



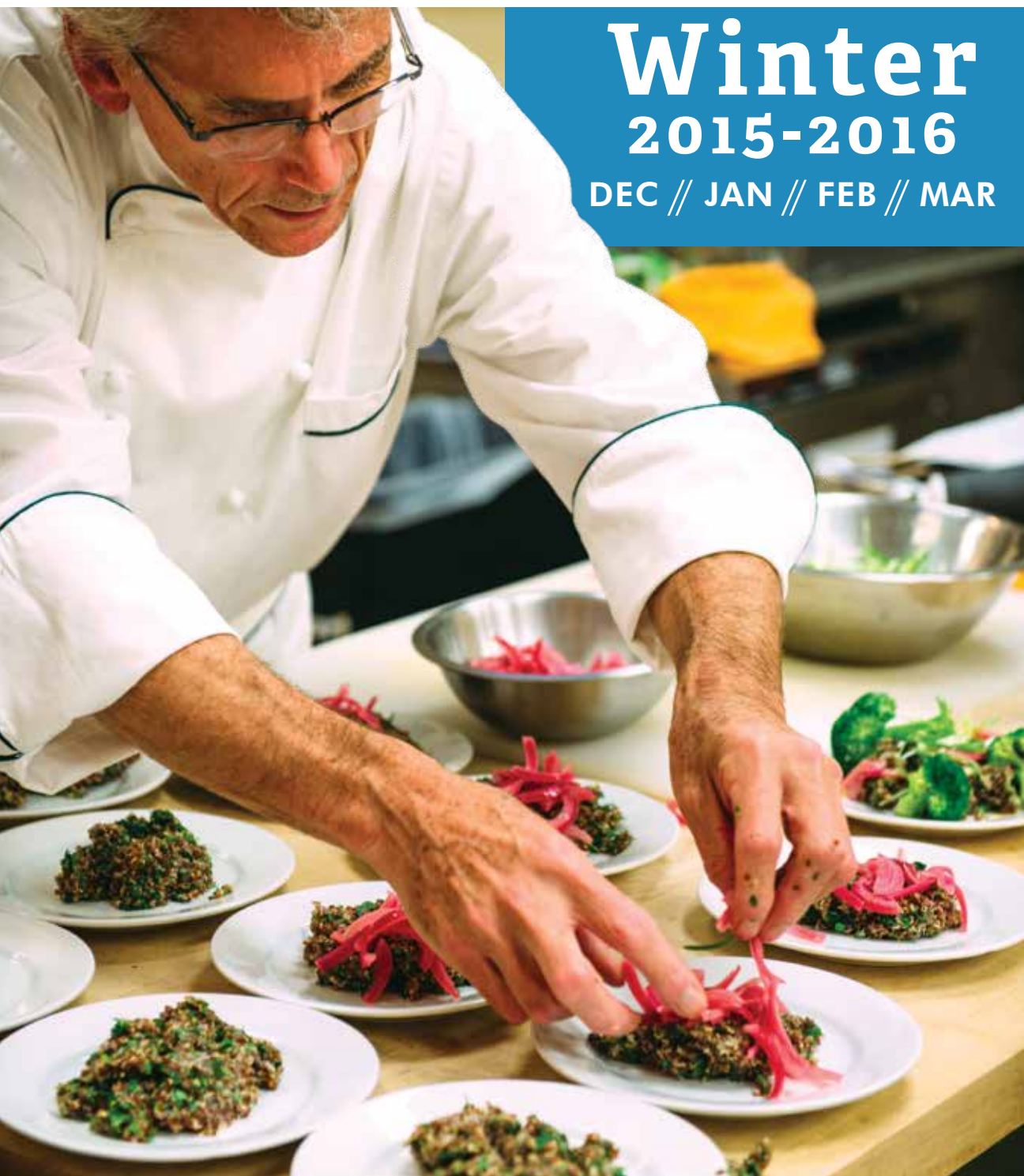
North Coast Co-op

Community Kitchens

Class and Workshop Schedule

Winter
2015-2016

DEC // JAN // FEB // MAR



Welcome to Our Community Kitchens



From left: Kiya, Jolie, Ellie

Greetings!

For those that don't know me or recognize my name, let me introduce myself. Hello, my name is Jolie Harvey and I am the Outreach Coordinator for the North Coast Co-op. Maybe you've seen me in a cooking class, at a Co-op event or handing out food samples on the sales floor. I have worked for the North Coast Co-op for nearly 6 years now. In the beginning I was hired as the Kitchen Assistant, I then became the Outreach Assistant and now I am the Outreach Coordinator.

