

Orlando

7524 Dr Phillips Blvd, Orlando FL, 32819-5148

(407) 226-9796

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 Private Classes 8 a.m. (D) Aprons Staff	2 Creative & Unique - Think Salads 6 p.m. (D) Aprons Staff	3 Sushi 101 6 p.m. (H) Aprons Staff	4 Wine & Dine: What's in a Name? 6:30 p.m. (D) Aprons Staff	5 Ultimate Tailgate 10 a.m. (D) Aprons Staff Taste of Northern Italy 6:30 p.m. (D) Aprons Staff
6	7 Big & Little Chef: Ice Cream Dreams 6 p.m. (K) Aprons Staff	8 Kitchen Fundamentals: Mushroom 6 p.m. (D) Aprons Staff	9 Kitchen Fundamentals: Knife Skills 6 p.m. (H) Aprons Staff	10 Couples Cooking: Great Seafood at Home 6 p.m. (D) Aprons Staff	11 Private Classes 11 a.m. (D) Aprons Staff 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 Global Flavors 6 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 Brunch Classics 6 p.m. (D) Aprons Staff	22 Focus on Fresh - Summer Produce 6 p.m. (D) Aprons Staff	23 Private Classes 11 a.m. (D) Aprons Staff Raising the "Bar" Foods 6 p.m. (D) Aprons Staff	24 Private Classes 12 p.m. (D) Aprons Staff Couples Cooking: Great Seafood at Home 6 p.m. (D) Aprons Staff	25 Private Classes 11 a.m. (D) Aprons Staff American Steakhouses 6:30 p.m. (D) Aprons Staff	26 Big & Little Chef: Ice Cream Dreams 10 a.m. (K) Aprons Staff 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 Couples Cooking: Herbs & Spices 6 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.

Orlando

7524 Dr Phillips Blvd, Orlando FL, 32819-5148

(407) 226-9796

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

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 MushroomsMarinated Mushroom SaladGrilled Portobello SlidersCreamy Mushroom Soup

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Sep 8, 6 p.m.

Kitchen Fundamentals: Knife Skills

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

Menu - Hearty MinestroneSeasonal Chopped Salad with Grilled Chicken and Avocado-RanchPan-Roasted Jumbo Shrimp with Sweet Corn SuccotashStrawberry Trifle Parfait with Orange-Mascarpone Cream.

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Sep 9, 6 p.m.

Big & Little Chef: Ice Cream Dreams

Description - (K) Bring those ice cream dreams to life with the help of our Publix Aprons Cooking School Chefs. Your taste buds will thank you!

Menu - GreenWise Strawberry Shortcake MilkshakesChocolate Covered Berry ShakesBasil, Corn, & Peach Ice Cream ParfaitsUnfried Ice Cream Pie

Cost - \$75.00

Instructor(s) - Aprons Staff

Date and Time - Sep 7, 6 p.m.

Date and Time - Sep 26, 10 a.m.

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.

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.

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 - Sep 1, 8 a.m.

Date and Time - Sep 11, 23, 25, 11 a.m.

Date and Time - Sep 24, 12 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 Dressing Shaved Radish, Fennel & Apple Salad with Sesame-Nori Vinaigrette Grilled Radicchio, Orange, & Shaved Pecorino with Roasted Garlic Aioli Roasted Mushrooms, Baby Arugula, Burrata, & Lemon-Parmesan Dressing

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Sep 2, 29, 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 - Sep 3, 28, 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 5, 10 a.m.

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

Taste of Northern Italy

Description - (D) Inspiration from neighbors, France and Austria, gives the cuisine of Northern Italy its 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.

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, 30, 6 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 - Sep 16, 6 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 - Sep 17, 6 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 21, 6 p.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 - Sep 22, 6 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 - Sep 23, 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 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 - Sep 25, 6:30 p.m.

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