

Tallahassee

3521 Thomasville Rd, Tallahassee FL, 32309-7134

(850) 893-3480

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

September, 2019

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|---|
| 1 | 2 | 3 Couples Cooking: Italian Restaurant Favorites 6 p.m. (H) Aprons Staff | 4 Tasty Vegan Desserts 6 p.m. (H) Aprons Staff | 5 Couples Cooking: Street Eats New Orleans 6 p.m. (H) Aprons Staff | 6 Wine & Dine: Coastal Favorites 6:30 p.m. (D) Aprons Staff | 7 Envy™ Apple In-Store Blogger Event Sampling Food Stations 2 p.m. (O) van Tonder,Riley Master Your Grill featuring Trapiche Wines 6:30 p.m. (D) |
| 8 | 9 Southern Comfort Brunch 6 p.m. (H) Aprons Staff | 10 Kitchen Fundamentals: Sautéing & Saucemaking 6 p.m. (H) Aprons Staff | 11 Cast Iron Cooking 6 p.m. (H) Aprons Staff | 12 Light but Elegant Reds with Thom Horsey, Wine Educator 6:30 p.m. (D) Horsey | 13 Private Classes 6:30 p.m. (D) Aprons Staff | 14 An Evening of Elegance 6:30 p.m. (D) Aprons Staff |
| 15 Sunday Jazz Brunch 12 p.m. (D) Aprons Staff | 16 Couples Cooking: Italian Restaurant Favorites 6 p.m. (H) Aprons Staff | 17 The Art of the Sandwich 6 p.m. (H) Aprons Staff | 18 Sushi 101 6 p.m. (H) Aprons Staff | 19 A Celebration of Organic Wine Month with Emiliana Vineyards 6:30 p.m. (D) McCarthy | 20 Couples Cooking: Street Eats Mexico 6 p.m. (H) Aprons Staff | 21 Big & Little Chef: Sweet, Baked, & Gluten-Free 10 a.m. (K) Aprons Staff Chefs Table: Sous Vide vs. Traditional - Parallel Tasting Menu (Summer) |
| 22 | 23 Look at the Thyme! 6 p.m. (H) Aprons Staff | 24 Couples Cooking: Street Eats New Orleans 6 p.m. (H) Aprons Staff | 25 Kitchen Fundamentals: Knife Skills 6 p.m. (H) Aprons Staff | 26 Appetizers for Summer Entertaining 6 p.m. (H) Aprons Staff | 27 VIP Food & Wine Experience - France! 6 p.m. (D) Aprons Staff French Wine Country (2-course) Dinner 7 p.m. (D) Aprons Staff | 28 An Evening with Envy™ Apple 6:30 p.m. (D) van Tonder,Riley |

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| 29 | 30 Getting Curried Away 6 p.m. (H) Aprons Staff | | | | | |
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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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Kitchen Fundamentals: Sautéing & Saucemaking

Description - (H) Learn the secrets to successful gourmet stove-top cooking.

Menu - Spaghetti with Pancetta and Escarole Shrimp with Scallions and Crispy Potatoes Seared Flat-Iron Steaks with Red Wine Sauce Caramelized Pears en Croute with Vanilla Ice Cream

Cost - \$50.00

Instructor(s) - Aprons Staff

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

Cast Iron Cooking

Description - (H) Imagine yourself outdoors enjoying the colorful, crispness of a late autumn afternoon while something yummy slowly simmers in your kitchen. Come to our kitchen and our chefs will share their secrets to cast iron cooking!

Menu - Dutch-Oven Bread Steak in Red Wine Mushroom Sauce Braised Chicken with Lemon and Capers and Roasted Cauliflower Nutella S'mores Sweet Rolls

Cost - \$50.00

Instructor(s) - Aprons Staff

Date and Time - Sep 11, 6 p.m.

Big & Little Chef: Sweet, Baked, & Gluten-Free

Description - (K) Learn how to make delicious cupcakes, scones, and cakes all gluten-free! Enjoy these sweet treats without the guilt! Disclaimer: The information and recipes provided are intended to be nutrition and dietary guidance only and not medical advice. Please note that this class uses recipes made with ingredients that are naturally gluten-free and/or packaged products that are labeled gluten-free by their manufacturer. Our cooking schools are not gluten-free facilities, please be aware of the gluten cross-contact risk.

