



The Loft at Longo's Aurora

January – May 2012 Schedule

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To register for a class and for more information, call or visit Longo's Personal Touch Service counter.

ADULT CLASSES

Wednesday, January 25, 2012 - 7:00 pm – 9:00 pm

Winter Warm-up

It's nice and toasty in the Loft! Join Cassandra Barnes for an elegant and hearty meal of seasonal flavours. To whet our appetites, we'll enjoy a warm endive salad with parmesan and roasted hazelnuts. Next, learn to prepare spiced pork tenderloin with balsamic-apricot glaze enjoyed over goat cheese mashed potatoes and sizzling chard. To finish-up, we'll prepare flambéed bananas Foster and enjoy the warmly spiced dish over vanilla bean ice cream with chocolate drizzle. Seasonal perfection. **\$30**

Wednesday, February 1, 2012 - 7:00 pm – 9:00 pm

Fun with Cake Pops (Hands on)

What is better than beautiful bite-sized cakes? Cake pops are the trendiest desserts on the market... and the best part about them – you don't need to know how to bake! Chef Boyd will show you how to construct crafty cake pops in an easy and fun way. The flavour combinations are endless. Red velvet, peanut butter and chocolate, cookies and cream, etc. Come let your imagination run wild, and enjoy some bake-free treats in class or in the car on the way home. **\$35**

Friday, February 3, 2012 - 7:00 pm - 9:00 pm

Romantic Dinner

Why go out to a crowded, expensive restaurant when you can have a quiet, romantic dinner at home? Join Chef Jim Comishen as he prepares a truly gourmet meal that will have your sweetheart thinking you cooked all day! Spark the romance with a wonderful appetizer of wild mushrooms and cream over puff pastry, followed by a mandarin and cream cheese stuffed chicken breast with Madeira sauce on a bed of creamy lemon risotto. Finish the meal off with a simple but elegant Grand Marnier custard with fresh berries and Chantilly cream. **\$40**

Monday, February 6, 2012 - 5:00 pm – 6:00 pm

Basics Cooking Series: Chocolate Delights

Join us for these basic cooking skills classes presented by Longo's Loft experts. This class will show you the ins and outs of making chocolates perfect for that special someone. It's a chocoholic's dream! **\$10**

Tuesday, February 7, 2012 - 7:00 pm – 9:00 pm

All the Best of Prince Edward Island

Christian Pritchard, TV's "Gastrotainer," is back with island hospitality...Canadian style! Prince Edward Island, the jewel of Eastern Canada, has some of the best ingredients, which are now making their way to the Longo's Loft! Tonight's class starts with PEI-style gnocchi with a luscious lobster sauce and chanterelles. Next up – mussels two ways: New London style and beer braised. For your sweet tooth, a cranberry panna cotta is guaranteed to whisk you off to this Eastern paradise! **\$30**

Thursday, February 9, 2012 - 7:00 pm – 9:00 pm

French Classics Updated

Become "ze best bistro on ze block" by adding a little French flare to your cooking repertoire. Chef Jono will share a few traditional secrets and meticulously demonstrate how to prepare classic French favourites. Dishes include savoury profiteroles filled with Gruyère and saucisson, a delicious and hearty lentil/sausage casserole and the delightfully delicate "Ile Flotante" – shimmering meringue floating on a sea of crème Anglaise. **\$30**

Wednesday, February 15, 2012 - 7:00 pm – 9:00 pm

Eatin' Jamaican

Personal Chef Luleta Brown has a keen focus on cooking Jamaican. Dishes start with original homemade recipes and are then deconstructed to eliminate high calories, simple and refined carbohydrates, high fat, salt and sugar, without compromising integrity and taste. Her menu of fish cakes with mango salsa, jerk chicken with rice and peas served with roasted plantains and Caribbean coleslaw will have you dreaming of the Jamaican coast. Enjoy the sweet island flavours with a dessert of mini gizzadas and fresh pineapple that will make your palate sing! **\$30**

Thursday, February 16, 2012 - 7:00 pm – 9:00 pm

Couples Date Night

Why wait for Valentine's Day to enjoy a special night out? Spoil your loved one and your taste buds by joining Chef Mike for an evening of culinary lessons and romantic cuisine. Make this a unique date night experience while savouring a special menu of Parmesan shortbread cookies, shrimp bisque, seafood en papillote and the ultimate in sensual cuisine – crème brûlée. **\$55 per couple**

Tuesday, February 21, 2012 - 7:00 pm – 9:00 pm

An Evening in Tuscany (Hands on)

Christian Pritchard of CulinaryCottage.ca brings back recipes from his recent trip to Tuscany, Italy! Join him and learn to prepare Tuscan toasts, accordion insalata, picci pasta with Pecorino cheese, bistecca alla fiorentina with beans, and for dessert zucotto (ice cream truffle). Grazie! **\$35**

Wednesday, February 22, 2012 - 7:00 pm – 9:00 pm

A Culinary Crossroads (Hands on)

