

Lakeland

4730 S Florida Ave, Lakeland FL, 33813-2181

(863) 647-4127

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

July, 2020

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Bluegrass Brunch 6:30 p.m. (D) Aprons Staff	7 Raising the "Bar" Foods 6:30 p.m. (D) Aprons Staff	8 Modern Southern BBQ 6:30 p.m. (D) Aprons Staff	9 American Steakhouses 6:30 p.m. (D) Aprons Staff	10 Getting Curried Away 6:30 p.m. (D) Aprons Staff	11
12	13 Private Classes 7 a.m. (D) Aprons Staff	14 Heyday Desserts 6:30 p.m. (D) Aprons Staff	15 Global Flavors 6:30 p.m. (D) Aprons Staff	16 Couples Cooking: Chinese New Year 6:30 p.m. (D) Aprons Staff	17 American Steakhouses 6:30 p.m. (D) Aprons Staff	18 Big & Little Chef: Day at the Ballpark 10 a.m. (D) Aprons Staff VIP Food & Wine Experience - Pacific Northwest 6 p.m. (D)
19	20 New Orleans Brunch 6:30 p.m. (D) Aprons Staff	21 Kitchen Fundamentals: Knife Skills 6:30 p.m. (H) Aprons Staff	22 Big & Little Chef: Day at the Ballpark 6 p.m. (D) Aprons Staff	23 Couples Cooking: Korean Seoul Food 6:30 p.m. (D) Aprons Staff	24 Chefs Table: Summertime Sous Vide Soirée 6:30 p.m. (D) Aprons Staff	25 Big & Little Chef: Day at the Ballpark 10 a.m. (D) Aprons Staff Food Heaven 6:30 p.m. (D) Aprons Staff

26	27 Global Flavors 6:30 p.m. (D) Aprons Staff	28 Sushi 101 6:30 p.m. (H) Aprons Staff	29 Couples Cooking: Using Your Noodle 6:30 p.m. (D) Aprons Staff	30 Kitchen Fundamentals: Pickles & Preserves 6:30 p.m. (D) Aprons Staff	31 Modern Southern BBQ 6:30 p.m. (D) Aprons Staff	
-----------	---	--	---	--	--	--

Class dates, times, pricing and menu are subject to change. Please visit publix.com/cookingschools for the latest class updates.

Lakeland

4730 S Florida Ave, Lakeland FL, 33813-2181

(863) 647-4127

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

July, 2020

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

Kitchen Fundamentals: Knife Skills

Description - (H) Learn how to use your knives like a professional while creating a homemade gourmet meal.

Menu - Hearty Minestrone Seasonal Chopped Salad with Grilled Chicken and Avocado-Ranch Pan-Roasted Jumbo Shrimp with Sweet Corn Succotash Strawberry Trifle Parfait with Orange-Mascarpone Cream.

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jul 21, 6:30 p.m.

Kitchen Fundamentals: Pickles & Preserves

Description - (D) Tricks and techniques to improve your pantry and extend the life of your bumper crop of fruits and vegetables. No mason jars required!

Menu - Tea-Brined Chicken Sandwich Vidalia Peach Preserves Korean-Style Bulgogi Quick-Pickled Vegetables Half-Sour Cucumber Panzanella Salad Mixed Berry Preserves Clafoutis

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jul 30, 6:30 p.m.

Big & Little Chef: Day at the Ballpark

Description - (D) Sometimes the best part of being at the ballpark is the food. So, if your team isn't doing so hot we can still have a good time cooking up these ballpark favorites.

Menu - Super Cheesy Nachos Supreme Sweet and Salty Popcorn Chili-Cheese Bacon Crunch Dog Slices Cream Floats

Cost - \$75.00

Instructor(s) - Aprons Staff

Date and Time - Jul 18, 25, 10 a.m.

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

VIP Food & Wine Experience - Pacific Northwest

Description - (D) A sumptuous tour of wine country delights, paired with 4 Pacific Northwest wines. 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 Pacific Northwest (2-course) dinner that follows at 7 p.m. (a separate registration for \$25 is required for the 2-course dinner that follows)

Menu - Pacific NW Crab Croustades Beet Carpaccio with Crispy Prosciutto, Goat Cheese, & White Balsamic Reduction Duck Meatball & Romesco Sliders Double-Chocolate Raspberry Truffles

Cost - \$20.00

Instructor(s) - Aprons Staff

Date and Time - Jul 18, 6 p.m.

Wine Country Pacific NW (2-course) Dinner

Description - (D) Join us after the wine tasting event and continue the exploration of Pacific NW wines. A tantalizing sample of Wine Country Decadence paired with Amazing Pacific Northwest Wines.

Menu - Chili-Glazed Pork Tenderloin with Bok Choy Spiced Noodles Pan Roasted Salmon with Mushroom & Leek Risotto

Cost - \$25.00

Instructor(s) - Aprons Staff

Date and Time - Jul 18, 7 p.m.

Food Heaven

Description - (D) Tonight we'll pull out all the stops and whip up a culinary dream with not one, but all of these heavenly foods paired with some of our favorite wines.

Menu - Jumbo Lump Crab Gratin with Bacon & Gruyere Chilled Lobster Salad with Sweet Corn Succotash & Tarragon Dressing Porcini-Rubbed Beef Tenderloin with Port Wine Reduction & Roasted Root Vegetables Bittersweet Chocolate Tart with Candied Macadamia & Coconut-Orange Ganache

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jul 25, 6:30 p.m.

Bluegrass Brunch

Description - (D) Take a trip to Kentucky horse country for some flavorful favorites.

