird Cupcakes and Molten Lava Cupcakes*

BIEBER FEVER

Instructor "Miss Therese" Bertrand
Friday, May 10, 6-8 PM

\$15

Do you suffer from this "ailment": Bieber Fever? If so, you will want to come to this cooking class as Miss Therese will guide you in making Justin's favorite foods. You will also be able to listen to his music while cooking, and then while you're eating, Bieber-trivia will be played...with prizes, of course! *Spaghetti Bolognese & Pizza from Scratch (his favorite foods), Purple (his favorite color) Potatoes, Justin's Jamba Mamba Smoothie, Favorite Crush Cupcakes*

ANGRY BIRD SPRING FLING

Instructor "Miss Ilene" Stella
Friday, May 17, 6-8 PM

\$15

Some call it a game, others call it an obsession, but everyone calls it FUN! Join us as we celebrate the fun and make a nest full of Angry Bird-themed recipes. Since no party is complete without games, we will be playing a round or two of Angry Bird Bingo (with prizes, of course). *Angry Bird Mini Sandwiches, Evil Pigs Deviled Eggs, Red, Yellow, and Bluebird Salad, Angry Bird Cupcakes*

THE HOBBIT

Instructor "Miss Lisa" Dillon
Friday, May 31, 6-8 PM

\$15

Inspired by the book and recent movie, tonight you will be making some English food loved by the Hobbits of the Shire. *Bilbo's Seed Cake, Pickles for Gandalf, Meat Pies, Fruit Tarts, Scones and Jam, English Tea*

FATHER'S DAY

Instructor "Miss Natalie" Valente
Friday, June 7, 6-8 PM

\$15

Come tonight and make it a special night for you and your Dad. You will prepare a meal fit for a king. What a great way to say Happy Father's Day. *Roast Beef with Gravy & Mashed Potato "Sundae," Italian-Style Broccoli, Cheesecake Brownies and Dad's Favorite Chocolate Chip Cookies*

SUSHI MAKING

Instructor Larry Bauld
Saturday, June 8, 2-4 PM

\$20

Do you have a kid who loves sushi? Let them come this afternoon and learn how to make it themselves, from making the rice to rolling it. They will be able to take home their own mats to continue making sushi at home. *Variety of California Rolls (no raw seafood)*

ONE DIRECTION DELIRIUM

Instructor "Miss Therese" Bertrand
Friday, June 21, 6-8 PM

\$15

Do you suffer from this delirium? If so, you will want to come to this cooking class as Miss Therese will help you prepare some of the band members' favorite foods. You will also be able to listen to their music while cooking, and then while you're eating, One Direction trivia will be played...with prizes, of course! *Liam's Favorite Cake, Louis's Microphone Cupcakes, Harry's Sweet Corn, Niall's Pizza, Zayn's Chicken*



Adult Classes



HANDS-ON



DAYTIME



DISCOVER YOUR HEALTH

Classes without any symbols are demonstration classes.

NuVal® SERIES: GRILL FRESH

Chef Therese Bertrand
Monday, April 8, 11 AM-1 PM
Special Price of \$15

We continue this wonderful series that educates you, the consumer, on the program that you see on signs throughout TOPS stores to help you make healthier choices when you are shopping.

Tropical Fruit Salad, Grilled Chicken with Shitake Mushroom Vinaigrette and more...

HEART-HEALTHY CASSEROLES AND EATING OUT

Certified Dietary Educator and Registered Dietitian Anne Marie Egan
Tuesday, April 9, 7-9 PM
\$25

Tonight, Anne Marie will show you how to make some easy heart-healthy casseroles. While things are cooking, she will also discuss going out to eat the heart-healthy way.

Chicken Enchilada Casserole, Chicken Divan, Shepherd's Pie, Cavatelli with Spinach, Beans and Asiago



HANDS-ON POLYNESIAN COOKING

Personal Chef Ellen Adams
Wednesday, April 10, 7-9 PM
\$25

Let's do some island cooking, Hawaiian style! You will be transported to a place where tropical breezes and ukulele music are in the air. Join us tonight to try something incredibly different and fabulously tasty.

