

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.

August, 2020

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Big & Little Chef: Brunch 10 a.m. (D) Aprons Staff Old English Comfort 6:30 p.m. (D) Aprons Staff
2	3 Kitchen Fundamentals: Knife Skills 6:30 p.m. (D) Aprons Staff	4 At Season's Peak: Stonefruit 6:30 p.m. (D) Aprons Staff	5 Focus on Fresh - Summer Produce 6:30 p.m. (D) Aprons Staff	6 Bluegrass Brunch 6:30 p.m. (D) Aprons Staff	7 American Steakhouses 6:30 p.m. (D) Aprons Staff	8 Chefs Table: Summertime Sous Vide Soirée 6:30 p.m. (D) Aprons Staff
9	10 Couples Cooking: Seafood BBQ 6:30 p.m. (D) Aprons Staff	11 Big & Little Chef: Brunch 6 p.m. (D) Aprons Staff	12 The Vegan Cajun 6:30 p.m. (D) Aprons Staff	13 Heyday Desserts 6:30 p.m. (D) Aprons Staff	14 VIP Food & Wine Experience - Pacific Northwest 6 p.m. (D) Aprons Staff Wine Country Pacific NW (2-	15 At Season's Peak: Stonefruit 10 a.m. (D) Aprons Staff Modern Southern BBQ 6:30 p.m. (D) Aprons Staff
16	17 Kitchen Fundamentals: Mushroom 6:30 p.m. (D) Aprons Staff	18 Bluegrass Brunch 6:30 p.m. (D) Aprons Staff	19 Sushi 101 6:30 p.m. (D) Aprons Staff Private Classes 7 p.m. (D) Aprons Staff	20 Private Classes 6:30 p.m. (D) Aprons Staff	21 Food Heaven 6:30 p.m. (D) Aprons Staff	22 Couples Cooking: Seafood BBQ 6:30 p.m. (D) Aprons Staff
23	24	25	26	27 Kitchen Fundamentals: Knife Skills 6:30 p.m. (D) Aprons Staff	28 Seafood Wine and Dine 6:30 p.m. (D) Aprons Staff	29 American Steakhouses 6:30 p.m. (D) Aprons Staff

30	31 The Vegan Cajun 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.

August, 2020

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

Kitchen Fundamentals: Knife Skills

Description - (D) 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 - Aug 3, 27, 6:30 p.m.

Kitchen Fundamentals: Mushroom

Description - (D) Come to Aprons Cooking School tonight and learn all about how to cook with mushrooms, and what they add to different dishes.

Menu - Crab-Stuffed Baked Mushrooms Marinated Mushroom Salad Grilled Portobello Sliders Creamy Mushroom Soup

Cost - \$50.00

Instructor(s) - Aprons Staff

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

Big & Little Chef: Brunch

Description - (D) Come and create wonderful early or late morning favorites.

Menu - Egg, Muffin, & Chicken Sausage Sandwich Peach & Raisin stuffed Crepes topped with Vanilla Cream Sauce Biscuits & Gravy Cheese Grits with Chicken Tenders

Cost - \$75.00

Instructor(s) - Aprons Staff

Date and Time - Aug 1, 10 a.m.

Date and Time - Aug 11, 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 - Aug 14, 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 - Aug 14, 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 - Aug 21, 6:30 p.m.

Seafood Wine and Dine

Description - (D) Tonight we celebrate two of our favorite things - delicious, fresh seafood dishes, and great wine to go with them.

Menu - Baked Clams with Bacon & Garlic paired with Riesling Jumbo Lump Crab Salad with Avocado Dressing & Pomelo Salsa paired with Sauvignon Blanc Miso-Glazed Fish with Sesame Noodles & Bok Choy paired with Pinot Noir Coconut-Almond Roulade paired with Prosecco

Cost - \$60.00

Instructor(s) - Aprons Staff

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

Old English Comfort

Description - (D) Come and enjoy comfort foods from the other side of the pudding.

Menu - Cauliflower & Stilton Soup Fried Cod Sandwich with Curried Mushy Pea Spread & Chips with Gravy Grilled Lamb with Lingonberry Demi Sauce & Yorkshire Pudding Banoffee Pie

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Aug 1, 6:30 p.m.

At Season's Peak: Stonefruit

Description - (D) Use nature's summer bounty to bring your meals to life.

Menu - Chevre-Stuffed Roasted Peaches with Hot Honey Grilled Scallops & Nectarines Broiled Swordfish with Pluot-Zaatar Salsa Baked Cherry Clafoutis with Maple-Macerated Cherries

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Aug 4, 6:30 p.m.

Date and Time - Aug 15, 10 a.m.

Focus on Fresh - Summer Produce

Description - (D) Learn to bring the best out of all the freshest produce summer has to offer.

Menu - Tomato Panzanella with Whipped Feta Ndjua with Crispy Calamari & Pickled Peppers Shrimp, Zucchini, & Sweet Corn Fritters with Chevre Green Goddess Fresh Peach Pie with Blueberry Ice Cream.

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Aug 5, 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 - Aug 6, 18, 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 The Ranch Steakhouse (Devil's Lake, ND) 1946 - Grilled Ribeye Steak with Truffle Compound Butter

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Aug 7, 29, 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 - Aug 8, 6:30 p.m.

Couples Cooking: Seafood BBQ

Description - (D) Summer is here and we'll show you how to light-up your grilling season with some serious seafood dishes.

Menu - Coriander Dusted Scallops with Sweet Corn Succotash Grilled Lobster Tails with Miso-Chive Butter Korean BBQ Salmon with Onion-Cucumber Salad Seasonal Fruit Cobbler

Cost - \$100.00

Instructor(s) - Aprons Staff

Date and Time - Aug 10, 22, 6:30 p.m.

The Vegan Cajun

Description - (D) The veggie way to laissez les bons temps rouler! Pack your plate with veganized Cajun favorites.

Menu - Gumbo z'Herbes Pecan Dirty Rice Fried Pickle Po'Boy Chicken-fried Tofu with Maque Choux Bread Pudding with Coconut Praline Sauce

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Aug 12, 31, 6:30 p.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 CakeGoosey Butter CakeGerman Chocolate CakeLemon Chiffon Pie

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Aug 13, 6:30 p.m.

Modern Southern BBQ

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

Menu - Cornmeal Crackers, Pickled Shrimp & Collards with Peanut PestoCarolina BBQ Bao Buns with Bread & Butter Zucchini PicklesRoasted Yardbird with Sweet Corn Spoonbread, Charred Okra, & Curried ButtermilkCoconut Panna Cotta with Vanilla Mango & Caramelized Brioche

Cost - \$50.00

Instructor(s) - Aprons Staff

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

Sushi 101

Description - (D) 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 RiceCalifornia RollPhiladelphia Inside-Out RollTempura Shrimp and Asparagus Roll with Toasted Sesame SeedsSpicy Crab Hand Roll; Smoked Salmon Nigiri.

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Aug 19, 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 - \$25.00

Instructor(s) - Aprons Staff

Date and Time - Aug 19, 7 p.m.

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

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