



**Boca Raton**  
**5050 Champion Blvd, Boca Raton FL, 33496-4438**  
**(561) 994-4884**

To make a reservation for a class, please visit [publix.com/cookingschools](http://publix.com/cookingschools) or call the school.

## September, 2017

(H)-Hands On (D)-Demonstration (T)-Teens (K)-Kids (O)-Open House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> <b>Summer &amp; Spice</b> 6 p.m. (H) Aprons Staff	<b>2</b> <b>Not Your Typical Salads</b> 10 a.m. (H) Aprons Staff  <b>Rub-A-Dub-Dub</b> 6:30 p.m. (D) Aprons Staff
<b>3</b>	<b>4</b>	<b>5</b> <b>Basic Knife Skills</b> 6 p.m. (H) Aprons Staff	<b>6</b> <b>Caramel Creations</b> 6 p.m. (H) Aprons Staff	<b>7</b> <b>Weeknight Global Gourmet</b> 6 p.m. (H) Aprons Staff	<b>8</b> <b>Summertime Picnic</b> 6:30 p.m. (D) Aprons Staff	<b>9</b>
<b>10</b>	<b>11</b> <b>The Basics of Culinary 4/6</b> 10 a.m. (H) Aprons Staff  <b>The Basics of Culinary 4/6</b> 6 p.m. (H) Aprons Staff	<b>12</b> <b>Sushi 101</b> 6 p.m. (H) Aprons Staff	<b>13</b> <b>Cool as a Cucumber</b> 6 p.m. (H) Aprons Staff	<b>14</b> <b>Chef's Table How Can I Cook That?: Seafood</b> 6:30 p.m. (D) Aprons Staff	<b>15</b> <b>Île-de-France</b> 6:30 p.m. (D) Aprons Staff	<b>16</b> <b>Southern Basics 1/3</b> 10 a.m. (H) Aprons Staff  <b>Couples Cooking: Latin Sizzle</b> 6 p.m. (H) Aprons Staff
<b>17</b> <b>Private Classes</b> 2 p.m. (D) Aprons Staff	<b>18</b> <b>The Basics of Culinary 5/6</b> 10 a.m. (H) Aprons Staff  <b>The Basics of Culinary 5/6</b> 6 p.m. (H) Aprons Staff	<b>19</b>	<b>20</b>	<b>21</b> <b>Couples Cooking: An App for That!</b> 6 p.m. (H) Aprons Staff	<b>22</b> <b>Pork-A-Palooza II: Swine and Dine</b> 6:30 p.m. (D) Aprons Staff	<b>23</b> <b>Southern Basics 2/3</b> 10 a.m. (H) Aprons Staff  <b>Hey! Stuff Happens.</b> 6:30 p.m. (D) Aprons Staff

<p><b>24</b>  <b>New Orleans Jazz Brunch</b>  10:30 a.m. (D)  Aprons Staff</p> <p><b>New Orleans Jazz Brunch</b>  1 p.m. (D)  Aprons Staff</p>	<p><b>25</b>  <b>The Basics of Culinary 6/6</b>  10 a.m. (H)  Aprons Staff</p> <p><b>The Basics of Culinary 6/6</b>  6 p.m. (H)  Aprons Staff</p>	<p><b>26</b>  <b>Weeknight Global Gourmet</b>  6 p.m. (H)  Aprons Staff</p>	<p><b>27</b>  <b>Love Me Tender</b>  6 p.m. (H)  Aprons Staff</p>	<p><b>28</b>  <b>Private Classes</b>  10 a.m. (D)  Aprons Staff</p> <p><b>Diggin' the Beet</b>  6:30 p.m. (D)  Aprons Staff</p>	<p><b>29</b>  <b>Wine and Cheese Pairing</b>  6:30 p.m. (D)  Aprons Staff</p>	<p><b>30</b>  <b>Southern Basics 3/3</b>  10 a.m. (H)  Aprons Staff</p> <p><b>Wine and Dine in Big Sur</b>  6:30 p.m. (D)  Aprons Staff</p>
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Class dates, times, pricing and menu are subject to change. Please visit [publix.com/cookingschools](http://publix.com/cookingschools) for the latest class updates.