Marjorie Vella creates a mouth-watering palette of succulent flavours that will garner rave reviews from your family and friends. This menu sizzles! Fried Halloumi cheese with a cranberry-ginger topping, chorizo stuffed poblanos with an ancho chili drizzle, and may we introduce you to cobbler's cousin – blueberry slump. We're heating up in the Loft tonight! **\$35**

Thursday, February 23, 2012 - 12:00 pm – 1:30 pm

Preparing Heart-Healthy Foods

Join Holistic Nutritionist Marlene Hynd for this informative demonstration class about heart-healthy foods. Learn what foods and nutrients are proven to minimize your risk of heart disease and stroke, while sampling some tasty and nutritious fare. Take home a variety of satisfying, vitamin-enriched recipes along with tips for incorporating these foods into your daily routine. Includes an in-store tour to help ease your way through the aisles. **\$15**

Friday, March 2, 2012 - 7:00 pm – 9:00 pm

Five Star Dinner at Home

If you love to entertain, this is the class for you! Chef Paula Zavala will show you how to wow your guests with her apple cider and brie cheese soup garnished with red grapes, followed by grilled steak on a bed of wild mushrooms drizzled with chipotle sauce, and tender skewers of roasted asparagus. For dessert enjoy a sweet and sumptuous pecan pie! **\$30**

Wednesday, March 7, 2012 - 7:00 pm – 9:00 pm

Raw Food Rejuvenation

It's time to look young and feel radiant by eating food rich in antioxidants. "Make it Raw" Chef Francesco Comito will share exciting information and recipes that will generate health and vitality. Blueberries, goji and key minerals are essential and great for the skin. In this class you will learn how to prepare an exotic rejuvenation drink, "My Way," tomato gazpacho soup, zucchini noodles in a spinach/sun-dried pesto tomato sauce and a mixed berry parfait. You will leave the class looking and feeling incredible! **\$30**

Friday, March 9, 2012 - 7:00 pm – 9:00 pm

Fun Thai Cuisine (Hands on)

Take me away to Thailand! Learn how to make great crispy coconut prawns, pad Thai noodles and a luxurious banana coconut custard. George Brown Chef Rosemary Lee will teach you how to put together your very own Thai pantry to help you recreate all these dishes and more as often as you like. Her helpful hints and great tips will make cooking Thai at home a blast! **\$35**

Monday, March 12, 2012 - 10:00 am – 12:00 pm

Healthy Snacks - Parent and Child March Break Class (Hands On and Information Seminar)

Looking for a fun and educational activity for you and your 8 - 12 year old? This class teaches you and your child why it is important to know what is in your snacks and how to make your own delicious versions of some of your favourites. You'll be making a sunflower seed granola bar, homemade hummus, and putting together satisfying snacks with Longo's freshest, natural ingredients in this class led by Holistic Nutritionist Nancy Morency. Your kids will be looking forward to adding these snacks to their lunchbox! **\$30 (1 parent and 1 child); \$15 per additional child, \$20 per additional adult**

Wednesday, March 14, 2012 - 7:00 pm – 9:00 pm

St. Patty's Day Feast

It's the luck of the Irish as Chef Jim Comishen prepares an authentic St. Patty's day meal for the whole family to enjoy. Start with some fresh homemade buttermilk and cheese biscuits followed by a wonderful and light Irish skink (broth) soup. For the main course it's a traditional lamb and Guinness stew over a bed of creamy champ potatoes. We finish off the meal with a wonderful Irish whiskey bread pudding served with whiskey infused custard sauce. **\$30**

Thursday, March 15, 2012 - 7:00 pm – 9:00 pm

Bento Sushi Making (Hands on)

Learn how to make fresh sushi with Bento's highly trained expert chefs. Enjoy soothing green tea as you master the art of sushi preparation with recipes for the perfect rice and tricks for creating and forming your favourite sushi rolls. You will also get a chance to see an exciting demonstration on how to prepare the more advanced nigiri sushi. You will not want to miss it! **\$25**

Wednesday, March 21, 2012 - 5:00 pm – 6:00 pm

Basics Cooking Series: Pasta from Scratch

Join us for these basic cooking skills classes presented by Longo's Loft experts. In this class, we invite you to discover the secret to wonderful pasta! Learn to roll, cut and cook your very own fresh pasta. Then, dress your pasta with the most rustic and delicious sauces that will let your pasta shine. **\$10**

Thursday, March 22, 2012 - 7:00 pm – 9:00 pm

Curry Fusion

It's off to Manchester for some culinary wonder with Zadiha Iqbal. Her inspiration comes from growing up in the UK, and watching the ever-evolving trends of curry and fish and chips. Come and dine on flavourful curries with an English twist. Start the night off with her chicken curry poutine. The main attraction will be a melt-in-your-mouth butter chicken pie. What better way to finish than with a twisted mango dessert. **\$30**