In my free time I enjoy exploring the great Humboldt County and beyond, doting over our three laying hens, cooking and baking and spending quality time with my partner Drew and our friends. I love the sense of community that the Co-op has created and I truly cherish all of the wonderful memories that have come from it.

I am happy to announce that Elysia (Ellie) Christensen has been promoted from Event Clerk to Outreach Assistant. Ellie has worked for the North Coast Co-op for almost a year now and has far exceeded our expectations. She's a true gem! Last but not least is Kiya Villarreal, the Arcata Event Clerk. Kiya has been invaluable to our department over the last year. In addition to working for the Co-op, Kiya is a full-time student at HSU.

One of our goals going forward in the New Year is to find a good balance between all that Outreach entails – cooking classes, events and demos. Thank you for being patient while we formulate our plan and reach our goals. We look forward to seeing you all in the New Year! If you have any questions, concerns or just want to talk, feel free to contact me at (707) 443-6027 x102 or at jolieharvey@northcoast.coop.

**on the cover: Chef Jon Hoeschen*



Co-op members receive a *20% discount* on all Cooking Classes & Workshops.

Register for a Class or Workshop

Please note that pre-registration and payment are required for all classes and workshops. See our Cancellation Policy on back cover.

Register online: Go to our website: www.northcoast.coop. On the home page, click on store features at the top, scroll down and click on “view classes and register”. This will take you to the calendar of cooking classes and workshops. Click on the name of the class you’re interested in, on the calendar, to bring up class descriptions and to see openings. If you would like to register for a class or workshop, press the “add to cart” button located to the right of the class description.

At this point you’ll see a field to enter a “gift certificate, coupon, or voucher code.” *This is where you’ll enter your membership information to receive your 20% discount.* Enter your first and last name with your member number. Example: janedoe12345 (with no spaces). Your name must be as it is on your Co-op membership. If you are unsure of how your name appears on your membership, contact our Membership Coordinator. After your information has been entered into the field, press the apply button to see your discount reflected. You can then keep shopping or proceed to checkout. Once there, first time users will need to set up a Community Kitchen login and returning users will need to sign in. Payment and registration confirmation can then be made.

Register by phone at (707) 443-6027 ext. 102. If asked to leave a message, please include your class request(s), phone number and member number, if applicable. Your call will be returned.

Register at Customer Service in either store location. Use your member number, if applicable, to receive your 20% discount.

Classes are Held in Our Co-op Community Kitchens

In Eureka: 25 4th St. • In Arcata: 971 8th St.

3-8

Eureka Classes

13-14

Class Calendars

9-11

Arcata Classes

15

Cancellation Policy



Eureka Classes & Workshops

Eureka Community Kitchen inside of our store at 25 4th St.

For registration information, see p. 2

Tues., December 8 from 6:00 to 8:30pm

North Coast Classics

Chef Alex Begovic \$45 🍷

Let's celebrate the winter months with a meal that is sure to please. The evening begins with a Carrot and Beet Soup with Dill Sour Cream. A Wild Mushroom Salad with Bacon, Frisée, and Croutons complements a Warm White Balsamic Vinaigrette. Enjoy the Tart à L' Onion and Fromage, Caramelized Onion Tart as it comes from the warm oven. And the Cranberry Soufflé with Ginger Crème Anglaise ties the whole meal together.

Wed., December 9 from 6:00 to 8:30pm

Traditional Holiday Favorites in Italy

Chef Michael Maschmeier \$45 🍷

Chef Michael shares some of his favorite traditional Italian holiday dishes. We begin the night with a savory Prosciutto, Potato, Emmental, Parmesan, and Pesto stack. For our Entrée: Lasagna made with Fresh Pasta, Parmesan, Mozzarella, and dueling sauces of Creamy Mornay and flavorful Bolognese. Struffoli: small Neapolitan Honey and Citrus flavored Doughnut Puffs are a fun and traditional end to our holiday night.

*** Please note: Classes fill up quickly. View class availability online at www.northcoast.coop or call (707) 443-6027 ext. 102.**

Sat., Dec. 12 from 11:00am to 12:30pm

Gingerbread House Decorating

Co-op Staff Instruction \$40  

Create a magical holiday tradition in the Co-op Community Kitchen. We'll provide the pre-baked and assembled gingerbread house, royal icing and plenty of edible goodies for customizing your very own house. Each workshop will be small and interactive. Tasty snacks and beverages are included. The price covers one child with one adult guardian and one gingerbread house.