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**September, 2017**

(H)-Hands On (D)-Demonstration (T)-Teens (K)-Kids (O)-Open House

## • Cooking Techniques

### Basic Knife Skills

**Description** - (H) At the end of this class, you will have a good handle on all of the classic knife cuts including slicing, dicing, julienne, and chiffonade.

**Menu** - Tomato Salsa; Baked Tortilla Chips; Vegetable Broth; Stir-Fried Chicken and Vegetables; Potage au Pistou.

**Cost** - \$55.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 5, 6 p.m.

### The Basics of Culinary

**Description** - (H) This six-part series is for everyone from the beginner cook to the experienced foodie. Enjoy a different culinary journey every week, preparing full menus utilizing a variety of techniques, and sharing great meals with fellow students.

**Menu** - Week 1 - Tacos Al Pastor; Red Snapper Escabeche; Tomato Salsa; Guacamole; Baked Tortilla Chips; Sopaipillas. Week 2 - Grilled Shrimp Caesar Salad; Warm Poached Chicken Salad; Pan Seared Pork Tenderloin with Pan Sauce; 4 Cheese Mac & Cheese; Apple Tarte Tatin. Week 3 - Homemade Pasta; Shrimp & Swiss Chard Ravioli; Marinara Sauce/Vodka Sauce; Bone-In Tuscan Roasted Pork Loin with Pan Sauce; Seasonal Ice Cream. Week 4 - Steamed Dumplings with Dipping Sauce; Tempura Shrimp & Vegetables with Dipping Sauce; Pan Roasted Salmon with Coconut Red Curry Sauce; Bulgogi with Quick Pickled Vegetables; Poached Asian Spiced Asian Pears with 5-Spice Sauce. Week 5 - Cuban-Style Pork Shoulder; Dry Rubbed-Grilled Lamb Chops; Chimichurri Sauce; Perfect Yellow Rice; Green Beans with Roasted Chiles; Guava & Cream Cheese Pastelitos. Week 6 - New York Strip Steak with Blue Cheese Butter; Classic Herb Roasted Chicken; Breaded Crab Cakes with Traditional Remoulade Sauce; Roasted Ancho-Cumin Carrots; Roasted Garlic Mashed Potatoes; Chocolate Molten Lava Cake.

**Cost** - \$330.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 11, 18, 25, 10 a.m.

**Date and Time** - Sep 11, 18, 25, 6 p.m.

### Southern Basics

**Description** - (H) Learn the Southern classics in this three-part series. Let our chefs show you the nuance, the care, and the flavors of the South's most iconic dishes.

**Menu** - Day 1: Pan-Fried Chicken; Baked Macaroni and Cheese; Black-eyed Pea Succotash; Biscuits with Strawberry-Honey Butter. Day 2: Pimento Cheese; Shrimp and Grits; Catfish Po'Boys with Remoulade; Buttermilk Pie. Day 3: Tea-brined Pork Chops with Vidalia Peach Relish; Collard Greens; Skillet Cornbread; Banana Pudding.

**Cost** - \$165.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 16, 23, 30, 10 a.m.

# ● Pairing Topics

## **Pork-A-Palooza II: Swine and Dine**

**Description** - (D) Join us for four courses of pork awesomeness inspired by the Italian wine regions. Guaranteed to put a smile on your snout!

**Menu** - Wedding Soup with Pork Jowl Bacon; Bacon Jam and Fig Tartlet; Porchetta, Sautéed Broccolini and Peppercorn-Prune Sauce; Maple Bacon Nectarine Crumble.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 22, 6:30 p.m.

