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**real cool
cooking
school**

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Why sign up for a
cooking class?

- meet new people
- fun with friends
- learn new techniques
- explore new tastes

the *Spring 2010 Schedule*

March—April—May



March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>Easy Artisan Bread</i>	3	4	5	6 <i>Knife Clinic</i>
7	8	9 <i>Resolution Solution</i>	10	11 <i>Chili Fest</i>	12	13 <i>Green Smoothies</i>
14	15	16 <i>Irish Pub Grub</i>	17 <i>St. Patrick's Day</i>	18	19	20
21	22	23 <i>Baklava Workshop</i>	24	25	26	27 <i>Souper Saturday</i>
28	29	30 <i>Wok this Way!</i>	31			

Secret to Easy Artisanal Bread

Tuesday, Mar 2 (6 PM - 9 PM) - \$40

We'll teach you the revolutionary secret how to make your own French bread in about 5 minutes a day! Making good artisanal bread at home is easy—without kneading, proofing yeast or high maintenance starters.

Knife Sharpening Clinic

Saturday, Mar 6 (12 PM - 1 PM) - \$10

The right knife can make all the difference in food preparation, but any knife is only as good as its edge. This seminar will give you the knowledge you need to keep your knives in top condition. Bring your dull knives!

Resolution Solution

Tuesday, Mar 9 (6 PM - 9 PM) - \$40

Keep up that resolution to eat better this year. Learn how to make easy to execute healthy entrees that you can feel good about eating. We will explore low fat cooking techniques and green vegetable preparation.

Chili Fest

Thursday, Mar 11 (6 PM - 9 PM) - \$40

Chili and corn bread has to be one of the most perfect combinations in culinary history. The sweetness of the corn bread provides the perfect backdrop to appreciate the spicy, savory chili. Learn how to simmer up the perfect chili to keep your inner furnace fired up.

Green Smoothies

Saturday, Mar 13 (12 PM - 1 PM) - \$10

The sweetness of fruit completely masks the natural bitterness of leafy greens in a green smoothie. The more you add leafy greens to your diet with a green smoothie, the more you'll crave them. Come learn how easy it is to make these nutritious and delicious drinks.

Irish Pub Grub

Tuesday, Mar 16 (6 PM - 9 PM) - \$40

Skip the corned beef and cabbage this St. Patrick's Day—you'll never see it served in Ireland. Come celebrate with a great selection of traditional Irish Pub dishes.

Hands-On Baklava Workshop

Tuesday, Mar 23 (6 PM - 9 PM) - \$40

Popular in Greece, this sweet dessert consists of many layers of buttered phyllo pastry, spices and chopped nuts. A spiced lemon syrup is poured over the warm pastry after it's baked. Each student will make their own pan of baklava and take it home.

Souper Saturday

Saturday, Mar 27 (12 PM - 1 PM) - \$10

Preparing hot soups in the VitaMix starts with fresh, whole produce. The blades turn so fast, you'll get a steaming hot soup complete with all the nutrients in 5 minutes! Join me for two delicious, whole vegetable soups with no peeling or seeding required.

Wok this Way!

Tuesday, Mar 30 (6 PM - 9 PM) - \$40

Thousands of years ago, Chinese cooks figured out how to prepare healthy food quickly using a simple, versatile piece of equipment - the Chinese wok. Come learn some exotic stir-fry and steamed recipes using this versatile cooking tool.

Through a combination of practical advice and skill building lessons,
you will discover that making delicious food at home is a true pleasure.

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April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Cooking with Herbs	2	3
4 Easter	5	6	7	8	9	10
11	12	13 International Vegetarian	14	15 Mediterranean Diet	16	17 Knife Clinic
18	19	20 Asian Rolls	21	22	23	24 Frozen Desserts
25	26	27 Shrimp Three Ways	28	29	30	

Cooking with Herbs

Thursday, Apr 1 (6 PM - 9 PM) - \$40

Learn the flavor profiles of various herbs and discover which herbs complement certain flavors and foods. Find out how to substitute fresh herbs for dried or vice versa. This class will give you ideas for using your herbs and the confidence to experiment on your own.

International Vegetarian

Tuesday, Apr 13 (6 PM - 9 PM) - \$40

If you're looking to reduce or eliminate the meat in your diet, this class is the perfect opportunity for you. Explore meatless foods from around the world that will liven up your taste buds as well as your menu. If you're already meat-free, this class will give you new, easy-to-make recipes.

Great Gift Ideas

Cooking classes make great gifts ideas for anyone who loves to cook.

Gift certificates are available in store and online.

The Mediterranean Diet

Thursday, Apr 15 (6 PM - 9 PM) - \$40

The heart-healthy Mediterranean diet emphasizes healthy fats, fruits, vegetables and minimal red meat. It has been associated with a lower level of (LDL) cholesterol — the "bad" cholesterol that's more likely to build up deposits in your arteries.