Sun., Dec. 20 from 11:00am to 12:30pm

Gingerbread House Decorating

Co-op Staff Instruction \$40  

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Tues., January 12 from 6:00 to 8:30pm

Winter Luxury

Chef Alex Begovic \$45 

This flavorful winter meal starts with a creamy Potato Soup with Gruyere and Parsley. Next, enjoy a salad of Pears poached with Saffron on a bed of Frisée and Radicchio dressed with Lardons (bacon) and Roasted Fennel Aioli. The entrée is Cassoulet My Way – Alex style. And finally a Dulce de Leche Panna Cotta with Candied Ginger and Langue de Chat cookie.

CLASS KEY

Looking for something in particular? Use our Class Key to identify classes that meet your dietary needs or skill level.

Workshop



Gluten-Free



Wine Served



Vegetarian



Beer Served



Hands-On



Teen-Friendly (Ages 11 to 17)



Kid-Friendly (Ages 6 to 10)



Please note: Most cooking classes (in both Arcata & Eureka) are demonstration only, meaning that the instructor demonstrates the recipe(s) and students eat the food that is prepared (usually a full course meal). Classes with a hands-on icon allow for student involvement in the creation of a meal.

Thurs., January 14 from 6:00 to 8:30pm

Robust German Winter Cuisine

Chef Michael Maschmeier \$45 🍷

Our hearty and flavorful night begins with Soft Bavarian Pretzels with Emmentaler Cheese, Beer, and Mustard Dipping Sauce. For our entrée, Pork Jägerschnitzel with Maultaschen: a smoked meat and vegetable German ravioli and a mushroom gravy hunter's sauce. For Dessert, Käsekuchen: a decadent cheesecake with seasonal fruit coulis sauce.

Wed., January 20 from 5:30 to 7:00pm

Master Food Preserver (MFP)

Demo – Fermentation

MFP Staff FREE

This short demo is a basic introduction to fermentation techniques and will focus on making yogurt. Also demonstrated will be a quick freezer jam that will pair nicely with your yogurt and make for a delightful breakfast when you're in a rush. Our Master Food Preserver volunteers will demonstrate methods for preserving food safely, and will share recipes and techniques for you to try at home. Please bring a small container for samples to take home.

Mon., January 25 from 6:00 to 8:30pm

Chef Inspired Series: Favorites of Chef Donna Hay

Chef Jon Hoeschen \$45 🍷

Let Chef Jon treat you to some of his favorites, inspired by Chef Donna Hay. The night begins with a Roasted Onion Garlic Soup with Basil Parmesan Wafers. Our entrée for the evening is Salted Szechwan Pepper Prawns with Seasonal Vegetables. A Chocolate Panna Cotta with Port and Balsamic glazed Strawberries ends the evening.



Plating salads in Chef Alex Begovic's class, Humboldt Style Fusion I

Wed., January 27 from 6:00 to 8:30pm
“To Please the Heart” Dim Sum

Betty Thompson \$45 🍷

These specialties of the Cantonese region of China mean little steamed, pan-fried or baked, sweet or savory morsels, just right for appetizers or main dishes. This class will feature favorites—some less labor intensive. Join us for Anise Chicken, Spareribs in Garlic and Black Bean Sauce, Shrimp in Green Pepper Boats, Won Ton Soup and Almond Float using Agar Agar with Lychees.

Tues., February 9 from 6:00 to 8:30pm

Humboldt Delights

Chef Alex Begovic \$45 🍷

We'll begin the evening with a wonderful Lima Bean soup. Our second course is a Honey and Balsamic roasted Beet salad with Goat Cheese, Walnuts and Croutons. Next, Alex will create Duck Confit with creamy Polenta, seared Radicchio and caramelized Leeks. And to finish the evening, Chocolate Dipped Madeleines.

Thurs., February 11 from 6:00 to 8:30pm

Become a Chocolatier for Valentine's Day

Chef Michael Maschmeier \$45 🍷👤

This Interactive class will give guests a chance to learn how to temper, shape, write, and create multiple Chocolate Creations to take home in preparation for Valentine's Day or for your own sweet tooth satisfaction. The class covers Dark Chocolate Ganache Truffles, Multiple Chocolate Shapes, and Chocolate Dipped Fruit.