## **Wine and Cheese Pairing**

**Description** - (D) Few combinations stand out as classic culinary tradition more than rich cheese paired with fine wine. Through these specially prepared courses, our Publix Aprons chefs will highlight classic and delicious pairings.

**Menu** - Trio of Cheese: Grilled Prosciutto Wrapped Fig with Gorgonzola, Apple with Aged Cheddar, Whipped Camembert with Apricot and Pear; Grilled Mango Arugula Salad with Shaved Manchego, Habanero Honey Vinaigrette and Toasted Macadamia Nuts; Grilled Salmon Fillet with Gouda Sauce Mornay, Roasted Fennel and Fingerling Potatoes; Peach Melba Mascarpone Cheesecake.

**Cost** - \$55.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 29, 6:30 p.m.

## **Wine and Dine in Big Sur**

**Description** - (D) Take a culinary journey with us, along the scenic Pacific coast for a wine-country inspired menu paired with our favorite Central California wines.

**Menu** - Porcini and Cumin Dusted Scallops with Asian Pears and Vanilla-Truffle Butter; Pancetta Wrapped Dates with Manchego, Arugula and Roasted Tomato Chimichurri; Rosemary and Shallot Crusted Halibut with Smoked Cauliflower Puree and Plum Compote; Warm Spiced Carrot Cakes with Cream Cheese Gelato and Maple-Walnut Drizzle.

**Cost** - \$55.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 30, 6:30 p.m.

# • Special Topics

## Summer & Spice

**Description** - (H) Bring summer's freshest flavors to the table with exotic vegetarian dishes inspired by regional ingredients to spice up your next gathering.

**Menu** - Okra and Chickpea Masala with Paneer; Onion Roti Za'atar Pie; Biryani Rice; Cucumber and Carrot Raita Salad; Cardamom Peach Cobbler with Cashew Burfi.

**Cost** - \$45.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 1, 6 p.m.

## Not Your Typical Salads

**Description** - (H) Great salads are all about layering flavors, textures and color. Time to rethink salads as simply sides.

**Menu** - West Coast Salad with Lobster, Shrimp, and Crab in Garlic-Dill Dressing; Artichoke Caesar with Fried Capers, Pine Nuts, and Parmesan Tulle; White Bean, Barley, and Poached Chicken Salad; Arugula Salad with Sweet Corn, Blueberries, Feta, and Basil Vinaigrette.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 2, 10 a.m.

## Rub-A-Dub-Dub

**Description** - (D) One of the most preferred preparations for barbecuing, dry rubs, are excellent for infusing flavor and creating beautiful caramelization. Join us as we demonstrate how to use dry rubs for breakfast, lunch, dinner, and even dessert!

**Menu** - Smoky Maple and Brown Sugar Ham Steak with Red-Eye Gravy and Biscuits; Thai Chili Grilled Chicken with Honey Garlic Sriracha Aioli; Coffee, Mace, and Cardamom Pork Ribs with Apple Fennel Slaw; Sweet and Spicy Grilled Peaches with Lavender Mint Syrup.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 2, 6:30 p.m.

## Caramel Creations

**Description** - (H) See what one of the dessert scene's most versatile sauces can do.

**Menu** - Banana Empanadas with Cajeta Casera (Goat's Milk Dulce de Leche); Ginger Panna Cotta with Tamari Caramel; Caramel Apple Crisp; Salted Pecan Roll Ice Cream Sandwiches.

**Cost** - \$45.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 6, 6 p.m.

## Weeknight Global Gourmet

**Description** - (H) This fun-filled class will focus on creating awe-inspiring dishes from around the world that the whole family will enjoy, without spending all day in the kitchen.

**Menu** - Vietnamese Style Pho (Soup) with Pork; Pan Roasted Tandoori-Style Chicken with Harissa Chick Peas; Ancho Rubbed Flat Iron Steak Tacos with Pico De Gallo and Cilantro Crema; Apple Pandowdy with Vanilla Ice Cream.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 7, 26, 6 p.m.

