

**Jacksonville, FL**

**10500 San Jose Blvd Ste 36, Jacksonville FL, 32257-6209**

**(904) 262-4187**

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

**October, 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> 6:30 p.m. (D) Aprons Staff	<b>2</b> <b>Couples</b> <b>Cooking: Cook the South</b> 6:30 p.m. (H) Aprons Staff	<b>3</b> <b>Sushi 101</b> 6:30 p.m. (H) Aprons Staff
<b>4</b>	<b>5</b> <b>Kitchen Fundamentals: Sous Vide</b> 6:30 p.m. (H) Aprons Staff	<b>6</b> <b>Couples</b> <b>Cooking: Ramen &amp; Sushi</b> 6:30 p.m. (H) Aprons Staff	<b>7</b> <b>West African Cookery</b> 6:30 p.m. (H) Aprons Staff	<b>8</b> <b>Kitchen Fundamentals: Pasta, Risotto, &amp; Gnocchi</b> 6:30 p.m. (H) Aprons Staff	<b>9</b> <b>The New Flour Power</b> 6:30 p.m. (H) Aprons Staff	<b>10</b> <b>Intrinsic Fruit &amp; Candy Workshop</b> 10 a.m. (H) Aprons Staff  <b>Wine &amp; Stein: Octoberfest</b> 6:30 p.m. (D) Aprons Staff
<b>11</b>	<b>12</b> <b>Seafood &amp; Sides</b> 6:30 p.m. (H) Aprons Staff	<b>13</b> <b>Couples</b> <b>Cooking: Date Night Dinner In</b> 6:30 p.m. (H) Aprons Staff	<b>14</b> <b>Private Classes</b> 11:30 a.m. (D) Aprons Staff  <b>Curries of the World</b> 6:30 p.m. (H) Aprons Staff	<b>15</b> <b>Asian Flavors</b> 6:30 p.m. (H) Aprons Staff	<b>16</b> <b>VIP Food &amp; Wine Experience – 90 Point Rated Wines</b> 6 p.m. (D) Aprons Staff  <b>90-point Rated Wines (2-course) Dinner</b> 7 p.m. (D)	<b>17</b> <b>Couples</b> <b>Cooking: Cook the South</b> 6:30 p.m. (H) Aprons Staff
<b>18</b> <b>Intrinsic Fruit &amp; Candy Workshop</b> 10 a.m. (H) Aprons Staff	<b>19</b> <b>Sushi 101</b> 6:30 p.m. (H) Aprons Staff	<b>20</b> <b>The New Flour Power</b> 6:30 p.m. (H) Aprons Staff	<b>21</b> <b>Kitchen Fundamentals: Knife Skills</b> 6:30 p.m. (H) Aprons Staff	<b>22</b> <b>Kitchen Fundamentals: Sous Vide</b> 6:30 p.m. (H) Aprons Staff	<b>23</b> <b>Wine &amp; Stein: Octoberfest</b> 6:30 p.m. (D) Aprons Staff	<b>24</b> <b>Prisoner Wines</b> 6:30 p.m. (D) Aprons Staff

<b>25</b>	<b>26</b> <b>Kitchen Fundamentals: Pasta, Risotto, &amp; Gnocchi</b> 6:30 p.m. (H) Aprons Staff	<b>27</b> <b>Seafood &amp; Sides</b> 6:30 p.m. (H) Aprons Staff	<b>28</b> <b>Couples Cooking: Ramen &amp; Sushi</b> 6:30 p.m. (H) Aprons Staff	<b>29</b> <b>Private Classes</b> 12 p.m. (D) Aprons Staff  <b>West African Cookery</b> 6:30 p.m. (H) Aprons Staff	<b>30</b> <b>Big &amp; Little Chef: Halloween Treats</b> 6 p.m. (K) Aprons Staff  <b>Private Classes</b> 6:30 p.m. (D) Aprons Staff	<b>31</b> <b>Big &amp; Little Chef: Halloween Treats</b> 10 a.m. (K) Aprons Staff  <b>Couples Cooking: Great Seafood at Home (Holiday Season)</b> 6:30 p.m. (H)
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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, 2020**

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

### **Kitchen Fundamentals: Sous Vide**

**Description** - (H) Learn how to elevate your cooking to new levels of excellence.

**Menu** - Sous Vide Sea Scallops with Charred Corn Salad Sous Vide Cauliflower with Brown Butter and Tahini Sauce Sous Vide Buffalo Chicken Lettuce Wraps Sous Vide Flat Iron Steak with Mint Chimichurri Sous Vide Chai Spiced Apple Pies

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 5, 22, 6:30 p.m.

