

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.

September, 2020

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Brunch Classics 6 p.m. (D) Aprons Staff	2	3	4 Wine & Dine: What's in a Name? 6:30 p.m. (D) Aprons Staff	5 Taste of Northern Italy 6:30 p.m. (D) Aprons Staff
6	7 Private Classes 8 a.m. (D) Aprons Staff	8	9	10 Couples Cooking: Great Seafood at Home 6 p.m. (D) Aprons Staff	11 Wine & Dine: Mediterranean 6:30 p.m. (D) Aprons Staff	12 Chefs Table: Summertime Sous Vide Soirée 6:30 p.m. (D) Aprons Staff
13	14 Couples Cooking: Herbs & Spices 6 p.m. (D) Aprons Staff	15 Ultimate Tailgate 6:30 p.m. (D) Aprons Staff	16 Getting Curried Away 6 p.m. (D) Aprons Staff	17 Food Heaven 6:30 p.m. (D) Aprons Staff	18 VIP Food & Wine Experience - Pacific Northwest 6 p.m. (D) Aprons Staff Wine Country Pacific NW (2-course) Dinner 7 p.m. (D)	19 Wine & Dine: What's in a Name? 6:30 p.m. (D) Aprons Staff
20	21	22	23 Private Classes 6 p.m. (D) Aprons Staff	24 Couples Cooking: Great Seafood at Home 6 p.m. (D) Aprons Staff	25 American Steakhouses 6:30 p.m. (D) Aprons Staff	26 Wine & Dine: Mediterranean 6:30 p.m. (D) Aprons Staff

27	28 Sushi 101 6 p.m. (H) Aprons Staff	29 Creative & Unique - Think Salads 6 p.m. (D) Aprons Staff	30			
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Class dates, times, pricing and menu are subject to change. Please visit publix.com/cookingschools for the latest class updates.

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Wine & Dine: What's in a Name?

Description - (D) Enjoy perfect wine pairings and an elegant dining experience.

Menu - Shredded Duck & Potato Dauphinoise Tart paired with Pinot Noir
Coquille St. Jacques paired with Chardonnay
Chicken Cacciatore with Homemade Pappardelle paired with Chianti Reserva Superior
Apricot Frangipane Tart with Riesling

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Sep 4, 19, 6:30 p.m.

Wine & Dine: Mediterranean

Description - (D) The flavors of the Mediterranean region will blow your taste buds away. Great food and great wines will make for a memorable evening at the Apron Cooking School.

Menu - Grilled Eggplant, Artichoke & Tomato Flatbreads
Sautéed Mixed Seafood with Lemony Orzo
Herb-Crusted Gilled Leg of Lamb with Romesco Sauce
Portuguese Egg Custard Tarts

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Sep 11, 26, 6:30 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 - Sep 17, 6:30 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 - Sep 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 - Sep 18, 7 p.m.

Brunch Classics

Description - (D) Learn some classic brunch menu ideas to help bring your next brunch gathering to life!

Menu - Traditional Mimosa Asparagus & Gruyere Tart Creamy Mushroom Soup Field Greens Salad Crab Cake Benedict with Hollandaise Lemon Bar Cheesecake

Cost - \$50.00

Instructor(s) - Aprons Staff

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

Taste of Northern Italy

Description - (D) Inspiration from neighbors, France and Austria, gives the cuisine of Northern Italy it's own personality. Come and explore these culinary delights with us for a great evening of food, wine, and cheer!

Menu - Ligurian Fish Stew Soft Polenta with Asiago, Prosciutto and Olives Osso Bucco with Risotto Milanese Baked Ricotta Cheesecake with Prosecco Infused Pears

Cost - \$55.00

Instructor(s) - Aprons Staff

Date and Time - Sep 5, 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 - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Sep 7, 8 a.m.

Date and Time - Sep 23, 6 p.m.

Couples Cooking: Great Seafood at Home

Description - (D) If cooking fish makes you nervous and you are too afraid to give it a try. Let us build your confidence by guiding you through some recipes and prepare you to take advantage of all the sea has to offer. Enjoy a night out with someone special, and learn how to create great seafood meals at home.

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 - Sep 10, 24, 6 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 - Sep 12, 6:30 p.m.

Couples Cooking: Herbs & Spices

Description - (D) Learn the basics of successfully incorporating herbs and spices into your cooking.

Menu - Roasted Garlic & Herb Hummus with Sweet Pepper Relish & Sesame-Cumin Lavosh Chicken Tortilla Soup with Spiced Crema Shrimp Tikka Masala with Jasmine Rice BBQ Lamb Chops with Pistachio-Mint Pesto

Cost - \$100.00

Instructor(s) - Aprons Staff

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

Ultimate Tailgate

Description - (D) Take your next tailgate to the next level. Your friends will be impressed.

Menu - Spicy Pork Rind Nachos Open-Face Quinoa Sloppy Joe with Apple Mustard Slaw Spicy Fried Shrimp Tacos with Avocado Salsa Sweet Corn, Bacon, & Jalapeño Stuffed Cream Cheese Balls with Homemade Ranch Dressing Key Lime Pie Sandwich

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Sep 15, 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 SaladCurried Carrot Soup with Warm Garlic NaanCoconut Shrimp Curry with Red Peppers over Jasmine RiceCoconut-Curry Ice Cream with Mango Chutney

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Sep 16, 6 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 TrayCattleman's Club Steakhouse (Pierre, SD) 1954 – Cowboy Bites, Sweet Corn, Bacon & Jalapeños Stuffed into Cream CheeseSparks Steak House (NY, NY) 1966 – Beef Scaloppini with MushroomsAbe & Louie's (Boston, MA) 1965 - Creamed Corn with Applewood Smoked BaconThe Ranch Steakhouse (Devil's Lake, ND) 1946 – Grilled Ribeye Steak with Truffle Compound Butter

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Sep 25, 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 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 - Sep 28, 6 p.m.

Creative & Unique - Think Salads

Description - (D) A salad can be so much more than some greens served with ranch dressing, cheese & croutons. We are going to explore some great produce options and create unique flavors that will most certainly be outside the traditional salad box.

Menu - Roasted Carrots & Endive Salad with Pistachio DressingShaved Radish, Fennel & Apple Salad with Sesame-Nori VinaigretteGrilled Radicchio, Orange, & Shaved Pecorino with Roasted Garlic AioliRoasted Mushrooms, Baby Arugula, Burrata, & Lemon-Parmesan Dressing

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Sep 29, 6 p.m.

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