## Summertime Picnic

**Description** - (D) Come and celebrate your independence from having to cook tonight. Four spectacular courses prepared just for you, just in time to influence your next summertime get-together.

**Menu** - Flash Fried Lobster Firecracker with Sriracha Aioli; Grilled Watermelon Mixed Green Salad with Strawberry Balsamic Vinaigrette; Pork Picnic Roast with Guava Barbecue Sauce, Sautéed Onions, Green Beans, and Parmesan Roasted Fingerlings; Latticed Cherry Pie with Buttermilk Vanilla Ice Cream.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 8, 6:30 p.m.

## Sushi 101

**Description** - (H) Discover sushi - without the raw fish. Learn the basics of making perfectly seasoned sushi rice, forming sushi rolls and nigiri using all the classic sushi ingredients like nori, wasabi, sushi rice, and pickled ginger.

**Menu** - Classic Sushi Rice; California Roll; Philadelphia Inside-Out Roll; Tempura Shrimp and Asparagus Roll with Toasted Sesame Seeds; Spicy Crab Hand Roll; Smoked Salmon Nigiri.

**Cost** - \$55.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 12, 6 p.m.

## Cool as a Cucumber

**Description** - (H) Fresh, crisp, and hydrating too! Cucumbers brighten every summertime table. Beat the heat with nature's cooling vegetable.

**Menu** - Sesame Cucumber Sliders with Seared Ginger Pork Belly; Lamb Kebabs with Mediterranean Cucumber Salad; Thai Stuffed Cucumber Pork Soup; Cucumber Lime Granita.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 13, 6 p.m.

### **Chef's Table How Can I Cook That?: Seafood**

**Description** - (D) Sometimes walking through the store you find yourself wondering, "How can I cook that?" Well, we are here to show you just how you can! We will start at the seafood counter and give you the tools to be successful with cooking those hard to imagine items. Each course will feature an old world style wine. In this highly personal and interactive Chefs Table class, we will offer limited classroom style seating with a small ratio of students to instructors.

**Menu** - Felix's Restaurant & Oyster Bar New Orleans Style Grilled Oysters; Crispy Tender Octopus with White Bean Salad; Whole Salt Crusted Hog Fish; Sous Vide Lobster Tails with Vanilla Cultured Vermont Butter.

**Cost** - \$65.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 14, 6:30 p.m.

### **Île-de-France**

**Description** - (D) Summer in Paris! There's no better place to be if you like to soak in the sights, and stroll among the many bistros serving some of the best food and wine anywhere. In tonight's class, we'll journey to the heart of France for a celebration of friends, family and great French cuisine.

**Menu** - Salade Niçoise; Croque Monsieur (Baked Ham and Cheese Sandwich with Béchamel); Steak Au Poivre (Filet Mignon with Peppercorn Sauce) with Broccoli Gratin and Pommes Rissolées (Roasted Potatoes); Petit Pains Au Chocolate (Rolled Chocolate Pastries).

**Cost** - \$55.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 15, 6:30 p.m.

### **Couples Cooking: Latin Sizzle**

**Description** - (H) Bring along that special someone for an evening of food, and fun as we show you how to prepare some of our favorite Latin-American dishes.

**Menu** - Tuna Ceviche with Avocados and Red Onions; Mofongo (Mashed Garlic Plantains) with Grilled-Marinaded Shrimp; Peruvian Steak and Potato Stir Fry with Chimichurri; Toasted Coconut-Tres Leches Cake.

