



the *Summer 2010 Schedule*

June—July—August

The logo for Bekins Inc. features the company name in green and black, with the website address 'realcoolstore.com' below it. The text 'real cool cooking school' is written in a bold, black, sans-serif font. On either side of the text are stylized black icons of a fork and a knife.

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June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Tuscan Spring REPRISE</i>	2	3	4	5 <i>Cool Healthy Smoothies</i>
6	7	8 <i>Grill Master - Steaks</i>	9	10	11	12 <i>Rubs, Marinades Mops & Sauces</i>
13	14	15 <i>Spanish Tapas and Paella</i>	16	17 <i>Wings on the Water</i>	18	19
20 <i>Father's Day</i>	21	22 <i>Gourmet Burgers!</i>	23	24	25	26 <i>Marinades & Vinaigrettes</i>
27	28	29 <i>Seafood & Shellfish</i>	30			

Tuscan Spring REPRISE

Tuesday, Jun 1 (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.

Cool Healthy Smoothies

Saturday, Jun 5 (12 PM - 1 PM) - \$10

In the summertime, some folks could very easily live on ice cream alone. As summer heat rises, it always gets harder and harder to resist that favorite refreshing treat. However, healthy fruit smoothies are a better way to keep cool without the excess fat and calories and even get some vitamins and minerals.

Grill Master—Steaks

Tuesday, Jun 8 (6 PM - 9 PM) - \$40

Grilling the perfect steak is an art form. It takes practice and patience to master it. You will learn the simple steps to grilling a great steak. We will also discuss selecting the right cut of steak and know how to season it to your liking.

Rubs, Marinades, Mops & Sauces

Saturday, Jun 12 (12 PM - 1 PM) - \$10

Building layers of flavor is the key to developing championship BBQ taste. We will explore how to use a combination of techniques to get complexity and depth of flavor, including brines, marinades, dry rubs and sauces. By using these techniques, you can achieve a dramatic variety of flavors in your barbecue.

Spanish Tapas and Paella

Tuesday, Jun 15 (6 PM - 9 PM) - \$40

Paella is the extravagant, saffron-scented rice and seafood dish cooked in a wide, flat pan. In its native home of Valencia, paella comes in many forms, using the bounty of the sea. Paella cooked on the grill makes for a leisurely outdoor party.

Wings on the Water

Thursday, Jun 17 (5 PM - 8 PM)

We will be grilling up some chicken at the Spring Lake Heritage Festival's "Wings on the Water" event. Stop by to eat and vote for our wings. Music and beverages will be at the event located at Mill Point Launch Park in Spring Lake Village.

Gourmet Burgers!

Tuesday, Jun 22 (6 PM - 9 PM) - \$40

Burgers are quintessentially American - nothing better represents our culinary tradition. In this class we will learn how to stuff them, season them, grill them, and top them to perfection.

Marinades and Vinaigrettes

Saturday, Jun 26 (12 PM - 1 PM) - \$10

Wholesome salads are the perfect answer to the weekday dinner question. Healthy homemade salad dressings and vinaigrettes are superior to store bought. Once you master the basic techniques, you can create your own in minutes—without recipes.

Grill Master - Seafood & Shellfish

Tuesday, Jun 29 (6 PM - 9 PM) - \$45

Most seafood benefits from the quick cooking and smoky flavor of a grilling session. Come learn how to select quality seafood products, season them with herbs, spices and marinades, and grill them to perfection.

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

realcoolcookingschool.com or 616-842-2743

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <i>Independence Day</i>	5	6	7	8	9	10 <i>Satay - S.E. Asian Street Food</i>
11	12	13 <i>Southern Barbecue</i>	14	15	16	17 <i>Plank Grilling</i>
18	19	20 <i>Grill Master Fruit & Veg</i>	21	22	23	24 <i>Stir-Fry on the Grill</i>
25	26	27 <i>Grill Master - Ribs</i>	28	29	30	31 <i>Fajitas Grill</i>

Satay - Southeast Asian Street Food

Saturday, Jul 10 (12 PM - 1 PM) - \$10

Satay are skewered pieces of meat grilled over a wood or charcoal fire, then served with various spicy seasonings. A very popular delicacy in Indonesia and Malaysia, it is often purchased from street vendors.

