

marquette food co-op

# PRIVATE COOKING CLASSES

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The Marquette Food Co-op private cooking classes are tailored to fit your needs. We offer a full range of food experiences, from small, half-hour food demos to multi-course feasts. We can host bridal showers, birthday parties, business team building meetings, or groups of friends looking for a unique experience. A minimum of 6 people is required for private classes. Classes are ideal for groups of 16 or less, though we can offer demonstration-only classes for groups of up to 25.

All classes include recipes sheets or booklets for participants to take home and the menu will be sent to you before the class for approval.

For an additional \$35 facility fee you can use the classroom for up to two hours before or after your class for decorating, gift exchanges, or business meetings. Classes are held in the Co-op Classroom, located in the lower level of the store.

So how do you get started booking your class?

### STEP 1:

Choose a budget based on the price per person. You can use the price list to help guide you. ***For groups of less than 10 people, \$30 per person is the minimum. Exceptions to this can be made at the discretion of the Outreach Director for classes that serve youth or populations in need who would have financial barriers to participation.***

### STEP 2:

Choose your class topic from the list in this booklet. If you are interested in a cuisine that isn't listed, please feel free to ask about it. Additionally, since menus are created around your needs, we can usually accommodate most diet choices, such as vegetarian, vegan, gluten-free, etc.

### STEP 3:

Decide if you will be using the classroom for additional time outside of the cooking class. If you would like to host a business meeting, bring in your own decorations, or host your gift exchange onsite after the class, there's an additional \$35 facility fee.

### STEP 4:

Determine how payment will be made. Will attendees be registering and paying themselves or will a single person or business be handling payment? We can provide invoicing or create a registration page for your guests. Final guest count is due 3 business days before the class. See FAQs for more payment details.

### STEP 5:

Call us to secure a date! Contact Amanda at [alatvala@marquettefood.coop](mailto:alatvala@marquettefood.coop) or 906-225-0671 ext. 727.

## PRICE LIST

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The type of cuisine you choose impacts the cost of ingredients. Some cuisines are more expensive. Including more hands-on dishes also increases the price of the class. Thus, you'll notice that some price points are represented as a range, with the number of dishes varying.

### \$10 per person

At this price range, we offer a limited number of classes. Pick from green smoothies, quinoa tabouli, savory Indian pancakes, or make your own sauerkraut. Call us for other ideas.

### \$15 per person

We can offer a more substantial one dish class that can be hands-on or demonstration based, depending on the food selected. Try making spring rolls, samosas, pierogis, buddha bowls, vegetarian sushi or vegetarian tacos. Have another idea? Let us know and maybe we can do it.

### \$20-\$25 per person

2 recipes and hands-on experience with at least one hands-on dish provided.

### \$25 – \$35 per person

3-5 recipes and hands-on experience with at least one hands-on dish provided.

### \$35 – \$45 per person

4-5 recipes. Optional dessert or non-alcoholic specialty drink. Hands-on experience offered on multiple dishes.

# CLASS LIST

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## CULINARY BASICS

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

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## 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.

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## GREAT GREENS

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

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

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## 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, explore the depth of their flavors, learn about proper storage, and even hear a little bit about growing them.

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## 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.

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## 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.

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## LOCAL FOODS

A class tailored to whatever is in season locally. If there are specific foods you want to learn about, you can send a list, and participants can 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.

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## 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 or other dishes you've yet to discover can be.

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## BIBIMBAP

Infinitely customizable but always delicious, bibimbap is one of our favorite dishes. The mix of warm rice, pickled, sauteed, or fermented vegetables, and savory meat or tofu refutes any notion that comfort food isn't good for you. In this class participants will make a more decadent bibimbap that takes a little longer, but shortcuts will be shared so this dish can become an easy weeknight meal too.

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## SPANISH

Spanish cuisine offers a wide variety of flavors. Discover the delicious, Mediterranean influenced fare of Andalusia, in Southern Spain. Great class for lovers of olive oil, peppers, and tomatoes.

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## SPRING ROLLS

It doesn't get any more fresh, delicious, or healthy than this! Learn to roll up Vietnamese-style fresh spring rolls. Filled with crispy raw veggies and served with two different tasty sauces, these spring rolls will brighten your day no matter what season we're in. **Note:** *hands-on component included.*

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## 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.*

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## 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. **Note:** *this is a 2.5 hour minimum class and \$30 per person.*

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## TRUFFLES

Learn to make chocolate truffles 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 2 hour minimum class and \$25 per person.*

***Don't see the perfect topic? Ask us about it, we are always adding new classes.***

## FREQUENTLY ASKED QUESTIONS

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### **When is payment due?**

For individuals hosting a party or private class, payment is required prior to the start of the class. We can set up a private Humanitix link for members of your class to register and pay for their own tickets or set up an invoice for the total class cost. Invoices may be paid at the Customer Service Desk in the store. For businesses and organizations, we offer standard 30-day invoicing.

### **What if some members of our party don't show up? Can we get our money back?**

No refunds can be given for attendees that do not show up. Full refunds are only guaranteed when cancellation occur with three business days notice. Cancellations within 24 hours may sometimes be refunded, but only if no food has been purchased yet. If you need to cancel after the deadline for refunds we encourage you to pass the ticket onto a friend to attend in your place.

### **Are there age requirements for the classes?**

Private classes can be held for any age. The participants are decided by you as the party host.

### **Can you guarantee a class free of allergens?**

We cannot guarantee a 100% gluten or allergen free environment for our classes. While menus can be created to suit your dietary needs, many types of classes are hosted in our classroom. We do not have space to ensure special equipment or counter space is reserved as an allergen free in the same manner as a certified facility. Additionally, there may be flours or other allergens in storage in the room. We would, however, take every precaution possible in the preparation of your food to ensure your meal suits your needs within these boundaries.

### **We'd like to have wine with our meal. Are we allowed to bring in our own alcohol?**

Unfortunately, no. Our alcohol license does not allow this.

### **Can the Co-op Classroom be rented for private events that do not include a cooking class?**

There is limited availability for classroom rentals. This is due to the high demand for our classes, which requires use of the classroom. On a case-by-case basis, we may work with individuals or organizations whose work is aligned with our mission, and contributes to a healthy community, food systems work, or environmental stewardship.

### **May we bring our own food for appetizers, or a homemade cake?**

You may not bring food purchased outside of the Marquette Food Co-op, except for a few items we don't supply, such as a birthday cake. Our community outreach, including events in the classroom space, is made possible through the success of our store sales — we appreciate your purchase of MFC food items to support our ongoing efforts. Please note that if you will be in the classroom beyond your scheduled cooking class time, such as for cake and gifts for a birthday, you must pay an additional \$35 facility fee that covers up to two extra hours in the space before or after your class. All outside food must be approved by your MFC event coordinator.

### **Do we get to cook at the class?**

This depends. We strive to offer some hands-on work at every class to create the best environment for learning. We may have to work with you on your menu at the lower price points as the food cost increases with hands-on classes.

On the other hand, if you would like to kick back and relax while someone demonstrates your recipes, that's just fine with us! Hands-on participation is not a requirement of the class at any price point.

### **When is the final head count due?**

You must send the final number of class participants 3 business days before the date of your class.

### **Will there be aprons available?**

You are welcome to bring an apron if you like, as often you will assist in preparing some of the dishes in the class. We have a few aprons to hand out, but there is a limited supply, and they are claimed quickly.



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Open Daily 8am - 9pm  
Everyone Welcome

[www.marquettefood.coop](http://www.marquettefood.coop)  
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