



**Sarasota**  
**2875 University Pkwy, Sarasota FL, 34243-4201**  
**(941) 358-7781**

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

## October, 2017

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2</b> <b>The Basics of Culinary 6/6</b> 6 p.m. (H) Aprons Staff	3	4	5	<b>6</b> <b>What the Pho!?!</b> 6 p.m. (H) Aprons Staff	7
8	<b>9</b> <b>The Basics of Culinary 1/6</b> 11 a.m. (H) Aprons Staff  <b>The Basics of Culinary 1/6</b> 6 p.m. (H) Aprons Staff	10	<b>11</b> <b>Regional American Series 1/3</b> 6 p.m. (H) Aprons Staff	12	13	<b>14</b> <b>Thai for Two!</b> 6:30 p.m. (D) Aprons Staff
15	<b>16</b> <b>The Basics of Culinary 2/6</b> 11 a.m. (H) Aprons Staff  <b>The Basics of Culinary 2/6</b> 6 p.m. (H) Aprons Staff	<b>17</b> <b>Sushi 101</b> 6 p.m. (H) Aprons Staff	<b>18</b> <b>Regional American Series 2/3</b> 6 p.m. (H) Aprons Staff	19	<b>20</b> <b>Definition of a 90-Point Wine Part 2 with Wine Educator Thom Horsey</b> 6:30 p.m. (D) Horsey	21
<b>22</b> <b>New Orleans Jazz Brunch</b> 11 a.m. (D) Aprons Staff  <b>New Orleans Jazz Brunch</b> 1 p.m. (D) Aprons Staff	<b>23</b> <b>The Basics of Culinary 3/6</b> 11 a.m. (H) Aprons Staff  <b>The Basics of Culinary 3/6</b> 6 p.m. (H) Aprons Staff	<b>24</b> <b>Global Flavors: Mexico</b> 6 p.m. (H) Aprons Staff	<b>25</b> <b>Regional American Series 3/3</b> 6 p.m. (H) Aprons Staff	26	<b>27</b> <b>Private Classes</b> 6 p.m. (D) Aprons Staff	<b>28</b> <b>Fall Feast</b> 6:30 p.m. (D) Aprons Staff

<b>29</b> <b>Private Classes</b> 4 p.m. (D) Aprons Staff	<b>30</b> <b>The Basics of Culinary 4/6</b> 11 a.m. (H) Aprons Staff  <b>The Basics of Culinary 4/6</b> 6 p.m. (H) Aprons Staff	<b>31</b>				
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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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## • Cooking Techniques

### 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** - Oct 2, 9, 16, 23, 30, 6 p.m.

**Date and Time** - Oct 9, 16, 23, 30, 11 a.m.

### Regional American Series

**Description** - (H) This 3-part series will take you on a trip across the country to some various regions that are known for their cuisine.

**Menu** - (Week 1 Tex-Mex) Tex-Mex cooking blends the foods of the southwestern United States and Mexico, resulting in an exciting and vibrant cuisine full of fresh and bold flavors. MENU: Chili Relleno Casserole; Chicken, Black Bean and Rice Tostados; Steak Enchiladas with Salsa Verde; Pork Taquitos with Queso Fresco and Pico de Gallo; Churros with Ancho-Chocolate Sauce. (Week 2 Floribbean) Jump in the water it's fine and the island style fusion hits the spot. MENU: Conch Fritters with Key Lime Aioli; Jumbo Grilled Shrimp with Roasted Corn Relish; Pan-Jerked Grouper with Red Pepper Papaya Jam; Mango Macadamia Cheesecake. (Week 3 Cajun/Creole) Come on down to where the party never stops, for a taste of Acadiana. MENU: Louisiana Lump Crab Cakes with Tasso Tartar Sauce; Jambalaya with Red Beans and Rice; Apple-Stuffed BBQ Pork Roast with Whipped Pecan Sweet Potatoes; Pecan Brioche Bread Pudding with Whiskey Sauce.

**Cost** - \$165.00

**Instructor(s)** - Aprons Staff

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

## • Pairing Topics

### Definition of a 90-Point Wine Part 2 with Wine Educator Thom Horsey

**Description** - (D) In this class we'll delve into viticulture and explain how dirt can determine the outcome of wine. This would be your 30K foot discussion on climate, soil and farming. We'll have some fun with this class and do a blind pour of wines and let students guess which wine they are drinking and the price point. An overview will be discussed how some of the more luxurious wines are more conducive to aging versus some of the value wines. Lastly, we will also touch on blending perfection and the art of receiving a 90-point score for blended wines.

**Menu** - Smoked Salmon, Dill, and Gruyere Tartlets paired with Nicholas Feuillatte Brut Rose; Charred Lamb, Jicama, Cucumber and Carrot Salad paired with Pundit Syrah; Orecchiette with Sausage and Cherry Tomatoes paired with CSM Canoe Ridge Merlot; Bistecca Fiorentina over White Bean Puree paired with Marchese Antinori Chianti Classic.

**Cost** - \$50.00

**Instructor(s)** - Horsey

**Date and Time** - Oct 20, 6:30 p.m.

# • Special Topics

## What the Pho!?!

**Description** - (H) Pho is a classic Vietnamese comfort food that's easier to make than you think. Join us as we explore this classic dish along with other incredible Vietnamese dishes.

**Menu** - Fresh Vietnamese Spring rolls; Quick Pressure Cooker Pho; Pork Bahn Mi; Vietnamese Banana Cake with Coconut Milk Ice Cream.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

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

## Thai for Two!

**Description** - (D) Let our Publix Aprons chefs help you spice up your date night with the flavors of Thailand.

**Menu** - Tom Kha Het (Coconut Mushroom Soup); Shrimp Pad Thai; Red Duck Curry with Gingered Sticky Rice; Thai Tea Mousse Parfait.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 14, 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** - Oct 17, 6 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** - Oct 22, 11 a.m.

**Date and Time** - Oct 22, 1 p.m.

## Global Flavors: Mexico

**Description** - (H) From East, West, Northern, or Southern Hemispheres, experience a world of flavors! Enjoy a trip to Mexico and sample dishes from various regions spread across its diverse national landscape.

**Menu** - Molotes (Masa Fritters Stuffed with Chorizo and Potato); Sopa de Chile Poblano (Poblano Soup); Mole Amarillo de Res con Arroz Verde (Yellow Mole of Beef and Vegetables with Yellow Rice); Flan (Caramel Custard).

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 24, 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** -

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

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

**Date and Time** - Oct 29, 4 p.m.

## Fall Feast

**Description** - (D) Fall in love with fall all over again with a feast full of your favorite seasonal ingredients, prepared for you by the Aprons Chefs.

**Menu** - Boursin-Bacon Butternut Squash Soup; Spinach-Pomegranate Duck Breast Salad, with Warm Blood Orange Balsamic

Vinaigrette, Candied Orange Peel and Toasted Almonds; Porcini and Rosemary Crusted Beef Tenderloin with Mushroom Demi-Glace and Roasted Garlic Mashed Potatoes; Cranberry Apple Cobbler A La Mode.

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

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

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