Southern Barbecue

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

BBQ has many, mostly erroneous, meanings in our language. In the South - BBQ means pork! We'll explore the history and different variations of American BBQ including, Carolina, Memphis and Kansas City, along with some excellent side dishes.

Plank Grilling

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

Grilling with a plank is one of those techniques that seems so basic, but that can add so much to the finished dish. The plank acts as both a piece of cooking equipment and a flavor component of the food being cooked.

Grill Master - Fruits & Vegetables

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

Summertime usually means steaks, burgers and hotdogs. This summer add a few new healthy dishes to the grill. Come learn to prepare and grill some items you never thought you would see on the grill!

Stir-Fry on the Grill

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

Long a key technique in Asian cuisines, it is now highly popular for its' healthy reputation and quick weeknight dinner results. Come learn the basic skills, tools and preparation methods to become a Wok Master on your grill!

Grill Master - Ribs

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

Whether you prefer baby backs or spare ribs - ribs are the best way to show your pit skills in the summertime. We'll explore the different cuts, sauces and rubs. You will leave this class with the knowledge and confidence to make great ribs at home.

Fajitas Grill

Saturday, Jul 31 (12 PM - 1 PM) - \$10

A fajita is a generic term used in Tex-Mex cuisine, for grilled meat served on a flour or corn tortilla. Though originally only skirt steak, popular meats today also include chicken, pork, shrimp and all cuts of beef.

Great Gift Ideas

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

Gift certificates are available in store and online.

Private Classes

Choose from one of our classes or customize a class according to your unique taste!

A great way to entertain your friends and learn something new and fun at the same time.

On-Line Registration

*Convenient
Secure*

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August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 <i>Tuscan Grill</i>	11	12	13	14 <i>Rotisserie Grill</i>
15	16	17 <i>Grill Master - Chicken</i>	18	19	20	21 <i>Pollo Loco!</i>
22	23	24 <i>Mediterranean Summer</i>	25	26	27	28 <i>Cool Fruit Soups</i>
29	30	31 <i>California Cuisine</i>				

Tuscan Grill

Tuesday, Aug 10 (6 PM - 9 PM) - \$40

This region of Italy is blessed with natural beauty and an amazing array of food products. We'll explore the region's cuisine by making dishes that are perfect for a mid-day meal or light supper.

Rotisserie Grill

Saturday, Aug 14 (12 PM - 1 PM) - \$10

Rotisserie is a style of roasting where meat is skewered on a spit - a long solid rod used to hold food while it is being cooked over a fire. The rotation cooks the meat evenly in its own juices and allows easy access for continuous basting.

Grill Master - Chicken

Tuesday, Aug 17 (6 PM - 9 PM) - \$40

Whole Chickens, Half Chickens, Parts and Boneless Skinless Breasts - all are moist and delicious on the grill. We will learn how to cut up a whole chicken into parts and prepare them for the heat with seasonings and marinades.

Pollo Loco!

Saturday, Aug 21 (12 PM - 1 PM) - \$10

Building Pollo Loco is Spanish for "Crazy Chicken" and is a Mexican-style, citrus-marinated, flame-grilled chicken. It is very popular in Northern Mexico and the Southwest U.S. where it is sold in restaurants by the same name.

Mediterranean Summer

Tuesday, Aug 24 (6 PM - 9 PM) - \$40

Rich in culture and food history, the nations on the shores of the Mediterranean Sea—Italy, Spain, France, Morocco, Greece, Lebanon, Syria, Turkey and Israel—have all contributed something special to the colorful, vibrant tapestry that is Mediterranean cuisine. The flavors are rich, and the health benefits are hard to ignore.

Cool Fruit Soups

Saturday, Aug 28 (12 PM - 1 PM) - \$10

It's getting too hot to spend much time in the kitchen, and sometimes you just don't want to sit down to a big, hot dinner. There are lots of alternatives; especially summer soups served cold, such as refreshing fruit soups.

California Cuisine

Tuesday, Aug 31 (6 PM - 9 PM) - \$40

California cuisine is a style of cuisine marked by an interest in "fusion" - integrating disparate cooking styles and ingredients. The emphasis of California Cuisine is on the use of fresh, local ingredients, which are often acquired daily at farmers markets.

-- Register Early --

Register early because class sizes are limited to provide you with an intimate, small-class, 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.



Register for class today!

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