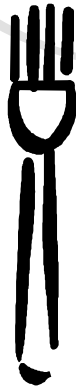
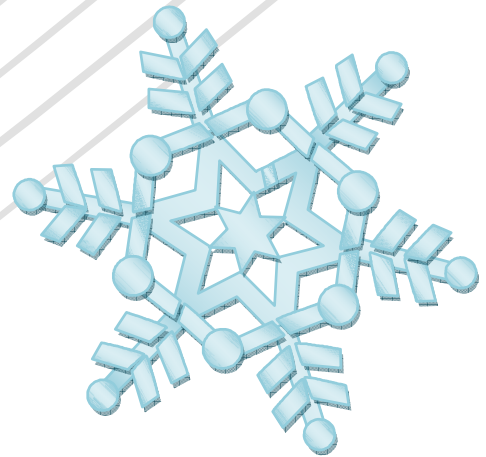
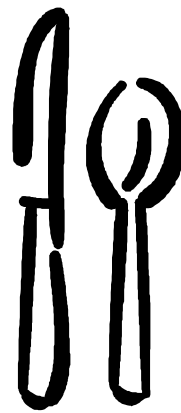


Winter Schedule 2008—2009



**real cool
cooking
school**

Bekins
inc.
realcoolstore.com



The **real cool cooking school** at Bekins offers a wide variety of personalized, hands-on cooking classes designed to make you a better cook. Through a combination of practical professional advice and skill-building lessons, you will discover making beautiful, delicious food at home everyday can be a true pleasure.



It's Easy to Register

Any way you choose

phone: 616-842-2743

fax: 616-842-6038

website: www.realcoolstore.com

mail: 735 Washington Avenue
Grand Haven, MI 49417

By understanding the How's and Why's of how food works, you will be able to translate this knowledge into creating flavorful dishes in your own kitchen. Whether entertaining a group of friends or preparing a family meal, the skills you learn will last a lifetime.

All classes are taught by Chef Thomas Reinhart, and are open to anyone with a passion for cooking or a desire to learn new techniques and guiding principles. From culinary novices to seasoned professionals, the **real cool cooking school** at Bekins has something for everyone.

Use this form for mail or fax registration

Class Registration Information

Name: _____

Address: _____

email: _____

Primary Phone: _____ **Alternate Phone:** _____

Class Titles & Dates: _____

Payment Method: Check VISA MC Discover

Credit Card #: _____ **Expiration Date:** _____

Sec Code _____ **Cardholder Signature:** _____

Register early because class sizes are limited to provide you with the best hands-on experience. An apron will be provided for your use during class. You will receive a generous sampling portion of the dishes prepared. You may bring a bottle of wine to enjoy with your dinner; we have glasses available.

Classes start promptly at the scheduled time so plan to arrive with enough time to sign in and pick up your recipe pack.

Classes must be paid in full 1 week prior to the class or your reservation will be cancelled. You may cancel your registration up to 1 week prior for an equal value class credit. No cash refunds. Cancellations within 1 week are not refundable, although you may have someone take your class reservation.

Sign up to receive our culinary newsletter and class schedules at www.realcoolcookingschool.com



"I Hate to Cook" Series

(How to Cook without Stress or Recipes)

These classes are perfect for people who really don't like cooking—but foodies will love them too!

Armed with basic techniques and the proper skills, getting dinner on the table every night can be stress-free and delicious. This series of classes teaches the fundamentals that allow you to cook without the stress of poring over recipes and hours of food shopping. While the classes do build on each other, they can be taken in any order or individually.

WARNING—Class graduates may no longer hate to cook!!

I Hate to Cook IV

Omelets & Frittatas

Tuesday, Dec. 2, 2008 6 - 9 PM
\$35 ea. or \$60 for 2

Do your homemade omelets lack the pizzazz you find at your favorite restaurant? By changing the ingredients you add, you can easily turn your omelets into a gourmet meal.

I Hate to Cook V

Tomato Sauce & Variations

Tuesday, Jan. 6, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

A simple tomato sauce offers scores of possibilities for dinner options. Learn how to create the basic sauce and several interesting variations. You will never use a store bought tomato sauce again.

I Hate to Cook VI

Sauté

Tuesday, Jan. 27, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

Sautéing is a simple technique that allows you to prepare a wide variety of boneless meats and fish quickly and with flair.

I Hate to Cook VII

Stir Fry

Thursday, Feb. 12, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

Stir Fry is the original fast food. Long a key technique in Asian cuisines, it is now highly popular for its healthy reputation and quick weeknight dinner results.

The Weather Outside is Frightful

So Let's Fire Up Something Delightful!

Chocolate!

Two Dates Offered

Thursday, Dec. 11, 2008 6 - 9 PM
Tuesday, Feb. 10, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

There are few foods that people feel as passionate about. Chocolate is, well, different. We look at the origins and applications of chocolate in this decadent class.