Wed., February 24 from 6:00 to 8:30pm
A Taste of Afghanistan

Betty Thompson \$45 🍷

The delicious cuisine from this region combines the influences from Persia, India and Pakistan. Tonight's feast features: Qabeli Palau—basmati rice cooked with chunks of savory chicken and accompanied by glazed carrots, raisins and seasoned yellow split peas; Kadoo—roasted honey sweetened pumpkin served with a hot ground beef sauce and a cold tangy yogurt sauce; and Ferni—a sweet, perfumed and creamy rice pudding.



Squash and peppers cooking during Chef Jon Hoeschen's Fundamentals and Chef Secrets of Brining and Pickling class



Co-op members receive a **20% discount**
 on all cooking classes & workshops.

Tues., March 8 from 6:00 to 8:30pm

Eat, Drink & Be Merry

Chef Alex Begovic \$45 

Sit back and relax as Chef Alex prepares a warm French lentil soup with Pork Belly. Next, enjoy an Endive salad with Lardons (bacon), Apples, Croutons, toasted Hazelnuts and White Balsamic Vinaigrette. A hearty bowl of Saffron Risotto with roasted Fennel follows next. For dessert, delight in Chocolate Mousse with White Chocolate Chunks and Caramel Sauce.

Thurs., March 10 from 6:00 to 8:30pm

Tempting Thai Dishes

Betty Thompson \$45 

We'll begin with Galloping Horses, a spicy Ground Pork and Peanut duet served with fresh Pineapple and Mandarin Oranges. Following is Curried Coconut Salmon with Spinach and Jasmine rice. Next, a tingling Hot and Sour soup sensation; Tom Yum Koong with Shrimp, Mushrooms, and Lemon Grass in a lime spiked broth. For dessert enjoy Tropical Fruits in Jasmine flavored Coconut Milk.

Chef Jon Hoeschen cooling quinoa in our Eureka Community Kitchen



Mon., March 14 from 6:00 to 8:30pm

Chef Inspired Series: Julia Child's Kitchen Wisdom

Chef Jon Hoeschen \$45 

A warm bowl of French Onion Soup with a Gruyere Cheese Crouton begins our evening. Followed next by a warm Frisée salad with Bacon and Poached Eggs. Our entrée is a Dijon Mustard-Herb Crusted Roasted Leg of Lamb alongside Wild Mushroom Potato Gratin and Tomato Provençale. Last but not least is a decadent Dark Chocolate Orange Tart with toasted Almonds.

Wed., March 16 from 5:30 to 7:00pm

Master Food Preserver (MFP) Demo – Water Bath Canning

MFP Staff FREE

Thought you had to wait for summer before learning to make delicious jams and jellies? Let our Master Food Preserver volunteer's show you how to make delicious jams and jellies with ingredients available all year long. This short demo is a basic introduction to safe water bath canning techniques. Our volunteers will demonstrate equipment and research based methods for preserving food safely at home. You will receive handouts on water bath basics, preparing and canning jams and jellies, and recipes for you to try at home. Please join us for a fun evening, and gain confidence in anticipation of summer's bounty.

Tues., March 29 from 6:00 to 8:30pm

New Orleans Staples

Chef Michael Maschmeier \$45 

Seafood Po'boy Sandwiches on Flakey French Bread, stuffed with fried Oysters and Shrimp, Vegetables and Spicy Aioli starts our delicious tour of New Orleans cuisine. Next on the menu: deeply flavorful Chicken, Sausage, and Vegetable Gumbo served with Dirty Rice. Beinets, a popular crispy Creole doughnut, will end our night blissfully.

Is your club or non-profit looking for a meeting space?



Get in Touch

The Community Kitchen Meeting Room is available free of charge to non-profit organizations, groups and clubs. Not available for commercial business, promoting a business, cooking activities, nor for any event for which a fee will be charged, except those sponsored by the North Coast Co-op). For more information, please contact our Outreach Coordinator at (707) 443-6027, ext. 102 or communitykitchen@northcoast.coop

 **Community Kitchen**
Cooking Classes • Workshops • Community



Arcata Classes & Workshops

Arcata Community Kitchen at 971 8th St., across from our store

For registration information, see p. 2

Sun., Dec. 13 from 11:00am to 12:30pm

Gingerbread House Decorating

Co-op Staff Instruction \$40 🖐️ 👧

Create a magical holiday tradition in the Co-op Community Kitchen. We'll provide the pre-baked and assembled gingerbread house, royal icing and plenty of edible goodies for customizing your very own house. Each workshop will be small and interactive. Tasty snacks and beverages are included. The price covers one child with one adult guardian and one gingerbread house.