Brie Wontons with Pineapple Marmalade, Pineapple Fried Rice, Macadamia Nut Chicken with Mango Dipping Sauce, Hawaiian Mac Salad, Coconut Cookies



HANDS-ON DINING "DOWNTON"

Personal Chef Mary Beth Brinkerhoff
Thursday, April 11, 7-9 PM
\$25

Are you a superfan of Downton Abbey? Tonight we'll dine like the Earl and Countess of Grantham with some delicious recipes from Mrs. Patmore and Daisy. Be here before Carson rings the bell, for being late would be highly improper!

Canapes and Apple Ginger Sparklers, "Cream" of Asparagus Soup, Honey-Lemon Thyme Cornish Game Hens, Duchess Potatoes, Lemon Curd Mini Tarts



HANDS-ON COOKING WITH HERBS AND SPICES

Culinary Instructor Usha Shah
Monday, April 15, 7-9 PM
\$25

Cooking with herbs and spices has never been more popular. Besides adding a nice aroma, flavor, and visual appeal, herbs and spices make an excellent substitute for salt. Herbs and spices can add pizzazz to so many dishes. They also contain powerful vitamins, minerals, and antioxidants that can serve as medicine. Are you interested in knowing how to add enormous flavor to your favorite foods? Are you seeking to reduce the amount of calories and fat you consume? Or are you looking to reduce your intake of salt? Whatever your situation may be, come and learn the many benefits of cooking with herbs and spices.

Greek Tofu Salad, Sweet Potato Curry with Spinach and Chickpeas Served over Basmati Rice, Roasted Walnut Pesto Potatoes, Cucumber and Apple Raita



**NEW COOKS 101;
LEARNING THE BASICS**

Chef Barbara Gill, former owner of the Mulberry Mill and Thyme in the Garden
Tuesday, April 16, 7-9 PM

\$25

Chef Barb will be teaching how to safely use the kitchen; different uses for different kitchen equipment, including a Crock-Pot; recipes you can use to entertain in-laws or the “boss”; and meals you can make ahead. Tonight, you will learn two simple meals that you can make ahead.

Shepherd's Pie, Chicken a la King, Broccoli Salad, Pea Salad, Touch Down Brownies with Hot Fudge Sauce

SPECTACULAR SPRING SOUPS

Chef Therese Bertrand
Wednesday, April 17, 7-9 PM

\$25

Burst into spring with some delicious, bright soups that are hearty enough for dinner. Perfect for brunch and the kids' lunch boxes. Put it on the stove and forget it! Many are versatile, to be used in multiple ways, and can be frozen. So make them in bulk, and enjoy the harvest!

White Chicken Chili, French Onion, Chicken Escarole, Cream of Mushroom, Minestrone

♥ LOW-FAT 20-MINUTE MEALS

Culinary Instructor Natalie Valente
Thursday, April 18, 7-9 PM

\$25

Are you always in a rush? No time to cook savory, healthy meals? Then come to this 20-minute class, which will have you cooking up delicious, healthy, low-fat meals that will slim down your waistline AND save time off your clock! Sign up and learn how with these great recipes and tips.

Fettuccine with Mushrooms and Hazelnuts, Herb-Crusted Chicken and Parsley Orzo, Pork Tenderloin with Red and Yellow Peppers, Crab Cakes with Spicy Remoulade

☀️ LUNCH IN ROME

Personal Chef Ellen Adams
Friday, April 19, 11 AM-1 PM

\$20

Join us this afternoon for a special culinary treat—a trip to Rome without leaving your chair.

Black Olive Tapenade Crostini, Garlic Shrimp, Spaghetti with Fresh Tomato Sauce and Basil, Garlic Bread Knots

**☀️♥ EATING HEALTHIER WITH
NATURAL AND ORGANIC FOODS;
CLASS AND STORE TOUR**

Natural Foods and Seafood Specialist
Larry Bauld

Saturday, April 20, 11 AM-1 PM

Special price of \$15

In this introduction to eating smarter, Larry takes us down a new path with his experience in natural and organic foods. We will take a tour of the store's health food section and have a Q & A right in the department. Larry has some great recipes to try and will explain the difference between natural and organic, which will hopefully start you on the road to healthier eating.

Tokyo Five Grain, Fresh Mango Flax Smoothies, Organic Pasta with Bolognese Sauce

JUST GOTTA GRILL!!!