**Cost** - \$100.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 16, 6 p.m.

### **Private Classes**

**Description** - (D) Aprons is proud to offer private, customized classes at affordable prices. Your event is sure to be a memorable experience, whether you prefer a Hands-On format, a Demonstration class, or a Party-Style event. We have numerous menu selections and themes to choose from, or you can create your own unique class tailored specifically to your special occasion. Prices range from \$40 to \$80 per person, depending on the class type selected, the day of the week, and the size of your group. For children's parties, the cost is as low as \$40 per child. Aprons private classes are a perfect fit for corporate team-building events, birthday parties, bridal showers, anniversaries, and any other special occasions. To speak with an Aprons representative and to schedule your own private class, call or visit your local Aprons Cooking School. Classes book quickly; don't delay!

**Menu** - Grilled Prosciutto Wrapped Figs Stuffed with Blue Cheese; Caramelized Onion Tart with Gruyere and Thyme; Pulled Duck Tacos with Apple Slaw, Goat Cheese and Ponzu Cherries; Lobster and Mango Spring Rolls with Tarragon-Lime Aioli.

**Cost** - \$45.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 17, 2 p.m.

**Date and Time** - Sep 28, 10 a.m.

### **Couples Cooking: An App for That!**

**Description** - (H) Whether it's your favorite sports bar, or a fine dining eatery, appetizers have always played a major role in restaurants. Join us as we create our own "app" for any occasion.

**Menu** - Baked Feta Cheese with Diced Tomatoes, Strawberry Balsamic Glaze and Pasta Chips; Tempura Battered Portabella Strips with Shaved Parmesan, Parsley and Lemon Aioli; Seared Pork Belly Skewers with Apple Gastrique, and Red Cabbage Slaw; Caramelized Onion and Bacon Jam Grilled Flatbread with Boursin Cheese.

**Cost** - \$100.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 21, 6 p.m.

### **Hey! Stuff Happens.**

**Description** - (D) Ever wonder how to make those intricate stuffed, filled, or rolled delicacies? Now you can! Join us as we show you how it's done--as stuff happens in the kitchen.

**Menu** - Chili Rellenos; Pan Fried/Steamed Dumplings with Plum Duck Sauce; Mushroom and Caramelized Onion Pierogis'; White Chocolate Éclair.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 23, 6:30 p.m.

### **New Orleans Jazz Brunch**

**Description** - (D) New Orleans Jazz Brunch - From Arnaud's to the Commander's Palace, nothing epitomizes the New Orleans experience like a traditional jazz brunch. Take a culinary trip down Bourbon Street with us as we feature some of the French Quarter's Sunday best, amidst some easy jazz music. This class has animation and some chef interaction.

**Menu** - Mimosas; Eggs Benedict New Orleans Style, with Buttermilk Biscuits, Canadian Bacon and Rock Shrimp Remoulade; Pain Purdu (French Toast) with Strawberries and Chantilly Cream; Grillades and Cheesy Grits with Filet Mignon Medallions and Tomato and Mushroom Gravy; Peaches in Puff Pastry, French Vanilla Ice Cream, Pecans and Rum Sauce.

**Cost** - \$40.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 24, 10:30 a.m.

**Date and Time** - Sep 24, 1 p.m.

### **Love Me Tender**

**Description** - (H) We all love a tender cut of meat, and this class focuses on just that, the most prized cuts....Beef, Pork and Chicken tenderloins.

**Menu** - Nashville Hot Chicken Tender Sliders; Spinach, Goat Cheese and Sun-Dried Tomato Stuffed Pork Tenderloin; Garlic Roasted Beef Tenderloin with Orange Horseradish Sauce; Spiced Pear Upside Down Cake.

**Cost** - \$55.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 27, 6 p.m.

### **Diggin' the Beet**

**Description** - (D) The candy of the garden, beets are sumptuous, nutritious, and adaptive to a wide variety of flavors. Learn to bring out the rosy sweetness of this renegade root.

**Menu** - Beet Fritters with Dill Tzatziki; Golden Beet Carpaccio with Orange Ginger Dressing; Old World Beet Borsht; Red Velvet Whoopie Pies with Crème Fraiche Whip.

**Cost** - \$45.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Sep 28, 6:30 p.m.

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