



Boca Raton

5050 Champion Blvd, Boca Raton FL, 33496-4438

To make a reservation for a class, please visit publix.com/cookingschools or call the school.

January, 2020

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Better Choices for the New Year 6 p.m. (H) Aprons Staff	2	3 Teens 2-day Spring Break Camp 1/2 6 p.m. (T) Aprons Staff	4 Teens 2-day Spring Break Camp 2/2 6 p.m. (T) Aprons Staff
5	6 Kid's - Take Home Dinner: Italian! 4 p.m. (K) Aprons Staff Junior's - Take Home Dinner: Asian! 4 p.m. (K) Aprons Staff	7 Teen's - Take Home Dinner: Mexican! 4 p.m. (T) Aprons Staff	8 Bacon Brunch 6 p.m. (H) Aprons Staff	9 Southern Grace 6:30 p.m. (D) Aprons Staff	10 Couples Cooking: Seafood at Home 6 p.m. (H) Aprons Staff	11 Pasta Making Workshop 10 a.m. (H) Aprons Staff Chefs Table: Sous Vide vs. Traditional - Parallel Tasting Menu (Spring) 6:30 p.m. (D)
12 Big & Little Chef: Bakeshop 10 a.m. (K) Aprons Staff	13 Better Choices for the New Year 6 p.m. (H) Aprons Staff	14 Kitchen Fundamentals: Beef 6 p.m. (H) Aprons Staff	15	16 Junior's Cook - Breakfast for Dinner 6 p.m. (K) Aprons Staff Kid's Cook - Big Game Bites 6 p.m. (K) Aprons Staff	17 Couples Cooking: All in One Bowl 6 p.m. (H) Aprons Staff	18 Winter Reds - Wine & Dine 6:30 p.m. (D) Aprons Staff
19	20	21 Bacon Brunch 6 p.m. (H) Aprons Staff	22 Big & Little Chef: Yummy in my Tummy 6 p.m. (K) Aprons Staff	23	24 Wine & Dine: France 6:30 p.m. (D) Aprons Staff	25 VIP Food & Wine Experience- California Wine Country 6 p.m. (D) Aprons Staff California Wine Country (2-course) 7 p.m. (D)

26 Pasta Making Workshop 10 a.m. (H) Aprons Staff	27	28 Sushi 101 6 p.m. (H) Aprons Staff	29	30 Couples Cooking: All in One Bowl 6 p.m. (H) Aprons Staff	31 India for the Evening 6:30 p.m. (D) Aprons Staff	
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• Cooking Techniques

Pasta Making Workshop

Description - (H) Come back for a second helping of handmade pasta. Our chefs walk you through pasta dough making and shaping, and the perfect ways to showcase your handiwork in this involved class.

Menu - Hand-rolled Maccheroni with Broccolini Pesto, Anchovy, and Garlic Mushroom Agnolotti in Marsala Cream Cavatelli with Fresh Tomato Sugo, Clams, and Mussels Saffron Potato Dumplings with Braised Lamb & Eggplant Ragu

Cost - \$60.00

Instructor(s) - Aprons Staff

Date and Time - Jan 11, 26, 10 a.m.

Chefs Table: Sous Vide vs. Traditional - Parallel Tasting Menu (Spring)

Description - (D) Sous vide is one of the most popular ways to cook. Each course will be prepared both with the sous vide method and traditional cooking methods. You compare the dishes and be the judge! Come and enjoy our summer Chefs Table class.

Menu - Herb Roasted Cornish Game Hen with Rice Pilaf & Pan Jus Olive Oil Poached Mahi with Cannellini Bean, Chorizo Sausage & Baby Greens Roasted Leg of Lamb "Porchetta Style" with Marinated Cucumbers, Cherry Tomatoes, Feta Cheese & Naan Bread

Cost - \$60.00

Instructor(s) - Aprons Staff

Date and Time - Jan 11, 6:30 p.m.

Kitchen Fundamentals: Beef

Description - (H) Build your beef cooking skills by learning the proper cooking & slicing techniques that each different cut of beef requires.

Menu - Insta-Pot Beef & Root Vegetable Stew Broiled Korean BBQ Flanken-Style Ribs Herb-Rubbed, Grilled Skirt Steak with Spicy Chimichurri Sauce Pan-Seared, Butter Basted NY Strip Steaks with Rosemary Browned Butter

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jan 14, 6 p.m.

• Kids Topics

Kid's - Take Home Dinner: Italian!

Description - (K) Kid's will work with our Chefs to prepare a pan of 4 Cheese Stuffed Shells, Homemade Pasta Sauce, & Romaine Salad with Fresh Baked Croutons & Creamy Balsamic Dressing. Pasta dish will be baked at home. Take home dinners will feed a family of 4. Larger portions can be made for an additional charge.