Culinary Instructor Ilene Stella
Monday, April 22, 7-9 PM

\$25

This class was inspired by Chef Emeril's new book, “Emeril at the Grill; A Cookbook for ALL Seasons.” We couldn't agree more; fire up that grill (indoor or out) for a burst of flavor regardless of the season!

Southwestern Turkey Sliders, Caribbean Pork Tenderloin with Grilled Pineapple Salsa, Grilled Vegetable and Goat Cheese Sandwich, Grilled Cauliflower with Roasted Shallot-Garlic Butter

CAST-IRON COOKING 101

Executive Chef Amie Liming
Tuesday, April 23, 7-9 PM

\$25

Learn how to care for and cook with cast-iron. Whether it is your grandmother's cast-iron fry pan that you acquired or the heavy cast-iron skillet that is taking up room in your cabinet, join us tonight to put these relics to good use and find out the many benefits of using cast iron cookware. It's not just for camping.

Apple Cranberry Puffed Pancake, Hawaiian Chicken, Cast-Iron Panini, Southern Combread, Yam Biscuits with a Kick

MEXICAN CUISINE

Chef Jeff Pollinger
Wednesday, April 24, 7-9 PM

\$25

Join us as we take a trip South of the Border with Chef Jeff as he teaches us the secret of fresh, delicious Mexican cuisine.

Beef Fajitas, Chicken Quesadillas, Fresh Salsa

**HANDS-ON GLUTEN-FREE
COMFORT FOODS**

Personal Chef Brenda Monahan
Thursday, April 25, 7-9 PM

\$25

Chef Brenda has personal experience cooking gluten free, and can share creative ideas on modifying recipes. In this hands-on class, we will make some comfort-food favorites, and you will taste how great these GF dishes can be!

Chicken French with Sherry-Lemon Sauce, Potato Gnocchi, Grab 'n Go Breakfast Bars, Cheddar Bacon Puffs, Farmers' Market Pizza

MOTHER'S DAY BRUNCH

Culinary Instructor Natalie Valente
Thursday, May 2, 7-9 PM

\$25

Mother's Day is a time to celebrate our beloved mothers and other important women in our lives. What better way to show your special lady that you love her than with a special home-cooked brunch? Your whole family will love these wonderful recipes anytime.

Puffy Pancakes with Nutty Banana Butterscotch, Ham & Scallion Brioche Bread Bake, Steak and Eggs with Creamy Mushroom Sauce, Blueberry Scones with Melted Peaches

**♥ SEAFOOD BASICS;
CLASS AND STORE TOUR**

Seafood and Natural Foods
Specialist Larry Bauld
Saturday, May 4, 11 AM-1 PM

Special price of \$15

Today we do something new and exciting. Larry is not just teaching us to cook, but taking us “out to sea” with a tour of the Captain's Choice area for a little Q & A and show & tell in the department.

Court Bouillon Shrimp, Pan-Seared Tilapia with Shallot-Thyme Butter, Maryland Crab Cakes with Fresh Remoulade Sauce

♥ HANDS-ON COOKING QUINOA

Culinary Instructor Usha Shah

Monday, May 6, 7-9 PM

\$25

Cultivated in the Andes for over 5,000 years, quinoa has been called the “mother grain” and “the gold of the Incas.” Today, the popularity of quinoa (pronounced KEEN-wah) is growing steadily as people discover its pleasant nutty taste and superfood qualities. As a complete protein source also high in iron, magnesium, and fiber, quinoa is not only one of our healthiest pantry staples, but also one that’s incredibly easy and quick to cook. From health stores to the mainstream, its high protein content and delicate texture have made it a popular substitute for starchier pasta and rice.

Sweet and Crunchy Quinoa Salad, Black Bean, Sweet Potato, and Quinoa Chili, Quinoa Stuffed Acorn Squash, Cranberry and Cilantro Quinoa Salad



♥ DIABETIC DESSERTS

Certified Dietary Educator and Registered

Dietitian Anne Marie Egan

Tuesday, May 7, 7-9 PM

\$25

Does having diabetes mean that I have to give up all sugar? What if I love sweets but want to lose weight? Tonight Anne Marie will prepare some dessert recipes that are lower in sugar and fat than most traditional recipes. Anne Marie will discuss the role of sugar and carbohydrates in blood glucose control and the use of sugar substitutes.