Sat. Dec. 19 from 11:00am to 12:30pm

Gingerbread House Decorating

Co-op Staff Instruction \$40 🖐️ 👧

Create a magical holiday tradition in the Co-op Community Kitchen. We'll provide the pre-baked and assembled gingerbread house, royal icing and plenty of edible goodies for customizing your very own house. Each workshop will be small and interactive. Tasty snacks and beverages are included. The price covers one child with one adult guardian and one gingerbread house.

*** Please note: Classes fill up quickly. View class availability online at www.northcoast.coop or call (707) 443-6027 ext. 102.**

Sun., January 10 from 1:00 to 3:00pm
Health & Wellness: Shampoo and Conditioner

Bethany Staffieri \$25 🖐️

A walk through the cosmetics aisle can reveal a bewildering array of products from shampoos and conditioners to soaps, cleansers, and anti-aging face creams many promoting the benefits of the botanical ingredients they contain. But many commercial body products touted as "natural" contain synthetic, potentially harmful ingredients, including preservatives and surfactants. In this class Bethany will share some time honored recipes and information on how to make your own natural hair care products. Bethany is a trained and certified Western Herbalist.

Wed., January 27 from 4:00 to 6:00pm
The Simplicity of Nutrition

Jennifer Shouse FREE 🍷

Jennifer Shouse has a Bachelor of Science degree in Nutrition from Cal Poly University, a Master of Public Health degree from Loma Linda University, and a teaching credential in Health Science. She has been teaching nutrition at College of the Redwoods since 2008. In this workshop, "The Simplicity of Nutrition," students can expect to learn about the constituents of a healthy diet, the link between diet and health, and how to create simple, nutritious and budget-minded meals that incorporate a variety of foods.

Sat., February 6 from 3:00 to 5:00pm
Cookies with Shamira

Shamira Heinz \$25 🍪

Please join Shamira Heinz of Heartfire Bakery for a delightful afternoon as she shares a trio of her favorite gluten-free cookie recipes. Class participants can look forward to learning simple and delicious recipes, plus you'll get to taste them too. A variety of gluten-free flours and sweeteners will also be discussed. Please join us for an afternoon of cookies, coffee and tea.

Sun., February 7 from 1:00 to 3:00pm
Health & Wellness: Fermentation

Bethany Staffieri \$25 🖐️

Before the advent of modern-day canning most of our Ancestors understood the process of lacto-fermentation. They had crocks of real sauerkraut, lacto-fermented cucumber pickles and other treasures such as beet kvass waiting out the winter in the root cellar. When we lost touch with this food preservation technique, called fermenting, we also lost touch with the unparalleled health benefits that came with them. In this class we will re-skill ourselves as we learn these age-old techniques, plus some new recipes. Bethany is a trained and certified Western Herbalist.

*Crushing toasted fennel seeds,
 Betty Thompson class Curry and Naan from Rajasthan*



Mon., February 29 from 6:00 to 8:30pm

Chef Inspired Series: Alice Waters of Chez Panisse

Chef Jon Hoeschen \$45

Following in the footsteps of Alice Waters, this meal is organic and local. Join us at the table for a hearty bowl of Leek soup. Next, Chef Jon will create a Cabbage Salad with Apple and Celery Root. Let us all enjoy an entrée of Sage and Butternut Squash Risotto. Followed by Caramel Apple Tartlets with Cinnamon Ice Cream to end the meal.

Sun., March 6 from 1:00 to 3:00pm

Health & Wellness: Body Products

Bethany Staffieri \$25 🖐️

Do you use body products? Join us and learn how to reduce synthetic commercial additives while improving your health. Contrary to popular belief, vinegar—apple cider vinegar (ACV), to be exact—may not help you lose weight, but it can help you step up your beauty routine. Coconut oil is another beauty product wonder with many uses. In this class we'll be making deodorant, toothpaste, facial toners and body scrubs that are chemical free and really do improve your health and beauty. Bethany is a trained and certified Western Herbalist.