Menu - One pan 4-Cheese Stuffed Shells with Homemade Pasta Sauce Romaine Salad with Fresh Baked Croutons & Creamy Balsamic Dressing

Cost - \$40.00

Instructor(s) - Aprons Staff

Date and Time - Jan 6, 4 p.m.

Junior's - Take Home Dinner: Asian!

Description - (K) Junior's will work with our Chefs to prepare a pan of Chicken Lo Mein, Fried Rice, & Miso Soup. All items will be fully cooked ready to heat & eat at home. Take home dinners will feed a family of 4. Larger portions can be made for an additional charge.

Menu - One pan Chicken Lo Mein Fried Rice Miso Soup

Cost - \$40.00

Instructor(s) - Aprons Staff

Date and Time - Jan 6, 4 p.m.

Big & Little Chef: Bakeshop

Description - (K) Bring your favorite bakeshop treats to your own kitchen with this class built to satisfy your sweet tooth.

Menu - Chocolate Cookie Sandwiches Easy Cinnamon Rolls Birthday Cone Cupcakes Turtle Brownies

Cost - \$75.00

Instructor(s) - Aprons Staff

Date and Time - Jan 12, 10 a.m.

Junior's Cook - Breakfast for Dinner

Description - (K) The most important meal of the day is breakfast so why not have it twice?

Menu - Sausage-Zucchini Quiche Sweet Potato Pancakes with Cinnamon Pecan Butter Herbed Biscuits and Sausage Gravy Classic Crumb Cake

Cost - \$40.00

Instructor(s) - Aprons Staff

Date and Time - Jan 16, 6 p.m.

Kid's Cook - Big Game Bites

Description - (K) Let's plan a fun party with snacks for watching our favorite sporting events.

Menu - Chili Cornbread Dogs Cheesy Dip with Soft Pretzels Crispy Cheddar Rice Puffs Beefy Nachos with Crema, Queso Fresco, & Chili

Cost - \$40.00

Instructor(s) - Aprons Staff

Date and Time - Jan 16, 6 p.m.

Big & Little Chef: Yummy in my Tummy

Description - (K) You are never too big to eat small, and you are never too small to eat big. Let's create some ginormous flavors for the whole family, BIG and small, to enjoy.

Menu - Mini Meatball-Mozzarella Sliders Chopped BLT Salad Pockets with Smokey Ranch Dressing Crispy Baked Fish Sticks with Tartar Sauce Spumoni Parfaits

Cost - \$75.00

Instructor(s) - Aprons Staff

Date and Time - Jan 22, 6 p.m.

• Pairing Topics

Winter Reds - Wine & Dine

Description - (D) As the cold months draw near, join us for an evening of hearty food and bold red wines.

Menu - Grilled Portobello Mushroom over Rosemary Cream Reduction paired with Shiraz Steamed Mussels Fra Diavolo with Grilled Country Bread paired with Chianti Root Beer Braised Short Ribs over Vegetable Hash paired with California Cabernet Sauvignon Dark Chocolate-Pumpkin Bread Pudding paired with Primitivo (a.k.a. Zinfandel)

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jan 18, 6:30 p.m.

Wine & Dine: France

Description - (D) No one place embodies the spirit and origins of contemporary culinary and winemaking concepts more than France. On this night we'll pair some of our favorite French foods with some outstanding wines from the various regions of France.

Menu - Butter Poached Lobster with Parmesan Potato Plank and Dijon Wine Sauce Seared Duck with Squash Puree and Grape Sauce Cast Iron Steak with Roasted Mushroom Demi-Glace and Creamed Swiss Chard Mini Chocolate Cakes with Ganache

Cost - \$55.00

Instructor(s) - Aprons Staff

Date and Time - Jan 24, 6:30 p.m.

VIP Food & Wine Experience-California Wine Country

Description - (D) California is known as one of the world's greatest wine growing regions as well as a true culinary hotspot. Come sample 2 white and 2 red wines, each paired with a Chef inspired creation. If these wines inspire your taste buds, please sign up for the California (2-course) dinner that follows at 7 p.m. (a separate registration for \$25 is required for the 2-course dinner that follows)

Menu - Seared Scallop Ceviche with Bibb Lettuce and Avocado Crema Crab Rangoon with Fennel Slaw and Meyer Lemon Aioli Pulled Duck Tacos with Pear Salsa and Queso Blanco Korean BBQ Lamb Lollipops with Scallion-Cucumber Salad

Cost - \$20.00

Instructor(s) - Aprons Staff

Date and Time - Jan 25, 6 p.m.

California Wine Country (2-course)

Description - (D) Join us after the wine tasting event and continue the exploration of California wine country. We will be showcasing some truly amazing wines to go along with creative Californian inspired dishes.