Fresh Strawberry Cake, Banana Pudding, Triple Berry Trifle, Black Bottom Cheesecake Cups



PICNICKING; THE ULTIMATE PORTABLE FEAST

Personal Chef Mary Beth Brinkerhoff

Wednesday, May 8, 7-9 PM

\$25

Picnics are more than just hot dogs and potato salad. Whether you are planning a romantic picnic or joining friends at the beach or an outdoor concert this summer, this inspired menu will be memorable! Pack your basket with:

Chilled Melon and Mint Soup, Roasted Vegetable Tarts, Mason Jar Greek Salad, Ricotta, Nut, and Honey Cheese with Fresh Soup, Thyme Lemonade, French Angel Cake with Berries

REGAL FARE FOR YOUR OWN QUEEN MOTHER

Chef Therese Bertrand

Thursday, May 9, 7-9 PM

\$25

Come in and relax while you are treated like royalty watching how to prepare regal fare—food fit for queens and kings, yet easy to prepare. You get to sample everything too! Then go home and make a feast for mom on Mother’s Day. She will feel like a queen! This class sold out last time so sign up early!

Beef Barley Soup, Individual Beef Wellington, Asiago Orzo, Lemon Asparagus, Fruit Tart

DELICIOUS DISNEY DELICACIES

Personal Chef Ellen Adams

Monday, May 13, 7-9 PM

\$25

Calling all Disney fans! You will definitely want to join us tonight as Chef Ellen cooks with Mickey and Minnie with recipes featured at Disney World restaurants. Get a taste of Disney without having to hop on a plane or wait in any lines!

Crab and Roasted Corn Quesadillas (from the Hollywood Brown Derby), Canadian Cheddar Cheese Soup (from Le Cellier), Mom’s Meatloaf (from the ‘50s Prime Time Café), Cabernet Whipped Potatoes (from Epcot catering)



 **HANDS-ON LIGHT DESSERTS**

Executive Chef Amie Liming

Tuesday, May 14, 7-9 PM

\$25

Do you know how sometimes you want something sweet after a big meal but you don't want anything too heavy? Well, desserts can be light but still taste and feel indulgent. Come and learn how to bake light and taste some great desserts.

Chocolate Espresso Pudding, Strawberry-Blueberry Compote in Red Wine Syrup, Cranberry Apple Crumble, Cream Cheese Brownies, Lemon Honey Drop Cookies

 **LUNCH IN MEXICO**

Personal Chef Ellen Adams

Wednesday, May 15, 11 AM-1 PM

\$20

Join us this afternoon for a special culinary treat—a trip to Mexico without leaving your chair.

Fresh Guacamole with Tortilla Chips, Creamy Tex-Mex Chicken Enchiladas with Rice, Dulce de Leche Cake

COOKING FOR ONE OR TWO

Personal Chef Brenda Monahan

Thursday, May 16, 7-9 PM

\$25

No matter how old you are, it is not always easy to cook for only one or two people if you were previously used to cooking for more. As a mom of grown children, Chef Brenda has become adept at cooking smaller meals that are still just as hearty, healthy, and full of flavor as bigger meals.

Chicken Tikka Masala for Two, Pork Tacos with Mango Salsa, Lemon Shrimp Ravioli, Turkey Stuffed Peppers with Quinoa, Rise and Shine Breakfast Muffins

CROWD-PLEASING DESSERTS

Culinary Instructor Ilene Stella

Monday, May 20, 7-9 PM

\$25

Why bring the same old chocolate chip cookies or lemon bars to your next potluck dinner or bake sale? Try these new, surefire desserts that you will be proud to serve again and again. Be ready to share your recipes with everyone who tries your baked goods!