Roasted Red Pepper Soup with Chipotle Crema, Chef Alex Begovic class Humboldt Style Fusion I

give the gift of great cooking!

gift certificates for classes & workshops are available at customer service



Meet Your Instructors

Betty Thompson



Betty Thompson moved here from Seattle where she was a demonstration teacher for Seattle Public Elementary Schools. Her love of teaching, travel and cooking led to a variety of experiences. She wrote a column for the North Coast Journal for several years. She has taught many courses in international foods at College of the Redwoods, Wonderland Supply, and Pacific Flavors. She lived in Hamburg Germany for a year where she took European Cooking classes and in Oxford England where she also took several cooking classes including Cordon Bleu and extensive tutorials in Indian cuisine. She has had instruction in Indian, Vietnamese and Middle Eastern styles of cooking as well as the art of Chinese cuisine, gained during a summer spent teaching in Nanning, China. Betty has been teaching cooking classes at the North Coast Co-op for 8 years now. Her popular classes bring people back time and time again. If you haven't experienced a Betty class, then now is the time!





Community Kitchen Calendar

December 2015

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	North Coast Classics	Traditional Holiday Favorites in Italy	10	11	Gingerbread House Decorating
Gingerbread House Decorating	14	15	16	17	18	Gingerbread House Decorating
Gingerbread House Decorating	21	22	23	24	25	26
27	28	29	30	31		

■ Classes held in EUREKA

■ Classes held in ARCATA

January 2016

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
Health & Wellness: Shampoo and Conditioner	11	Winter Luxury	13	Robust German Winter Cuisine	15	16
17	18	19	MFP Demo - Fermentation	21	22	23
24	Chef Inspired Series: Favorites of Chef Donna Hay	26	"To Please the Heart" Dim Sum	28	29	30
31			The Simplicity of Nutrition			

■ Classes held in EUREKA

■ Classes held in ARCATA

February 2016

S	M	T	W	T	F	S
	1	2	3	4	5	6 Cookies with Shamira
7 Health & Wellness: Fermentation	8	9 Humboldt Delights	10	11 Become a Chocolatier for Valentine's Day	12	13
14	15	16	17	18	19	20
21	22	23	24 A Taste of Afghanistan	25	26	27
28	29 Chef Inspired Series: Alice Waters of Chez Panisse					

■ Classes held in EUREKA

■ Classes held in ARCATA

March 2016

S	M	T	W	T	F	S
		1	2	3	4	5
6 Health & Wellness: Body Products	7	8 Eat, Drink & be Merry	9	10 Tempting Thai Dishes	11	12
13	14 Chef Inspired Seires: Julia Child's Kitchen Wisdom	15	16 MFP Demo - Water Bath Canning	17	18	19
20	21	22	23	24	25	26
27	28	29 New Orleans Staples	30	31		

■ Classes held in EUREKA

■ Classes held in ARCATA



Hand-made naan in Betty Thompson's class

Cancellation Policy

Please Cancel at Least 3 Days in Advance

In order to receive a refund on classes and workshops for which you have registered, a notice of at least 3 days before your class date must be given. Refunds will be given in the form of class credits or Co-op gift cards, this also applies to classes and workshops canceled by the Co-op.

Stay in Touch

See Class Availability on Our Website

We recommend registering early as classes fill up quickly.

View class availability on our website.

www.northcoast.coop

Receive News and Specials, Sign up for Our Email Newsletter

Send an email to communitykitchen@northcoast.coop with the subject line 'Add me!' Please include your full name and Co-op member number if you have one.

Member Discounts

Members Receive a 20% Discount on All Cooking Classes and Workshops

Everyone is welcome to attend Community Kitchen classes and workshops, but Co-op members receive 20% off! For information on how to receive your member discount when registering, see p. 1.



Kitchen Locations

Arcata Community Kitchen

971 8th Street
Arcata, CA 95521

(across the street from our store)

Eureka Community Kitchen

25 4th Street
Eureka, CA 95501

(inside our store)

Store Locations

Arcata Store

811 I Street
Arcata, CA 95521
(707) 822-5947

Eureka Store

25 4th Street
Eureka, CA 95501
(707) 443-6027

Store Hours

(Arcata & Eureka):
6:00 am until 9:00 pm daily
www.northcoast.coop

Our Mission

North Coast Co-op is a member-owned organization guided by the cooperative principles. As a leader in our community we emphasize a diverse selection of products while engaging members through consumer education, community building, and environmental responsibility.