

**Tallahassee**

**3521 Thomasville Rd, Tallahassee FL, 32309-7134**

**(850) 893-3480**

To make a reservation for a class, please visit [publix.com/cookingschools](http://publix.com/cookingschools) or call the school.

**October, 2019**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>Kitchen Fundamentals: Knife Skills</b> 6 p.m. (H) Aprons Staff	<b>2</b> <b>"MEAT" the Substitute</b> 6 p.m. (H) Aprons Staff	<b>3</b> <b>Join us for our Complimentary OPEN HOUSE!!!</b> 5 p.m. (D) Aprons Staff	<b>4</b> <b>Couples Cooking: World Tour of Soups</b> 6 p.m. (H) Aprons Staff	<b>5</b> <b>Private Classes</b> 6:30 p.m. (D) Aprons Staff
<b>6</b>	<b>7</b> <b>Kitchen Fundamentals: Herbs &amp; Spices</b> 6 p.m. (H) Aprons Staff	<b>8</b> <b>Kitchen Fundamentals: Sous Vide &amp; Pressure Cooker</b> 6 p.m. (H) Aprons Staff	<b>9</b> <b>Couples Cooking: Octoberfest</b> 6 p.m. (H) Aprons Staff	<b>10</b> <b>Chinese Take Out</b> 6 p.m. (H) Aprons Staff	<b>11</b> <b>Low Country Favorites</b> 6 p.m. (H) Aprons Staff	<b>12</b> <b>VIP Food &amp; Wine Experience - Spain!</b> 6 p.m. (D) Aprons Staff  <b>Spanish Wine Country (2-course) Dinner</b> 7 p.m. (D) Aprons Staff
<b>13</b>	<b>14</b> <b>Couples Cooking: World Tour of Soups</b> 6 p.m. (H) Aprons Staff	<b>15</b> <b>Basics of Culinary - Part 1 (3-day series) 1/3</b> 10 a.m. (H) Aprons Staff  <b>Basics of Culinary - Part 1 (3-day series) 1/3</b> 6 p.m. (H) Aprons Staff	<b>16</b> <b>Private Classes</b> 6 p.m. (D) Aprons Staff	<b>17</b> <b>Private Classes</b> 6:30 p.m. (D) Aprons Staff	<b>18</b> <b>Private Classes</b> 12 p.m. (D) Aprons Staff  <b>Chefs Table: Sous Vide vs. Traditional - Parallel Tasting Menu (Fall)</b> 6:30 p.m. (D) Aprons Staff	<b>19</b> <b>Kitchen Fundamentals: 2-Day Baking Series 1/2</b> 10 a.m. (H) Aprons Staff  <b>Cooking with Wine</b> 6:30 p.m. (D) Aprons Staff
<b>20</b> <b>Kitchen Fundamentals: 2-Day Baking Series 2/2</b> 10 a.m. (H) Aprons Staff	<b>21</b> <b>"MEAT" the Substitute</b> 6 p.m. (H) Aprons Staff	<b>22</b> <b>Basics of Culinary - Part 1 (3-day series) 2/3</b> 10 a.m. (H) Aprons Staff  <b>Basics of Culinary - Part 1 (3-day series) 2/3</b> 6 p.m. (H) Aprons Staff	<b>23</b> <b>Kitchen Fundamentals: Knife Skills</b> 6 p.m. (H) Aprons Staff	<b>24</b> <b>Cold Weather Comfort Food</b> 6 p.m. (H) Aprons Staff	<b>25</b> <b>Private Classes</b> 5 p.m. (D) Aprons Staff  <b>Kitchen Fundamentals: Herbs &amp; Spices</b> 6 p.m. (H) Aprons Staff	<b>26</b> <b>Curries of the World</b> 6:30 p.m. (D) Aprons Staff

<p><b>27</b>  <b>Sunday Jazz Fall Brunch</b>  12 p.m. (D)  Aprons Staff</p>	<p><b>28</b>  <b>Sushi 101</b>  6 p.m. (H)  Aprons Staff</p>	<p><b>29</b>  <b>Basics of Culinary - Part 1 (3-day series) 3/3</b>  10 a.m. (H)  Aprons Staff</p> <p><b>Basics of Culinary - Part 1 (3-day series) 3/3</b>  6 p.m. (H)  Aprons Staff</p>	<p><b>30</b>  <b>Kitchen Fundamentals: Sous Vide &amp; Pressure Cooker</b>  6 p.m. (H)  Aprons Staff</p>	<p><b>31</b>  <b>Couples Cooking: Oktoberfest</b>  6 p.m. (H)  Aprons Staff</p>		
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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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October, 2019

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

### 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** - Oct 1, 23, 6 p.m.

### Kitchen Fundamentals: Herbs & Spices

**Description** - (H) 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** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 7, 25, 6 p.m.

### Kitchen Fundamentals: Sous Vide & Pressure Cooker

**Description** - (H) Whether under vacuum (Sous Vide) or under pressure (Pressure Cooker), learn why these two modern cooking techniques are dominating the culinary landscape as we show you how they can save you time and stress.