Easy Checkerboard Cake (no complicated pans needed), Black and White Cookies, Peanut Butter Cup "Brookies" (combination of brownies and cookies), Sour Cream Tea Bread, Lemon Ricotta Muffins, Chocolate Truffles

NEW COOKS 101;**KICKING IT UP A NOTCH**

Chef Barbara Gill, former owner of the Mulberry Mill and Thyme in the Garden Tuesday, May 21, 7-9 PM

\$25

Chef Barb will be teaching how to safely use the kitchen; different uses for different kitchen equipment, including a Crock-Pot; recipes you can use to entertain in-laws or the "boss"; and meals you can make ahead. Tonight, you will learn how to make soups and roast vegetables; perfect for entertaining the family.

Tuscan Potato and Sausage Soup, Spring Salad with Feta, Beef Burgundy, Chicken Marsala, Roasted Green Beans, Lemon Delight Dessert Cake

 **HANDS-ON SUSHI MAKING**

Chef Jeff Pollinger

Wednesday, May 22, 7-9 PM

\$25

Join our newest Seafood expert as he takes you on a fabulous journey on how to make your very own sushi.

California Roll, Philadelphia Roll, Preparation of the Sushi Rice, Preparing the Wasabi, Deep Fried Bean Thread Noodles (for garnish)

 **NuVal® SERIES:****GRILL FIT WITH ASIAN FLAIR**

Chef Therese Bertrand

Friday, May 24, 11 AM-1 PM

Special Price of \$15

We continue this wonderful series that educates you, the consumer, on the program that you see on signs throughout TOPS stores to help you make healthier choices when you are shopping.

Korean Skirt Steak, Grilled Tofu, Chicken Pad Thai and more...

DINNER WITH FIVE INGREDIENTS OR LESS

Personal Chef Mary Beth Brinkerhoff

Monday, June 3, 7-9 PM

\$25

Cooking a great meal doesn't have to be complicated or fussy. Tonight we'll make a delicious four-course dinner, and none of the recipes require more than five ingredients!

Roasted Red Pepper Involtini, Tuscan Grilled Chicken, Sausage and Sage Skewers, Polenta and Goat Cheese Salad with Arugula, Lemon Orzotto, French Angel Cake with Berries



**NEW COOKS 101;
TRYING A TOUCH OF GOURMET**

Chef Barbara Gill, former owner of the Mulberry Mill and Thyme in the Garden
Tuesday, June 4, 7-9 PM

\$25

Chef Barb will be teaching how to safely use the kitchen; different uses for different kitchen equipment, including a Crock-Pot; recipes you can use to entertain in-laws or the “boss”; and meals you can make ahead. Tonight, you will learn easy appetizers, grilling outside, and summer desserts.

Appetizer Veggie Pizza Slices, Cheese Platter with Fresh Fruit, Southwest Corn Salsa & Chips, Grilled Pork Tenderloin with Rosemary Roasted Potatoes, Skewered Shrimp and Roasted Vegetables, Fresh Strawberry Pie

SEAFOOD EXTRAORDINAIRE

Chef Jeff Pollinger
Wednesday, June 5, 7-9 PM

\$25

Jeff spent a lot of time in the Pacific Northwest, where he developed his fondness for fresh seafood. Come tonight and let him show you how to combine fresh seafood and vegetables into some incredible dishes that will have you begging for more!

Seafood Brodetto (Stew made with tilapia, bay scallops, shrimp, mushrooms, and spinach), Seafood Alfredo (with bay scallops and shrimp), White Fish with Vegetables en Papillote

HANDS-ON COOKING FOR TWO

Personal Chef Ellen Adams
Monday, June 10, 7-9 PM

\$25

It's not always easy cooking for two people without having a ton of leftovers. Tonight, we will be featuring easy recipes that are perfect for a couple. Sound too good to be true? Come see how it's done. *Bruschetta, Orange and Red Onion Salad, BLT Pasta, Broccoli with Feta and Mint, Caramel Apples on Puff Pastry*

LUSCIOUS LEMONS

Executive Chef Amie Liming
Tuesday, June 11, 7-9 PM

\$25

When you think of lemons, don't you just want to pucker up? Lemons are packed with vitamin C and lots of distinctive flavor. Join us tonight to learn about this lovely citrus fruit and how you can make more than just lemonade out of your lemons!

Chicken with Basil and Artichoke Sauce, Lemon Ricotta Cookies, Lemon Curds, Wilted Spinach Salad with Lemon Vinaigrette, Lemon-Raspberry Spritzers

LUNCH IN BOSTON

Personal Chef Ellen Adams
Wednesday, June 12, 11 AM-1 PM

\$20

Join us this afternoon for a special culinary treat—a trip to Boston without leaving your chair.

