



Kootenay Co-op Cooking School

2009 Spring Classes

"Tell me what you eat and I will tell you what you are."
Anthelme Brillat-Savain

*"Food should be our medicine and our Medicine should
be our food."*
Hippocrates

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Introduction to Vegetarian Cooking

Thursday, February 19; 6:30-8:30pm

Join us to learn the fundamentals of creating wholesome and delicious meals using fresh, organic and natural ingredients. We will review how to create complete proteins, meal planning, the preparation of natural foods, the basics of fats and oils and some allergy cooking.

Join us for a fun class and an organic vegetarian meal.

East Indian Feast

Thursday, March 5; 6:30-8:30pm

Warm yourself with beautiful and aromatic East Indian Foods. We will use whole spices and learn to make fresh spice mixtures to prepare authentic and exquisite East Indian foods. Join us for a feast of light, easy to prepare, fresh and flavourful foods as we create fresh paneer, Dhal, beautiful vegetable dishes and more.

South of the Border - Mexican Cookery

Thursday, March 26; 6:30-8:30pm

Join us and learn everything you need to know to make fresh, spicy and tasty Mexican themed dishes. We will be using traditional Mexican ingredients such as squash, tomatoes and corn as well as the unconventional, to make beautiful and delicious Mexican dishes. Ole'!

We offered this class in our Fall '08 cooking series. Due to a great demand for this class, we are pleased to be offering it again.

The Upper Crust- Breads, Bagels and Yeasted Doughs

Thursday, April 16; 6:30-8:30pm

We will walk you step by step through the entire process of yeasted dough baking. Learn to create fresh breads, bagels, pizza crust, cinnamon buns and so much more using whole grain flours and sourdough culture. Expand your baking repertoire and gain confidence in the kitchen with this amazing class.

Zesty, Fresh and Italian

Thursday, May 7; 6:30-8:30pm

In Italy meals are seen as a time to spend with family and friends. Drawing upon the foods inspired from this country of exquisite culinary culture, we will create beautiful, tasty and satisfying meals, snacks and salads that you will be pleased to share at your home. If lasagne, bruchetta, Caesar salad and olive oil are your type of thing, you will love this class!

Fresh, Fast and Fabulous Summer Salads

Thursday, May 21; 6:30-8:30pm

Spring is here! Rejoice, cleanse and renew with wholesome and fresh salads. This class will teach you how to make fresh salads with rice and grains as well as beans and raw vegetable salads. Beautiful, colourful and fresh salads that you can build any meal around. We will also give you some great recipes for dressings that you can use on anything!!!

Our Instructor

Maggie Jones has been teaching, lecturing and writing about health and nutrition for as long as some of us have been around and has raised 3 healthy and vibrant vegetarian children into adulthood. After over 36 years of vegetarianism, Maggie is still passionate about and committed to living a natural healthy lifestyle, with a focus on fun and enjoyment.

Registration and Cost

Registration for the classes begins January 12, 2008. Please register at least 2 weeks in advance for the class you wish to attend and pay for class at time of registration. You may register in person at our Customer Service desk, or by phone: 250-354-4077. Please pay by credit card when registering by phone. To keep classes personal and interactive, class size is limited to 15.

The cost for each class is \$20 for members and \$25 for non-members.

The entire series is offered at \$100 for members and \$125 for non-members.

Cancellation Policy

If you cannot attend a class, please give 48 hours advance notice. There will be no refunds given for cancellations, but we will be more than happy to transfer you to another class within the series.

More Details

All cooking classes will be held at the Nelson United Church, located on the corner of Silica and Josephine Streets.

All classes will run about 2 hours, from 6:30-8:30pm and have plenty of time for questions as we go. We will share a meal at the end of each class and enjoy our creations.

Other News

Would like information about upcoming classes, workshops, events, Co-op produce specials and other news? Sign up for the Kootenay Co-op eNEWS. Log on to www.kootenay.coop and look for the **CO-OP eNEWS** icon on the right hand side of the screen.