Menu - Chewy Chocolate Chip Cookies Red Velvet Cupcakes with Cream Cheese Frosting Blueberry Scones with Lemon Glaze NY Cheesecake

Cost - \$75.00

Instructor(s) - Aprons Staff

Date and Time - Sep 21, 10 a.m.

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

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 - Sous Vide Chinese Chicken Wings Sous Vide German Potato Salad with Bacon and Herbs Sous Vide Tamales with Crab and Salsa Cilantro

Cost - \$65.00

Instructor(s) - Aprons Staff

Date and Time - Sep 21, 6:30 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 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 - Sep 25, 6 p.m.

Wine & Dine: Coastal Favorites

Description - (D) Take a trip around the world without leaving the comfort of the Aprons Cooking School kitchen. We will be pairing some of our new favorite wines with selected signature dishes from four of our favorite coastal cultures.

Menu - Brazilian Moqueca Seafood Stew, St. Francis-Style Crab Salad, Tangier Lamb Tagine with Saffron Scented Cous Cous and Spiced Chickpeas, Tahitian Banana Merengue, Po'e Pie.

Cost - \$55.00

Instructor(s) - Aprons Staff

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

Master Your Grill featuring Trapiche Wines

Description - (D) Trapiche is located in Mendoza, Argentina at the foothills of the Andes Mountains, and is one of Argentina's largest exported premium wine brand, with exports to more than 80 countries worldwide. Trapiche represents "the richness of diversity" in Argentina. Throughout its history, it has understood like no other the strength of the viticulture in Argentina and has specialized in obtaining the best from every vineyard to create unique wines. Come spend the evening with a Trapiche Wine Ambassador from Argentina as they explain what makes this brand so special.

Menu - Mini Corn Cakes with Seared Salmon a la Plancha paired with Malbec, Chicken a la Parilla with Tri-Mushroom Blend paired with Oak Cask Malbec, Lomo Asado with Rosti Potatoes and Chimichurri paired with Medalla Cabernet Sauvignon, Grilled Skirt Steak with Smokey Red Chimichurri paired with Oak Cask Cabernet Sauvignon, Chefs choice dessert paired with Trapiche Madella Malbec

Cost - \$50.00

Instructor(s) - Aprons Staff

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

Light but Elegant Reds with Thom Horsey, Wine Educator

Description - (D) Do you enjoy a nice red wine but want something just a little lighter than a big house Cabernet or Merlot? Publix has the wines for you. How about a nice, juicy red blend that has a hint of sweetness? That is what you get in every glass of 14 Hands Run Wild. How about a light wine with nice upfront fruit and a soft velvety finish? Then Erath Pinot Noir will satisfy your taste buds. Not quite white and not quite red but light and refreshing? Sounds like you are looking for a Chateau Ste Michelle Rosé. Now imagine sitting on a gondola going down a canal in Italy with a nice Italian Red wine that resonates unbelievable flavor in your mouth. That is what you'll envision with every sip of Santa Cristina Rosso. Come try the lighter side of some top quality Red wines that are perfect for that Indian Summer evening under the stars. We teased you with the wines but you'll appreciate each course we'll serve throughout the evening.

Menu - Red Curry Steamed Mussels paired with CSM CV Rosé, Tacos al Pastor paired with Erath Pinot Noir, Spice-Rubbed, Bone-In Sous Vide Ribeye Steak with Roasted Garlic Butter paired with 14 Hands Run Wild Pecan & Gorgonzola Coated Grapes paired with Santa Cristina Rosso

Cost - \$50.00

Instructor(s) - Horsey

Date and Time - Sep 12, 6:30 p.m.

A Celebration of Organic Wine Month with Emiliana Vineyards

Description - (D) Who would have thought that the world's largest organic winery is from Chile? This honor goes to Emiliana Vineyards, named winery of the year 2015 by Wines of Chile at the annual Chilean Wine Awards. Come and experience Natura wines, and feel the organic difference.

Menu - Welcome Aperitif - Natura Central Valley Rosé, Blackened Scallops with Pea Puree & Lemon Vinaigrette paired with Natura Valle de Casablanca Sauvignon Blanc, Grilled Salmon with Herb Roasted Mushrooms paired with Natura Pinot Noir, Lamb Chops with Salsa Verde & Vegetable Couscous paired with Natura Valle de Colchagua Carmenera, Dark Chocolate Blackberry Tart with Cabernet Syrup paired with Natura Valle del Rapel Cabernet Sauvignon

Cost - \$50.00

Instructor(s) - McCarthy

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

VIP Food & Wine Experience - France!