Clam Chowdah, Turkey, Cheddar, and Apple Paninis, Whoopie Pies

SUPER CHEAP SUPERFOODS RECIPES

Personal Chef Brenda Monahan
Thursday, June 13, 7-9 PM

\$25

If you've been looking for ways to stretch your grocery budget without filling up on cheap, empty calories, this class is for you. What if you focused your shopping and menu planning on foods that have the highest nutrients? Chef Brenda has created a monthly menu template of cost-effective and yummy superfood dishes that are good for both your wallet and body. With a list and a plan, it's possible to eat healthfully without blowing your budget.

Fruity Porridge (Bircher Muesli), Lentil Mushroom Shepherdess Pie with Sweet Potatoes, Baked Potato Latkes with Salmon, Garden Turkey Meatballs, Even Healthier Brownies with Walnuts

COOKING FOR COLLEGE, PART 1: EGGS

Culinary Instructor Ilene Stella
Monday, June 17, 7-9 PM

\$25

Are you heading off to college for the first time? Are you wondering how you are going to cook without a full kitchen and still eat well on a budget? Well, come to class tonight and let Ilene show you some ideas on how to accomplish this. In Part 1 of this new series, she will focus on eggs, which are a quick, easy, economical, low-fat protein. *Omelet, Crepes, Quiche, Frittata*



♥ **OVERALL HEALTHIER SUMMER RECIPES;
FOCUSING ON HYPERTENSION**

Certified Dietary Educator and Registered Dietitian Anne Marie Egan
Tuesday, June 18, 7-9 PM

\$25

Summer is almost here, and it is time to pull some warmer weather recipes out of your file. This summer try to please your family members and friends with warm-weather recipes that look good, taste good, and are good for you. Anne Marie is going to prepare some recipes that are low in fat and sodium. She will discuss the DASH guidelines for high blood pressure.

Shrimp and Mango Salad, Strawberry Parfait Pie, Chicken Salad in a Whole Grain Wrap, Creole Potato Salad with Asparagus

✋ **HANDS-ON INTERNATIONAL APPETIZERS**

Chef Therese Bertrand
Wednesday, June 19, 7-9 PM

\$25

Bite-size delights from around the globe—these are all perfect for an outdoor get-together or a game night at home. Bring them to your next potluck party, and they will be the hit of the night! Travel the globe without ever leaving home! Unique and delicious, just what the doctor ordered!

Chicken Satay with Peanut Sauce, Southwestern Spring Rolls, Goat Cheese Tartlet, Fresh Homemade Guacamole, Spanakopita, Mango Coconut Water Smoothie

PEACHES

Culinary Instructor Natalie Valente
Thursday, June 20, 7-9 PM

\$25

Bring on the summer with a refreshing cooking class that is all about peaches! This sweet, yet savory, full-course meal will have you enjoying the fruits of your labor. These recipes are sure to please.

Sparkling Rosemary Peach Cocktails, Golden Peach Soup with Shrimp, Grilled Chicken with Peach and Pepper Salsa, Peach, Plum, and Apricot Crisp

♥✋ **HANDS-ON HEALTHY, CREATIVE VEGETARIAN SALADS**

Culinary Instructor Usha Shah
Monday, June 24, 7-9 PM

\$25

A salad can be a delicious, creative, healthy, substantial, filling, smile-inducing meal. Fiber, vitamins, minerals, phytochemicals, and plenty of flavor make salads one of the healthiest and most delicious meal options out there. The ingredients for a good salad include contrasting flavors and textures (crunchy, smooth, acidic, sweet): Beans, leafy greens, nuts, seeds, grains, raw veggies, cooked veggies, fruit, and herbs can be a wonderful addition to any salad. Another component would be accent protein ingredients like tempeh/seitan/tofu.

Mango and Bean Salad, Cranberry and Pine Nut Quinoa Salad, Spicy Thai Seitan Salad, Green Papaya Salad

☀️♥ **NuVal® SERIES: GRILL FIT INTERNATIONAL**

Chef Therese Bertrand
Tuesday, June 25, 11 AM-1 PM

Special Price of \$15

We continue this wonderful series that educates you, the consumer, on the program that you see on signs throughout TOPS stores to help you make healthier choices when you are shopping.