Holiday Cookies

Tuesday, Dec. 16, 2008 6 - 9 PM
\$35 ea. or \$60 for 2

Cookies of all shapes and sizes have been part of festive holiday rituals long before Christmas. Ancient cooks prepared sweet baked goods to mark significant occasions. Get ready for the holidays at this timely class.

Winter Soups & Stews

Tuesday, Jan. 13, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

What could be more soul-warming when temperatures plunge than a generous, full-flavored stew that warms up the kitchen and fills the entire house with savory aromas?

Super Bowl Party!

Tuesday, Jan. 20, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

Chili, finger foods, appetizers—enjoy the game with family friends and good food. Learn some great party ideas in time for the big game.

Chowder Head

Tuesday, Feb. 3, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

Chowder—A thick, chunky seafood soup, of which clam chowder is the most well-known. New England-style chowder is made with milk or cream, Manhattan-style with tomatoes. We'll make both!

Winter Braise

Warm the Winter Soul

Tuesday, Feb. 17, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

Braising is usually associated with pot roasts, but the technique is highly versatile. Once you understand the technique, it is easy to be creative with different ingredients.

Puff the Magic Pastry

Tuesday, Feb. 24, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

With just a handful of other ingredients, these magic pastry sheets can be transformed into savory entree tarts or individual pastries that practically make themselves.

Baking FUNDamentals

Six Methods to Baking Success

It is said that while baking is not an exact science, it is an exacting craft. However, mastering just six methods provides you with the skills to make most baked items. For this series we teach and apply one method in each class. You will learn how to use each method to create a variety of baked goods. While the classes do build on each other, they can be taken in any order or individually.

Baking FUNDamentals IV

Straight Dough Method

Tuesday, Dec. 9, 2008 6 - 9 PM
\$35 ea. or \$60 for 2

The "Straight Dough" method is the traditional technique for making bread dough, brioche, rolls and pizza crust. This is a "knead" to know for every baker.

Baking FUNDamentals V

Foaming Method

Thursday, Dec. 18, 2008 6 - 9 PM
\$35 ea. or \$60 for 2

Egg foams form the foundation for light airy baked goods like soufflés, meringues and angel food cakes.

Baking FUNDamentals VI

Custards

Thursday, Jan 15, 2009 6 - 9 PM
\$35 ea. or \$60 for 2

What do ice cream, quiche and cheesecake have in common? That's right—custard! Learn to make the perfect custard in its many variations.

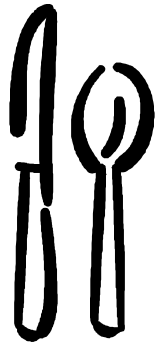


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1st Class
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Grand Haven, MI 49417

Phone: 616-842-2743

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email: tom@realcoolstore.com

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Cooking Tips for Winter — How to Make the Most of the Season in the Kitchen!

Comfort food and wholesome baked treats are just a few of the top picks for winter, but there are dozens of other meals you can enjoy by using seasonal fruits and vegetables. Since it's hard to get your daily servings of healthy food and snacks, whipping up a few delicious recipes is all you need to eat well this season. Here are some cooking tips to help you make the most of the season:

Try at least two new vegetables each week: Winter squash, pumpkin, and zucchini are some of the best vegetables to try during winter. Squash offers many health benefits, and can be used in soups, stews, and casseroles. Squash and pumpkin are rich in antioxidants that can protect your immune system, and healthy enough to give your skin a boost too. Try to use at least two new vegetables each week, and read up on some simple soup and casserole recipes to enjoy them in.

Cook up some stew: Stews are simple to make in a crock pot or slow cooker, and can quickly turn into a comfort meal for those long winter days. Look for healthy recipes that incorporate potatoes, peppers, tomatoes, and white meat; season it with your favorite spices and flavors. These meals can be served with rice or bread, and heated up in the microwave with ease.

Cook up a fruit dessert: Fruit compote (fruit stewed or cooked in syrup) is a winter classic, and can be served for a special occasion, or just when you need a sugar fix! Try poached pears with cinnamon and frozen vanilla yogurt for a decadent treat; this dessert is simply baked in the oven with natural juices and sugar, and is a great way to warm up on a cold winter's night.



Make your own bread: You can make bread the old fashioned way by kneading and mixing the dough by hand, or try the wet dough method demonstrated in my Easy Artisanal Bread class. Making your own bread is a fun process in itself, and you can make the best of winter by adding some seasonal ingredients such as pumpkin, cherries, and even zucchini to the mix.

From homemade chili to fresh fruit desserts, there are plenty of ways to enjoy winter's best offerings. Winter is the perfect time to experiment in the kitchen and come up with a unique recipe, so why not start a tradition of your own with a few new meals?

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