



Marquette Food Co-op

# Private Cooking Classes

*The Marquette Food Co-op Private Parties can be tailored to fit your needs. We can do simple, one dish food demonstrations for as little as \$5 per person, or go all out with many dishes, a hands-on component, and wine pairings for \$30 per person. Let us know what you want! All classes include recipes sheets for participants to take home. Since menus are created around your needs, we can usually accommodate most diet choices, such as vegetarian, vegan, gluten-free, etc. Additionally, if you are interested in a cuisine not listed here, feel free to ask. It may be possible to arrange.*

*Classes are held in the Co-op Classroom, located in the basement of the store. For more information contact Sarah at [smonte@marquettefood.coop](mailto:smonte@marquettefood.coop) or 906-225-0671 ext. 723.*

## Culinary Basics

If you've ever wished for a 101 on cooking healthy food this is the class for you. Participants will learn cooking terminology and technique while we create delicious, nutritious, and affordable meals using whole foods.

## Eggs

Although people in the U.S. tend to think of them as a breakfast food and baking component, there are few foods as versatile as the egg. Used in both sweet and savory dishes, eggs are used around the world for meals any time of the day, with a profusion of tastes and textures. Learn more about this delicious and affordable protein source through recipes from around the world.

## Great Greens

After the winter diet of root vegetables, squashes, and other storage foods, our bodies need the fresh greens available in abundance each spring. Instead of thinking of spring as the waiting period before summer produce is ready, this year you can celebrate spring by taking advantage of the profusion of these tasty greens and their unique flavors with the recipes of this class.

*Note: Although this class was originally designed for spring foods, it can easily be adapted for late summer and fall greens.*

## **Herbs and Spices**

What is the difference between an herb and a spice? How do you use them? Using recipes from around the world, participants will discover a variety of herbs and spices and their flavors, learn about proper storage, and even hear a little bit about growing them.

## **Indian**

Learn to cook a variety of classic Indian dishes! Participants will be introduced to the Indian spice repertoire, learning to make their own spice mixtures they can keep on hand for delicious curries at home. Whether you are new to the subcontinent's charms or already love palak paneer, this class will have something to tempt your taste buds.

## **Italian**

This celebrated cuisine is all about seasonality, featuring the best of whatever is in season for the freshest, most intense flavors. Learn the tips and techniques used to transform these fabulous ingredients into wholesome meals reminiscent of those in Northern Italy, through recipes shared with the Co-op by Louise Berndt, a longtime resident of both Marquette and Venice, Italy.

## **Local Foods**

A class tailored to whatever is in season locally. Includes an optional trip to the farmers market where participants challenge the instructor to create a meal based around their shopping choices.

## **Mexican Street Food**

Inspired by the delicious street food of Mexico, the food in this class is simple but flavorful. Participants will learn recipes that can be used to make a variety of easy weeknight Mexican meals.

## **Middle Eastern**

Though the Middle East describes many countries and people, there are some classic dishes that cross cultures, and have come to define this region in a delicious way. Taste for yourself how good homemade falafel (and many other dishes) can be.

## **Salads**

Salads aren't just a prelude to the main meal, they are a delicious expression of the best each season has to offer. This class will make you forget about wilted iceberg lettuce, looking at not only fantastic greens, but a whole range of ingredients that makes salad the most exciting part of dinner.

## Spanish

Spanish cuisine offers a wide variety of flavors. Discover the delicious, Mediterranean influenced fare of Southern Spain through recipes shared with the Co-op by U.P. resident Almudena Aguirre, who hails from Andalusia.

## Sushi

Learn the basics of sushi rolling. Participants will learn how to make rice, some ingredient combinations, and of course, how to roll. Very hands-on! *Note: this class can be vegetarian or include fish.*

## Sweet & Savory Pie Making

What's better than pie to warm the body and the soul? In this class we'll teach a master pie dough that can be used for a variety of pies. Both sweet and savory pies will be covered, with a mix of demonstration and hands-on work.

## Truffles

Learn to make chocolate truffles with using ganache. Fancy sounding yet so simple to make, ganache is also very versatile. And best of all, virtually everyone has the skills and tools to make it. In this class, participants will make truffles with many flavor combinations, learning the simple techniques that will give you success every time! *Note: this is a two hour minimum class and \$25 per person.*

## Vegan & Vegetarian 101

What is the difference between vegetarianism and veganism? Why chose this lifestyle? Can you get all the nutrients you need from these diets? This class covers the basics of a vegan or vegetarian diet through recipes that everyone will love, no matter what their food choices are.



Open daily 8am - 9pm • Everyone Welcome  
502 W. Washington St. Marquette, MI 49855  
906-225-0671 • [www.marquettefood.coop](http://www.marquettefood.coop)