Tandoori Chicken with Grilled Tomato Jam and Yogurt, Grilled Eggplant Salad and more...



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: _____

Payment Code	Class Name	Date	Time	Price
Cashier please use PLU 17100				

SCHOOL BREAK COOKING DAY CAMPS

Join us at our Cooking Day Camps while you are out of school for each of these weeks. Come to one day or to all five. Bring a friend or make a new one. Whatever you do, come and have a great time cooking and eating.

AGES 4-8 AND AGES 8-15

\$25 per child/per day of camp, \$45 per child for any 2 days of camp, \$100 per child for all 5 days

SPRING BREAK

Let's go on Spring Break to some popular locations this week. We are hitting up some warm places and some fabulous food without leaving the comfort of The Cooking School.

KEY WEST, FLORIDA

Monday, April 1, 10 AM-1 PM

Key West Chicken with Pink Cole Slaw, Key West Penne, Mango Mousse, Key West Pasta Salad, Mini Key Lime Pies

MYRTLE BEACH, SOUTH CAROLINA

Tuesday, April 2, 2-5 PM

"Beach" Stroganoff, Hush Puppies, Onion Rings, Red Velvet Sandwich Cookies, Southern Pecan Cookie Cups

CANCUN, MEXICO

Wednesday, April 3, 10 AM-1 PM

Chicken Enchiladas, Taco Pizza, Zesty Spanish Rice, Popcorn Nachos, Easy Mexican Hot Chocolate

HAWAII

Thursday, April 4, 2-5 PM

Hawaiian Lemonade, Island Cakes, Layered Luau Pops, Tropical Fruit Kebabs, Ham and Pineapple Kebabs, Macadamia Encrusted Chicken Fingers, Polynesian Rice

PUERTO RICO

Friday, April 5, 10 AM-1 PM

Came Guisada (Beef Stew), Puerto Rican Meat Patties with Rice, Tostones, Budin (Bread Pudding), Pina Colada Sorbet

SUMMER BREAK COOKING CAMP PREVIEW

Parents, do you have a child who watches the Food Network? Does your child always run toward the kitchen to help out when you're making dinner instead of away from it? Do they talk about being a chef when they grow up? If so, then this is the place for them this summer!

Check out the preview of what we will have for your child at Summer Camps this year. Full menus will be in the next brochure, which will be available in-store and online June 1st.

Little Chef (Ages 4-8): \$80 per child for the week

Junior Chef (Ages 8-11 and 12-teen): \$120 per child for the week

Aspiring Chef (Ages 10-teen): \$120 per child for the week

WEEK	TIME	AGE	THEME
July 8-11	3-5 PM	Little	The Culinary Kingdom
Calling all Princes & Princesses for a week of Royal feasts.			
July 15-18	2-5 PM	Junior	Let's Go to the Fair!
Your favorite Carnival foods without all the rides to make you dizzy!			
July 22-25	2-5 PM	Junior	Christmas in July
Why enjoy the food from this holiday only once a year?!			
July 29-Aug. 1	2-5 PM	Aspiring	Restaurant Favorites
Save a trip to the restaurant, save the money, and still eat your favorites!			
Aug. 5-8	10 AM-12 PM	Little	Super Hero Celebration
Your super powers will come in handy this week as we cook.			
Aug. 12-15	10 AM-1 PM	Junior	Food Network Stars
All the best food from all the Food Network's best chefs!			
Aug. 19-22	10 AM-1 PM	Aspiring	Cooking/Baking 101
Come here to learn the culinary basics needed for a lifetime of cooking.			
Aug. 19-22	2-5 PM	Junior	Soccer Snacks
If soccer is your sport, come make food to energize you while playing.			
Aug. 26-30	10 AM-12 PM	Little	Teddy Bear Tea Party
Bring your favorite doll or teddy, and join us for a delicious, daily tea party.			
Aug. 26-30	2-5 PM	Aspiring	Cupcake Wars
You can't imagine the fun we'll have with cupcakes this week!			



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.

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!