Knife Sharpening Clinic

Saturday, Apr 17 (12 PM - 1 PM) - \$10

The right knife can make all the difference in food preparation, but any knife is only as good as its edge. This seminar will give you the knowledge you need to keep your knives in top condition. Bring your dull knives!

Asian Rolls

Tuesday, Apr 20 (6 PM - 9 PM) - \$40

Egg rolls and spring rolls are a ubiquitous part of Asian-style restaurant meals. Learn the method for creating easy and delicious, restaurant-quality, spring rolls. Making egg rolls at home enables you to get creative with the ingredients.

On-Line Registration

Convenient
Secure

Frozen Desserts

Saturday, Apr 24 (12 PM - 1 PM) - \$10

Creating healthy and delicious frozen fruit desserts is a snap with the VitaMix blender. The secret is the high performance precision-crafted stainless steel blades that crush and cut up frozen ingredients in seconds. Come learn the secrets and enjoy the recipes.

Shrimp Three Ways

Tuesday, Apr 27 (6 PM - 9 PM) - \$40

A wonderfully nutritious alternative to meat proteins, the firm, translucent, flesh of raw shrimp is low in calories and saturated fat. I will show you three completely different and unique ways to prepare this universally favorite ocean swimmer.

Register Early

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 of the dishes prepared. You may bring a beverage of choice to enjoy with your dinner; we have glasses available.

Classes start promptly at the scheduled time.

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735 Washington Ave. Grand Haven MI, 49417

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 <i>Mexican Fiesta</i>	5	6 <i>Ultimate Grill Roasted Chicken</i>	7	8 <i>Mother's Day Omelets</i>
9 <i>Mother's Day</i>	10	11 <i>Artisan Bread Secrets</i>	12	13	14	15 <i>Outdoor Cooking and Grilling</i>
16	17	18 <i>Grilled Pizza & Flatbreads</i>	19	20 <i>Whole Grains Made Easy</i>	21	22
23	24	25 <i>Tuscan Spring</i>	26	27	28	29 <i>Big Green Egg Grilling</i>
30	31 <i>Memorial Day</i>					

Mexican Fiesta

Tuesday, May 4 (6 PM - 9 PM) - \$40

Outside the State of Puebla, very few Mexicans commemorate their victory at The Battle Of Puebla in 1862. But we gringos in the U.S. love an excuse to enjoy the food, cerveza and tequila. Savor the bold, bright flavors of Mexico for Cinco de Mayo.

Ultimate Grill Roasted Chicken

Thursday, May 6 (6 PM - 9 PM) - \$40

Forget the deli chickens and roast the ultimate chicken at home on the grill. Crispy skin, tender juicy meat falling off the bone, aromas of herb and citrus—this chicken is simply the best! We'll use the leftovers to make two more delicious meals.

Mother's Day Omelets

Saturday, May 8 (12 PM - 1 PM) - \$10

Omelets are always a welcome breakfast dish on Mother's Day. Come master the French and American-Style omelets in this very hands-on class. I will show you how to dress up a plain omelet in a mind-boggling number of ways.

More Artisan Bread Secrets

Tuesday, May 11 (6 PM - 9 PM) - \$40

Building on the Basic "Secret" in the first class, we'll try some more advanced techniques for creating different breads in just minutes a day. We will make Rye Bread, Brioche and Sourdough Bread.

Outdoor Cooking and Grilling

Saturday, May 15 (12 PM - 1 PM) - \$10

Join me to learn the secrets of successful outdoor cooking. We'll discuss how the design, construction and technology of gas and charcoal grills affect our food. Of course we'll make plenty of tasty samples.

Grilled Pizza & Flatbreads

Tuesday, May 18 (6 PM - 9 PM) - \$40

If you've ever enjoyed wood-fired pizza, you know what a great flavor a little smoke can add to your favorite pizza. We will cook and taste recipes for traditional favorites and not-so-traditional combinations that will jazz up your menu.

Whole Grains Made Easy

Thursday, May 20 (6 PM - 9 PM) - \$40

You know whole grains are good for you. Now find out how good they can taste – and how easily you can make them part of your menu. I will show you how easy it can be to incorporate whole grains into everyday meals.

Tuscan Spring

Tuesday, May 25 (6 PM - 9 PM) - \$40

Tuscan cooking uses simple, pure ingredients prepared with wit and passion. As we prepare the food tonight, you'll be able to imagine the rolling hills filled with olive trees and grapevines filling the spring air with their wonderful aromas.

Big Green Egg Grilling Demo

Saturday, May 29 (12 PM - 1 PM) - \$10

The Big Green Egg is a unique outdoor cooker, with unmatched flexibility and capabilities. It is a smoker, a grill and an oven and you can cook literally any food on it year around, from appetizers to entrees to desserts.



Register for class today!

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