**Menu** - (Sous Vide) Rosemary-Garlic Shrimp Cocktail Pressure Cooked Mojo Pork Tostadas (Sous Vide) Double-Seared Ribeye with Grilled Asparagus and Steak Fries Pressure Poached Peach and Almond Parfait

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 8, 30, 6 p.m.

### Basics of Culinary - Part 1 (3-day series)

**Description** - (H) This three-part series is for everyone from the beginner cook to the experienced foodie. Enjoy a different culinary journey every week (for 3 weeks), preparing full menus utilizing a variety of techniques, and sharing great meals with fellow students.

**Menu** - Week 1 Menu - Fried Green Tomatoes with Pimiento Cheese and House-Made Ranch Dressing; Poached Chicken Spinach Salad with Seasonal Fruit Salsa and Grapefruit-Basil Vinaigrette; Rosemary and Garlic Spiedini over Farro Risotto; Baklava. Week 2 Menu - Caldo Verde; Pressure Cooked Pulled Pork, Cola BBQ Sauce with Old Fashioned Slaw; Eggplant Parmesan with Homemade Pasta; Biscuit Topped Seasonal Cobbler. Week 3 Menu - Tabbouleh Salad; Southern Vegetable and Quinoa Bowl topped with Grillades and Tomato Gravy; Za'atar Crusted Spatchcock Chicken with Cauliflower Puree and 7-Spice Red Wine Reduction; Perfect Rice; Almond Polenta Pound Cake with Zabaglione

**Cost** - \$150.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 15, 22, 29, 10 a.m.

**Date and Time** - Oct 15, 22, 29, 6 p.m.

### Kitchen Fundamentals: 2-Day Baking Series

**Description** - (H) Learn the process of laminated doughs.

**Menu** - Day 1 - Puff Pastry, Danish Dough, Assorted Fillings Day 2 - Formations, Baking, and Finishing

**Cost** - \$75.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 19, 20, 10 a.m.

### **VIP Food & Wine Experience - Spain!**

**Description** - (D) Spain 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 Spanish (2-course) dinner that follows at 7 p.m. (a separate registration for \$25 is required for the 2-course dinner that follows)

**Menu** - Chilled Mussels with a Spanish Vinaigrette Fried Green Olives with Chorizo & Goat Cheese Lamb Meatballs with Romesco Sauce Spanish Tortilla

**Cost** - \$20.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 12, 6 p.m.

### **Spanish Wine Country (2-course) Dinner**

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

**Menu** - Lump Crab Gratin with Sherry Mustard Cream Chicken Paella

**Cost** - \$25.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 12, 7 p.m.

### **Cooking with Wine**

**Description** - (D) Trained culinarians know the secret to enhance flavor. The acidity in wine is a perfect ingredient to heighten the flavors in dishes. Wine---not just for drinking.

**Menu** - Scallops with Beurre Blanc and Lemon Orzo Roasted Duck and Red Wine Glaze with Lentils and Roasted Vegetables Red Wine Marinated Lamb with Herbed Polenta Red Wine Chocolate Truffles

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

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

### "MEAT" the Substitute

**Description** - (H) With all the new products available let's revisit some classic meat focused dishes with the vegetarian substitute.

**Menu** - Grilled Brats with Beer Braised Onions Jack Fruit BBQ Sandwiches Burgers and Sweet Potato Fries Coconut Milk Shakes.

**Cost** - \$45.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 2, 21, 6 p.m.

### Join us for our Complimentary OPEN HOUSE!!!

**Description** - (D) MEET THE CHEFS AND DISCOVER ALL THAT OUR APRONS COOKING SCHOOL HAS TO OFFER. Curious about our Aprons Cooking School? Join us for our Complimentary Open House! Whether you're a culinary expert or wanting to learn the basics, stop by! Meet our chefs, sample some food and beverage pairings from our upcoming Featured classes, and discover all that our cooking school has to offer. See you there! When you register for one of our Apron's Cooking School classes, you will get a delicious meal wrapped up with fine wine, entertaining chefs, and cooking techniques you can do at home. We offer a variety of classes: **FEATURED CLASSES** – experience the hottest classes, masterfully taught by some of the industry's best chefs. **SPECIAL TOPICS** – Learn about a wide variety of culinary topics, regional cuisines, and cooking for special occasions. **COOKING TECHNIQUES** – Take your cooking skills up a notch in a small-group setting. **KID'S TOPICS** – Children aged 8 to 12 learn fundamentals of cooking for a lifetime in these engaging, fun classes. (We offer some classes for kids as young as 5 with a parent/guardian 18-yr or older) **TEEN'S TOPICS** – Kids aged 13 to 18 enjoy these classes, and their parents enjoy gaining another cook in the house. **PAIRING TOPICS** – Discover how the right wine or beer can enhance a meal. **CELEBRITY CHEF** – You know these famous chefs from their books or television. Now you can learn from them in person. **TALK OF THE TOWN** – These masters have made their mark on the restaurant scene, and now they'll teach you the tricks of the trade. **PRIVATE CLASSES** – Create your own private, customized classes at affordable as Hands-On, Demonstration, or party-style event. **HANDS-ON** – Master various skills while actually doing the work under the guidance of our chef/instructor(s). **DEMONSTRATION CLASSES** – Sit back and relax while the chef/instructor(s) prepares the menu for you and/or your party.