Description - (D) France has been known as one of the world's greatest wine growing regions for years, producing countless varieties of 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 French (2-course) dinner that follows at 7 p.m. (a separate registration for \$25 is required for the 2-course dinner that follows)

Menu - Potato Galette with Smoked Salmon paired with Whispering Angel Rosé, Chicken Cordon Bleu Bite paired with Pouille Fuisse, Lapin du Moutard, Phyllo Cup paired with Pinot Noir, Goat Cheese Croquette and Raspberry Preserves paired with Sancerre

Cost - \$20.00

Instructor(s) - Aprons Staff

Date and Time - Sep 27, 6 p.m.

French Wine Country (2-course) Dinner

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

Menu - Poached Scallop with Potato Fondant and Saffron Cream paired with Champagne Seared Duck Breast, Spicy Orange Marmalade, & Root Vegetable Farro paired with Chateau Neuf du Pape

Cost - \$25.00

Instructor(s) - Aprons Staff

Date and Time - Sep 27, 7 p.m.

Couples Cooking: Italian Restaurant Favorites

Description - (H) Learn how to make amazing Italian restaurant style dishes in the comfort of your own home.

Menu - Portobello Carpaccio with Sundried Tomatoes, Roasted Garlic and Goat Cheese Shrimp and Linguine Carbonara Veal Saltimbocca with Spinach and Roasted Potatoes Classic Tiramisu

Cost - \$100.00

Instructor(s) - Aprons Staff

Date and Time - Sep 3, 16, 6 p.m.

Tasty Vegan Desserts

Description - (H) Want to learn how to make some of your favorite tasty treats vegan-style? We will show you how to make some of your classic favorites vegan friendly. These desserts will be the talk of the town when you make them. Explore some new desserts in this sweet class.

Menu - Brookies with Salted Caramel Sauce Refrigerated Oreo Cheesecake Apple Spice Cake with Buttercream Fruit Sushi

Cost - \$45.00

Instructor(s) - Aprons Staff

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

Couples Cooking: Street Eats New Orleans

Description - (H) Take a stroll with us through the flavors of one of our favorite food destinations, all from the comfort of our Aprons Cooking School kitchen.

Menu - Fully Dressed Oyster and Shrimp Po'Boys Boudin Balls with Creole Sauce Fried Crawfish Etouff   Sacks Chocolate-Hazelnut Stuffed Beignets

Cost - \$100.00

Instructor(s) - Aprons Staff

Date and Time - Sep 5, 24, 6 p.m.

Envy™ Apple In-Store Blogger Event Sampling Food Stations

Description - (O) Event is free. Experience the crunchy delicious-ness of Envy™ apples this weekend with a free sampling event from 2 p.m.–3 p.m. on Saturday, September 7, 2019. Meet the area's top local food bloggers as they share their favorite fall apple recipes. Attend the in-store event for a discount promotional code to our upcoming An Evening with Envy™ Apple Demonstration class on September 28, 2019!

Menu - =Come sample some Envy Apple inspired recipes=

Cost - \$0.00

Instructor(s) - van Tonder, Riley

Date and Time - Sep 7, 2 p.m.

Southern Comfort Brunch

Description - (H) Y'all ready for a soulful meal that is sure to fill and delight? With these southern classics you'll be happier than a possum eating a sweet tater!

Menu - Low Country Shrimp and Grits Biscuits with Chipped Beef and Red-Eye Gravy Fried Green Tomato Benedict with Choron Hollandaise Rustic Peach Tart with Vanilla Bean Chantilly

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Sep 9, 6 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 - \$45.00

Instructor(s) - Aprons Staff

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

An Evening of Elegance

Description - (D) High end perfection can be achieved in a home kitchen! Come watch as our Aprons Cooking School Chefs pull out all the stops and show you how to create these culinary masterpieces in your own kitchen.

Menu - Fish with Shaved Fennel, Lemon Emulsion, Fried Capers, and Pickled Red Onion paired with Crab with a Smoked Sea Salt Cracker Truffled Leek and Corn Cream, Scallops, Champagne-Poached Crab Meat and Crispy Mushrooms Ribeye & BBQ Shrimp, Lacquered Brussels Sprouts, Smoked Gouda Anna Potatoes Prosecco Panna Cotta, Pistachio Streusel, Strawberry Textures

Cost - \$55.00

Instructor(s) - Aprons Staff

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

Sunday Jazz Brunch

Description - (D) Sweet sounds of soul-soothing jazz will accompany brimming glasses filled with mimosas, sangria, or Bellinis. Delectable palette arousing traditional-style dishes will be served by our chefs. Sit back and enjoy a relaxing brunch experience.