Menu - Benedictine Spread with Cucumber & Red Onion Croute Hearty Burgoo Bowl with Fresh Herbs Kentucky Hot Brown Benedict Dark Chocolate Pecan Pie (Derby Pie)

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jul 6, 6:30 p.m.

Raising the "Bar" Foods

Description - (D) Sweet, Salty, Crunchy - Umami flavors we come to expect out of great bar foods. Let's take the bar food game to the next level.

Menu - Red-Chili Garlic Peanuts Porcini Brown Butter Popcorn BLT Deviled Eggs Pork Rind Nachos Chorizo Pigs in the Blanket with Sofrito-Truffle Mayo Avocado Scotch Egg

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Jul 7, 6:30 p.m.

Modern Southern BBQ

Description - (D) Gather 'round the patio for a night of southern ingredients reimagined.

Menu - Cornmeal Crackers, Pickled Shrimp and Collards with Peanut Pesto Carolina BBQ Bao Buns with Bread and Butter Zucchini Pickles Roasted Yardbird with Sweet Corn Spoonbread, Charred Okra, and Curried Buttermilk Coconut Panna Cotta with Vanilla Mango and Caramelized Brioche

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jul 8, 31, 6:30 p.m.

American Steakhouses

Description - (D) The melting pot of the American culinary scene is wide spread with a large variety of cuisines. Dotting the landscape of this scene are truly iconic American Steakhouses. Learn about the regional specialties that some of these places have to offer.

Menu - Saylor's Old County Kitchen (Portland, OR) 1946 - Relish Tray Cattleman's Club Steakhouse (Pierre, SD) 1954 - Cowboy Bites, Sweet Corn, Bacon & Jalapeños Stuffed into Cream Cheese Sparks Steak House (NY, NY) 1966 - Beef Scaloppini with Mushrooms Abe & Louie's (Boston, MA) 1965 - Creamed Corn with Applewood Smoked Bacon

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jul 9, 17, 6:30 p.m.

Getting Curried Away

Description - (D) It's time again for some more curry! It's the food that just doesn't go away and why would we want it to? Explore some delicious dishes that will warm the soul.

Menu - Chicken Curry Tart with Herb Salad Curried Carrot Soup with Warm Garlic Naan Coconut Shrimp Curry with Red Peppers over Jasmine Rice Coconut-Curry Ice Cream with Mango Chutney

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jul 10, 6:30 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 - \$0.00

Instructor(s) - Aprons Staff

Date and Time - Jul 13, 7 a.m.

Heyday Desserts

Description - (D) Remember those desserts you could only find at grandma's house? We're throwing back to a different culinary era and revisiting some classic American desserts.

Menu - Ice Box Cake Goopy Butter Cake German Chocolate Cake Lemon Chiffon Pie

Cost - \$45.00

Instructor(s) - Aprons Staff

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

Global Flavors

Description - (D) Cuisine around the globe is full of exciting new flavors. Step out of your comfort zone and let us teach you some new culinary tips & tricks. Your taste buds will thank you!

Menu - Sundried Tomato & Feta Stuffed Artichokes Baked Coconut Shrimp with Roasted Pineapple-Jalapeno Aioli Teriyaki Grilled Pork Tenderloin with Grilled Green Onions & Sesame-Glazed Carrots Watermelon-Lime Sorbet

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Jul 15, 27, 6:30 p.m.

Couples Cooking: Chinese New Year

Description - (D) Bring in the Chinese New Year with some familiar favorites.

Menu - Pork Belly Hot & Sour Soup Chinese BBQ Pork Buns with Sticky Dipping Sauce Sriracha Shrimp & Noodles Almond Cookies

Cost - \$100.00

Instructor(s) - Aprons Staff

Date and Time - Jul 16, 6:30 p.m.

New Orleans Brunch

Description - (D) 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.

Menu - Cheesy Sausage & Egg Casserole Fresh Fruit Salad Crab Cakes Benedict with Hollandaise Praline Pancakes with Caramelized Pears Bananas Foster en Croute

Cost - \$50.00

Instructor(s) - Aprons Staff

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

Couples Cooking: Korean Seoul Food

Description - (D) The Korean culture is quite unique and food is much more than something to fill the belly. Join us for this class as we explore this fascinating cuisine and put our own stamp on some classics.

Menu - Crispy, Double-Fried Chicken Wings Corn Cheese Budaee-Jjigae (Spicy Sausage Stew) Apple-Cinnamon Hotteok (Doughnuts)

Cost - \$100.00

Instructor(s) - Aprons Staff

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

Chefs Table: Summertime Sous Vide Soirée

Description - (D) These sous vide techniques will help you serve up delicious summertime favorites in half the time. Come taste the difference sous vide makes by sampling three dishes cooked the sous vide method and traditional style, and see which you prefer.

Menu - New England Style 'Sous Vide' Lobster Roll 'Sous Vide' Grilled Mint-Chimichurri Lamb Chop Lollipops 'Sous Vide' Potato French Fries

Cost - \$55.00

Instructor(s) - Aprons Staff

Date and Time - Jul 24, 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 - \$50.00

Instructor(s) - Aprons Staff

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

Couples Cooking: Using Your Noodle

Description - (D) Made so many ways from every corner of the world, come see how we work with this versatile creation.

Menu - Jade Soba Noodles Singapore Rice Noodles Egg Dan-Dan Noodles Veggie Crunch Salad

Cost - \$100.00

Instructor(s) - Aprons Staff

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

Class dates, times, pricing and menu are subject to change. Please visit publix.com/cookingschools for the latest class updates.