**Menu** - EVENT DATE AND TIME: \*\*THURSDAY, OCTOBER 3rd, 2019, from 5 p.m. to 7 p.m. \*\*PICK UP OUR LATEST QUARTERLY CALENDARS IN STORE. Visit [publix.com/cookingschools](http://publix.com/cookingschools) for up-to-date class details and to sign up and pay. \*all class times/dates are subject to change

**Cost** - \$0.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 3, 5 p.m.

### Couples Cooking: World Tour of Soups

**Description** - (H) Nothing warms your belly like a nice bowl of soup, so come with us and explore different recipes from around the globe.

**Menu** - French Onion Soup Cola Chili with Baked Tortilla Chips Hungarian Goulash Hot-n-Sour Soup

**Cost** - \$100.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 4, 14, 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** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 5, 17, 6:30 p.m.

**Date and Time** - Oct 16, 6 p.m.

**Date and Time** - Oct 18, 12 p.m.

**Date and Time** - Oct 25, 5 p.m.

### Couples Cooking: Octoberfest

**Description** - (H) No passport needed for this trip to Germany. Skip the lines and enjoy our plate of "gemutlichkeit" served hospitality and good cheer (and beer).

**Menu** - (Gurkensalat) Cucumber Salad (Kartoffelpuffer) Potato Pancakes with Apple Sauce and Sour Cream Rouladen with Spaetzle and Braised and Braised Red Cabbage (Zwetschgendatschi) Plum Sheet Cake with Whipped Cream

**Cost** - \$100.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 9, 31, 6 p.m.

### Chinese Take Out

**Description** - (H) Why pick up take out when you can learn to cook these dishes at home.

**Menu** - Char Sui Pork Fried Rice Kung Pao Chicken Vegetable Spring Rolls Wonton Soup

**Cost** - \$40.00

**Instructor(s)** - Aprons Staff  
**Date and Time** - Oct 10, 6 p.m.

### Low Country Favorites

**Description** - (H) Charleston is a culinary destination of the deep South, with its own unique style of Southern cuisine that stands out from other regional foodie hotspots. Charleston chefs and restaurants take advantage of a warm climate and an unseen bounty of local produce, meats, and of course, seafood from the surrounding inlets and harbors.

**Menu** - Boiled Peanuts and Savory Benne Wafers Frogmore Soup (Low Country Boil) Country Captain Chicken (sautéed chicken breast smothered in a tomato curry sauce with currants & toasted almonds over jasmine rice) Cheerwine Glazed Pork Belly with Corn Cakes and Pickled Radishes Buttermilk Chess Pie

**Cost** - \$45.00

**Instructor(s)** - Aprons Staff  
**Date and Time** - Oct 11, 6 p.m.

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

**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 fall Chefs Table class.

**Menu** - Sous Vide Korean Duck Tostada with Apple Slaw Sous Vide Turkey Breast with Cornbread Stuffing Waffle, Herbed Gravy and Roasted Cranberries Sous Vide Halibut with White Bean, Garlic and Kale Brodo

**Cost** - \$55.00

**Instructor(s)** - Aprons Staff  
**Date and Time** - Oct 18, 6:30 p.m.

### Cold Weather Comfort Food

**Description** - (H) As the weather changes and Jack Frost starts nipping at them toes fight back with these warming comfort flavors.

**Menu** - Chicken Pot Pie with Herbed Biscuit Crust Beef and Bulgur Wheat Stew Sweet Potato Casserole Andouille Macaroni and Cheese Chef's choice dessert

**Cost** - \$45.00

**Instructor(s)** - Aprons Staff  
**Date and Time** - Oct 24, 6 p.m.

### Curries of the World

**Description** - (D) A Curry is a great way to get a lot of flavor to the dinner table in no time!

**Menu** - Chicken Curry Tart with Herb Salad Curried Carrot Soup with Warm Garlic Naan Red Curry Coconut Shrimp with Jasmine Rice Spiced Red Curry Coconut Ice Cream with Mango Chutney

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff  
**Date and Time** - Oct 26, 6:30 p.m.

### Sunday Jazz Fall Brunch

**Description** - (D) Sweet sounds of soul-soothing jazz will accompany brimming glasses filled with mimosas, sangria, or Bellini's. Sit back and enjoy a relaxing brunch experience as our Chefs serve you an array of creative mouthwatering dishes.

**Menu** - Fresh Baked Carrot Cake Muffins & White Chocolate-Apricot Scones Bacon, Asparagus & Cheese Quiche Ricotta Pancakes with Maple Syrup Corned Beef & Brussels Sprouts Hash with Poached Eggs

**Cost** - \$40.00

**Instructor(s)** - Aprons Staff  
**Date and Time** - Oct 27, 12 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** - \$55.00

**Instructor(s)** - Aprons Staff  
**Date and Time** - Oct 28, 6 p.m.

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