Menu - Pistachio Dusted Lobster Tails with Yuca-Cipollini Mash & Blood Orange Butter Red Wine Braised Beef Short Ribs with Cannellini Bean Ragout

Cost - \$25.00

Instructor(s) - Aprons Staff

Date and Time - Jan 25, 7 p.m.

• Special Topics

Better Choices for the New Year

Description - (H) Bring in the new year with these tasty recipes that you can truly enjoy without sacrificing the flavors you like.

Menu - Sriracha-Butter Cauliflower Bites Lemon-Dill Shrimp Pasta Salad Provençal Baked Fish with Roasted Potatoes and Wild Mushrooms Flourless Honey-Almond Cake with Macerated Strawberries

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jan 1, 13, 6 p.m.

Bacon Brunch

Description - (H) Do you love bacon? Do you love brunch? We have the perfect menu for you then. Please join us and learn how to make a delicious brunch.

Menu - Jalapeno and Cheddar Cornmeal Biscuits with Bacon Gravy Pork Belly Benedict with Hollandaise Bacon Pancakes with Maple Syrup Butter, and Candied Bacon Fresh Fruit Tart with Whipped Cream

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Jan 8, 21, 6 p.m.

Southern Grace

Description - (D) Food in the south is just as eccentric as those who cook it. And as the times change, its hearty goodness stays relevant. Our chefs have searched the south and come up with 4 of their favorite recipes from cafes and smoke shacks to grandmas kitchen. Come and join us, Y'all!

Menu - Maple Brined Chicken and Herbed Dumplings Southern Fried Baby Back Ribs with Pork Demi-Glace Smoked Brisket with Chipotle Raspberry BBQ Sauce and Fingerling Potato Salad Candied Pecan and Shaved Apple Pie with Salted Caramel Ice Cream

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jan 9, 6:30 p.m.

Couples Cooking: Seafood at Home

Description - (H) Creating great seafood dishes at home is easier than you think, and in this class we'll show you how.

Menu - Pan Seared Scallops with Sweet Corn Succotash Southwest Shrimp Taco Salad with Avocado Ranch Pan-Roasted Fish with Orange-Fennel Orzo Salad Grilled Lobster Tails with Garlic-Sriracha Butter

Cost - \$100.00

Instructor(s) - Aprons Staff

Date and Time - Jan 10, 6 p.m.

Couples Cooking: All in One Bowl

Description - (H) Seems like everyone is eating every meal out of bowls. Here are some meals in bowls that will satisfy your hunger any time of the day.

Menu - Teriyaki Tuna Poke Bowl with Avocado, Cucumber and Sweet & Spicy Sauces Quinoa Bowl with Skirt Steak, Pickled Squash & Fancy Sauce Hearty Burgoo Bowl with Butter Rice & Fresh Herbs Acai Bowl with Homemade Peanut Butter, Bananas, Granola & Honey

Cost - \$100.00

Instructor(s) - Aprons Staff

Date and Time - Jan 17, 30, 6 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 - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jan 28, 6 p.m.

India for the Evening

Description - (D) Travel halfway around the world for a night and warm up with some pan-Indian dishes.

Menu - Vegetable Beef Biryani with Peanut Chutney Potato Samosas with Spicy Mint Chutney Butter Chicken with Garlic Naan Trio of Indian Desserts: Strawberry-Cardamom Lassi (sweet yogurt drink), Kheer (rice pudding), and Coconut Ladoo (coconut fudge)

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jan 31, 6:30 p.m.

• Teen Topics

Teens 2-day Spring Break Camp

Description - (T) Take a trip around the world with us and learn how to cook a few dishes that might be outside your norm. No need to buy a plane ticket to get these delicious dishes!

Menu - Day 1: Thailand -Pad ThaiCoconut Chicken CurryCucumber SaladMango with Sticky RiceDay 2: France - Blackberry & Thyme Brie en CrouteCroque Monsieur SandwichesSpinach & Mushroom Buckwheat CrepesProfiteroles with Chocolate Ganache

Cost - \$80.00

Instructor(s) - Aprons Staff

Date and Time - Jan 3, 4, 6 p.m.

Teen's - Take Home Dinner: Mexican!

Description - (T) Teen's will work with our Chefs to prepare a pan of Pulled Chicken Enchiladas, Fresh Guacamole, & Baked Flour Tortilla Chips.All items will be fully cooked, ready to heat & eat at home.Take home dinners will feed a family of 4. Larger portions can be made for an additional charge.

Menu - One pan Pulled Chicken EnchiladasFresh GuacamoleBaked Flour Tortilla Chips

Cost - \$40.00

Instructor(s) - Aprons Staff

Date and Time - Jan 7, 4 p.m.

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