Menu - Cheesy Sausage and Egg Casserole with Seasonal Fruit SaladPraline Pancakes with Caramelized PearsCrab Cakes Benedict with Housemade Tasso HollandaiseBananas Foster en Croute with Vanilla Ice Cream

Cost - \$40.00

Instructor(s) - Aprons Staff

Date and Time - Sep 15, 12 p.m.

The Art of the Sandwich

Description - (H) Step up your sandwich game with new twists on your favorite anytime, anywhere meal with these handheld masterpieces.

Menu - Stuffed Puffed Pastry Monte CristoOpen-Faced BLT with Bacon Jam and Blistered Tomatoes on Country BreadCaramelized Onion and Braised Brisket Au Jus with Horseradish AioliBreaded Eggplant Hoagie with Spinach and Whipped Herb Chèvre and Herb Vinaigrette

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Sep 17, 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 RiceCalifornia RollPhiladelphia Inside-Out RollTempura Shrimp and Asparagus Roll with Toasted Sesame SeedsSpicy Crab Hand Roll; Smoked Salmon Nigiri.

Cost - \$55.00

Instructor(s) - Aprons Staff

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

Couples Cooking: Street Eats Mexico

Description - (H) Become inspired to make corn tortillas from scratch along with other simple Mexican-inspired dishes that will bring the flavor to the fiesta!

Menu - Restaurant Style Salsa and Guacamole with Fresh Tortilla ChipsCarne Asada Tacos with Lime, Cilantro, and OnionGrilled Street Corn with Chile Lime Mayo, Cilantro, and Cotija CheeseArroz con Leche with Mango and Tajin

Cost - \$100.00

Instructor(s) - Aprons Staff

Date and Time - Sep 20, 6 p.m.

Look at the Thyme!

Description - (H) Don't spend your whole summer in the kitchen. Enjoy some quick and flavorful recipes made with the summer's finest fresh herbs!

Menu - Grilled Flank Steak Panzanella with Basil and Sun-Dried Tomato VinaigretteSweet Corn and Culantro GazpachoPimento Cheese BLT with Homemade Potato Chips and Sour Cream and Chive DipLemon-Thyme Pound Cake with Nectarine Compote

Cost - \$45.00

Instructor(s) - Aprons Staff

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

Appetizers for Summer Entertaining

Description - (H) Come and explore the humble beginnings of the open-faced sandwich. With a history dating back to the "Trenchers" of old France, we will create modern versions of this tasty treat from around the world.

Menu - Bruschetta with White Bean Puree, Garlic-Shrimp, and ArugulaTartine with Onion Jam, Grilled Sausage, and GruyereDanish Blue Cheese Toast with Oil Poached Tuna and Pickled OnionsGrilled Challah with Nutella and Caramelized Bananas

Cost - \$45.00

Instructor(s) - Aprons Staff

Date and Time - Sep 26, 6 p.m.

An Evening with Envy™ Apple

Description - (D) It's prime apple season, and there's no better time to learn how to entertain with versatile and delicious Envy™ apples.Be inspired by our Aprons Cooking School Chefs as they demonstrate delicious Envy™ apple recipes, from savory to sweet! You'll get to try an appetizer, salad, main course, and dessert.Delight your palate and discover the versatility of cooking with Envy™ - one of the country's hottest food trends.

Menu - Welcome Aperitif - Pumpkin-Spiced Apple CiderChef's choice appetizer showcasing a blogger's favorite recipe sampled at the Envy Apple Sampler event on September 7th.Shaved Fennel and Envy Apple SaladPot RoastEnvy Apple Oat Crumble with Citrus Caramel Topping

Cost - \$50.00

Instructor(s) - van Tonder,Riley

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

Getting Curried Away

Description - (H) 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 - Korean Curried Rice (Ka-Re Rice) Jamaican Beef Curry Maldivian Mas Riha (Tuna Curry); Indian Carrot Halwa

Cost - \$50.00

Instructor(s) - Aprons Staff

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

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