

**Orlando**

**7524 Dr Phillips Blvd, Orlando FL, 32819-5148**

**(407) 226-9796**

To make a reservation for a class, please visit [publix.com/cookingschools](http://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
		<b>1</b> <b>Private Classes</b> 8 a.m. (D) Aprons Staff	<b>2</b> <b>Creative &amp; Unique - Think Salads</b> 6 p.m. (D) Aprons Staff	<b>3</b> <b>Sushi 101</b> 6 p.m. (H) Aprons Staff	<b>4</b> <b>Wine &amp; Dine: What's in a Name?</b> 6:30 p.m. (D) Aprons Staff	<b>5</b> <b>Ultimate Tailgate</b> 10 a.m. (D) Aprons Staff  <b>Taste of Northern Italy</b> 6:30 p.m. (D) Aprons Staff
<b>6</b>	<b>7</b> <b>Big &amp; Little Chef: Ice Cream Dreams</b> 6 p.m. (K) Aprons Staff	<b>8</b> <b>Kitchen Fundamentals: Mushroom</b> 6 p.m. (D) Aprons Staff	<b>9</b> <b>Kitchen Fundamentals: Knife Skills</b> 6 p.m. (H) Aprons Staff	<b>10</b> <b>Couples Cooking: Great Seafood at Home</b> 6 p.m. (D) Aprons Staff	<b>11</b> <b>Private Classes</b> 11 a.m. (D) Aprons Staff  <b>Wine &amp; Dine: Mediterranean</b> 6:30 p.m. (D) Aprons Staff	<b>12</b> <b>Chefs Table: Summertime Sous Vide Soirée</b> 6:30 p.m. (D) Aprons Staff
<b>13</b>	<b>14</b> <b>Couples Cooking: Herbs &amp; Spices</b> 6 p.m. (D) Aprons Staff	<b>15</b> <b>Ultimate Tailgate</b> 6:30 p.m. (D) Aprons Staff	<b>16</b> <b>Getting Curried Away</b> 6 p.m. (D) Aprons Staff	<b>17</b> <b>Global Flavors</b> 6 p.m. (D) Aprons Staff	<b>18</b> <b>VIP Food &amp; Wine Experience - Pacific Northwest</b> 6 p.m. (D) Aprons Staff  <b>Wine Country Pacific NW (2-course) Dinner</b> 7 p.m. (D)	<b>19</b> <b>Wine &amp; Dine: What's in a Name?</b> 6:30 p.m. (D) Aprons Staff
<b>20</b>	<b>21</b> <b>Brunch Classics</b> 6 p.m. (D) Aprons Staff	<b>22</b> <b>Focus on Fresh - Summer Produce</b> 6 p.m. (D) Aprons Staff	<b>23</b> <b>Private Classes</b> 11 a.m. (D) Aprons Staff  <b>Raising the "Bar" Foods</b> 6 p.m. (D) Aprons Staff	<b>24</b> <b>Private Classes</b> 12 p.m. (D) Aprons Staff  <b>Couples Cooking: Great Seafood at Home</b> 6 p.m. (D) Aprons Staff	<b>25</b> <b>Private Classes</b> 11 a.m. (D) Aprons Staff  <b>American Steakhouses</b> 6:30 p.m. (D) Aprons Staff	<b>26</b> <b>Big &amp; Little Chef: Ice Cream Dreams</b> 10 a.m. (K) Aprons Staff  <b>Wine &amp; Dine: Mediterranean</b> 6:30 p.m. (D) Aprons Staff

<b>27</b>	<b>28</b> <b>Sushi 101</b> 6 p.m. (H) Aprons Staff	<b>29</b> <b>Creative &amp; Unique - Think Salads</b> 6 p.m. (D) Aprons Staff	<b>30</b> <b>Couples Cooking: Herbs &amp; Spices</b> 6 p.m. (D) Aprons Staff			
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Class dates, times, pricing and menu are subject to change. Please visit [publix.com/cookingschools](http://publix.com/cookingschools) for the latest class updates.

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**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.

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