### **Kitchen Fundamentals: Pasta, Risotto, & Gnocchi**

**Description** - (H) Come and learn how to make delicious homemade pasta and risotto dishes in the comfort of your own kitchen.

**Menu** - Basic Pasta Dough Creamy pappardelle with Leeks & Pancetta 4-Cheese Ravioli with Wild Mushroom Ragu Shrimp Scampi Risotto with Asiago Gnocchi with Browned Butter, Sage, & Pecorino

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 8, 26, 6:30 p.m.

### **The New Flour Power**

**Description** - (H) With all the new flours available today it might be a challenge to know where to get started. These recipes and techniques will help you get your foot in the door with the new flour revolution.

**Menu** - Oat Flour Genoise with Brown Butter Buttercream & Toasted Pecans Coconut Peanut Butter & Chocolate Cookies Socca (Chickpea Flour Flatbread) with Rosemary Oil Cheddar Garlic Biscuits with Almond Flour

**Cost** - \$45.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 9, 20, 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** - Oct 21, 6:30 p.m.

### **Big & Little Chef: Halloween Treats**

**Description** - (K) Spooky treats and good eats. That's what it's all about.

**Menu** - Pile of Bones Witch Fingers Pizza Eyeballs Chocolate-Dipped Apple Claws Bat Wings (Baked Chicken Wings)

**Cost** - \$75.00

**Instructor(s)** - Aprons Staff

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

**Date and Time** - Oct 31, 10 a.m.

### **Wine & Stein: Oktoberfest**

**Description** - (D) The fest may be off this year, but we still plan on a big celebration. Enjoy some classic food that would be served at this Bavarian festival with some beers and wines!

**Menu** - German Potato Salad with Bacon & Parsley Soft Pretzels with Spicy Mustard & Beer Cheese Sauce Roast Bavarian Pork with Pan Gravy, Sauerkraut & German Bread Dumplings Black Forest Cake

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 10, 23, 6:30 p.m.

### **VIP Food & Wine Experience – 90 Point Rated Wines**

**Description** - (D) Let us help you learn more about the Wine Rating system and WHY you will want to seek out 90 point + rated 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 90-point rated Wines (2-course) dinner that follows at 7 p.m. (a separate registration for \$25 is required for the 2-course dinner that follows)

**Menu** - Mini Truffled Cheese Souffles Thai Red Curry Pork Belly Street Taco Short Rib Sugo Naan Pizzas with Pickled Peppers Dark Chocolate & Marcona Almond Ice Cream Cone

**Cost** - \$20.00

**Instructor(s)** - Aprons Staff

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

### **90-point Rated Wines (2-course) Dinner**

**Description** - (D) Join us after the wine tasting cocktail reception and continue to learn more about the Wine Rating system and WHY you will want to seek out 90 point + rated wines!

**Menu** - Chorizo Stuffed Calamari with Saffron Vinaigrette Pork Shoulder Porchetta Sliders with Marinated Peppers & Pan Dripping Vinaigrette

**Cost** - \$25.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 16, 7 p.m.

### **Prisoner Wines**

**Description** - (D) The Prisoner Wine Company works with passionate, devoted family of growers to source varietals from the best vineyards and appellations located across California in order to create interesting wine blends with distinctly stylistic wines that are thought provoking and approachable. Come enjoy an evening at Aprons Cooking Schools and experience interesting wine blends, paired with a delectable menu.

**Menu** - Curried Crab with Honeydew-Watermelon & Arugula Salad paired with Blindfold White Blend Devils on Horseback Dates & Apricot "Bound" by Bacon, & Soy Ginger Glaze paired with Thorn Merlot Pistachio Crusted Pork Noisettes, & Roasted Root Vegetables with Black Cherry Demi-Glace paired with The Prisoner Horseradish-Herb Crusted Filet Mignon & Potato-Fennel Gratin paired with Cuttings Chocolate Truffle Bars with Zinfandel Red Wine Ice Cream paired with Saldo Zinfandel

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 24, 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** - \$60.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 1, 30, 6:30 p.m.

**Date and Time** - Oct 14, 11:30 a.m.

**Date and Time** - Oct 29, 12 p.m.

## Couples Cooking: Cook the South

**Description** - (H) Southern American food is one of the most iconic cuisines throughout the world. It has been replicated, recreated and represented differently everywhere it is produced. This is true Southern cuisine at its roots to be made at home for family.

**Menu** - Skillet Cracklin' Cornbread with Honey & Butter Bacon Braised Greens Southern Tomato Gravy with Bay Rice Cornmeal Fried Catfish with Tartar Sauce Banana Pudding

**Cost** - \$100.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 2, 17, 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 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** - Oct 3, 19, 6:30 p.m.

## Couples Cooking: Ramen & Sushi

**Description** - (H) Bring a friend and learn about the true goodness of homemade ramen and sushi.

**Menu** - Shoyu Ramen Sesame-Miso Ramen with Roasted Mushrooms Instant Pot Sushi Rice Tempura Shrimp & Asparagus Roll California Roll

**Cost** - \$100.00

**Instructor(s)** - Aprons Staff

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

## West African Cookery

**Description** - (H) West Africa has a diverse cuisine with over 16 countries contributing their flavors and identities. Influences from both the Arab and European world combine to make a combination that can be spicy, but never short on flavor.

**Menu** - Maffee (Peanut Stew) Jollof Rice Kelewele (Fried Spicy Plantains) Yassa au Poulet (Spicy Marinated Chicken) Bofrot (Beignet-Style Fried Dough)

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 7, 29, 6:30 p.m.

## Intrinsic Fruit & Candy Workshop

**Description** - (H) Learn the basics of candied & dried fruits. As well as chocolate, fudge and nougat confections.

**Menu** - Seasonal Seasoned Dried Fruit Candied Citrus Zest Pistachio Nougat White Chocolate-Raspberry Fudge Homemade Marzipan Marzipan Orange Tart Dried Fruit Truffles & Dark Chocolate Truffles Workshop classes are designed to be more in depth than our regular classes. These classes will be technique driven and will take longer than the average 2-hour class. Time commitment will be 3-4 hours. A short break will be scheduled at the 2-hour mark and we will have a snack available. Enjoy all of our delicious menu items and ask questions as we walk you through each recipe.

**Cost** - \$60.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 10, 18, 10 a.m.

## Seafood & Sides

**Description** - (H) A great side dish will help to make the fresh seafood selection even better. We got you covered with some tips and techniques to create the perfect pairings of sauces and sides.

**Menu** - Broiled Flounder with Olive & Bell Pepper Orzo Seared Salmon with Lemon Dill Pesto & Scalloped Potatoes Grilled Swordfish Marinara with Pancetta Roasted Green Beans Lobster Roll with Tempura Veggies

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 12, 27, 6:30 p.m.

### **Couples Cooking: Date Night Dinner In**

**Description** - (H) Light the candles, open that special bottle, and enjoy a romantic dinner for two right at home.

**Menu** - Fig & Goat Cheese Croustades with ProsciuttoCrab & Fennel BisqueRosemary Scented Rack of Lamb with Port Wine Sauce & Roasted Garlic Smashed PotatoesSalted Caramel Pots De Crème

**Cost** - \$100.00

**Instructor(s)** - Aprons Staff

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

### **Curries of the World**

**Description** - (H) 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 SaladCurried Carrot Soup with Warm Garlic NaanRed Curry Coconut Shrimp with Jasmine RiceSpiced Red Curry Coconut Ice Cream with Mango Chutney

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

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

### **Asian Flavors**

**Description** - (H) It all starts with the basics, come discover new flavors, skills, and tricks you can apply at home to cook a great meal.

**Menu** - Asian Noodle BowlVegetarian Spring Rolls5-Spice Fish with Asparagus & Wild Mushroom Served with Red Chile CauliflowerCherry Quinoa Tart

**Cost** - \$50.00

**Instructor(s)** - Aprons Staff

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

### **Couples Cooking: Great Seafood at Home (Holiday Season)**

**Description** - (H) 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 for that special someone during the holiday season.

**Menu** - Grilled Pompano with Citrus and Herbs over Rice & VegetablesBlackened Mahi-Mahi Tacos with Wasabi SlawCrab Stuffed GrouperSnapper Veracruz

**Cost** - \$100.00

**Instructor(s)** - Aprons Staff

**Date and Time** - Oct 31, 6:30 p.m.

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