Friday, March 23, 2012 - 7:00 pm – 9:00 pm

Great Cocktail Party Appetizers (Hands on)

Celebrate the season with George Brown Chef Rosemary Lee as she shows you how to make great cocktail appetizers for your next party. She will show you how fun and easy it is to make a fantastic platter while demonstrating key tips to working with finicky phyllo and puff pastries. Enjoy Thai crab salad on betel nut leaves, cocktail shrimp with lemon lime dip, phyllo pastry stuffed with spicy chicken, mini caramelized onion and Gruyère tarts and pastries with spicy pork and peanut sauce. These appetizers will wow your friends! **\$35**

Tuesday, March 27, 2012 - 7:00 pm – 9:00 pm

Candy is Dandy (Hands on)

Join Jennifer McConnell in this sweet class of candy-making! Whether you want to impress your guests or bring a gift for the holidays, this is the perfect class for any occasion. Learn how to make toffee butter crunch, old-fashioned divinity, toasty brittle, pulled taffy and everyone's favourite – truffles. How sweet it is! **\$35**

Wednesday, March 28, 2012 - 7:00 pm – 9:00 pm

Healthy 30-Minute Meals

Being a chef, it isn't easy to keep the weight off. Over the last several months Chef Boyd has made changes to her diet and lost over 60 pounds. Join her as she shares some of her favourite recipes and secrets that are easy on the waistline as well as the clock and wallet. Bring your appetite as you help prepare a magnificent menu of Mexican stir-fry, turkey burgers, tuna melts and salad dressings that are easy and energizing. **\$30**

Wednesday, April 11, 2012 - 7:00 pm – 9:00 pm

Let's Go Italian this Spring (Hands on)

What can be more welcoming on a warm, spring day than a cornucopia of fresh ingredients to create a menu of Italian food! Join Marjorie Bella as she puts together an amazing warmed caprese salad on a bed of greens, followed by a primavera risotto featuring spring vegetables, with a side of shrimp sautéed in limoncello. For dessert, an olive oil cake drizzled with chocolate sauce – the perfect ending to a Spring Italian feast! **\$35**

Friday, April 13, 2012 - 7:00 pm – 9:00 pm

Spring Cleansing

Ready for spring cleaning? Renew your energy and your cells. Let "Make it Raw" chef Francesco Comito show you how. This class will focus on recharging your body by introducing an invigorating breakfast green smoothie, a post workout coconut berry smoothie, a wild avocado grapefruit salad, spicy zucchini pad Thai and assorted nutty energy truffles. This spring cleanse class will have you feeling refreshed, new and full of life – inside and out! **\$30**

Wednesday, April 18, 2012 - 7:00 pm – 9:00 pm

Central Europe Brought Home

Take a tour with Cassandra Barnes to the heart of Central Europe with this regionally inspired menu. Potato pancakes with sour cream and chives start us out on this culinary tour. From here we continue with a warm and hearty chicken paprikash paired with a savoury spaetzle. We will finish our courses with the most adventurous chilled sour cherry soup. Introduce yourself to the flavours of an old culinary tradition! **\$30**

Thursday, April 19, 2012 - 7:00 pm – 9:00 pm

East is West

East and West do meet! Join personal Chef Luleta Brown as she shows you how, with her menu of pan grilled shrimp on potato crisps with wasabi aioli, chicken bulgogi on a skewer with sticky rice balls served with sweet and sour green salad, and fresh berries with chocolate rounds to end the evening. Her combination of eastern and western cuisine will leave you truly satisfied. **\$30**

Monday, April 23, 2012 - 5:00 pm – 6:00 pm

Basics Cooking Series: Summer Salads

Join us for these basic cooking skills classes presented by Longo's Loft experts. This class features summer salads that are sure to satisfy your appetite as the weather gets warmer. Learn to create beautiful leafy dishes filled with delightful ingredients. **\$10**

Tuesday, April 24, 2012 - 7:00 pm – 9:00 pm

I spy...Pie! (Hands on)

Roll up your sleeves and join Jennifer McConnell in this hands-on pie making class. Learn to make the flakiest pastry and turn it into the prettiest of pies including sour cherry and vanilla lattice top, chocolate maple butter mini pies and a mile-high key lime pie. Come and grab a slice! **\$35**

Wednesday, April 25, 2012 - 7:00 pm – 9:00 pm

Veg Out! (Hands on)

Meatless Mondays are becoming increasingly popular and are sure to be one of the more popular food trends of 2012. Learn how to create sumptuous vegetarian dishes that will delight and satisfy all on your next meatless Monday dinner table with culinary expert Marjorie Vella. Enlighten your taste buds by enjoying sweet potato hummus with artisan crispbread; Sardinian style penne with cauliflower; Swiss chard, currants and toasted pine nuts; and last but not least, pecan streusel coffee cake. **\$35**

Saturday, April 28, 2012 - 10:00 am – 12:00 pm

Decorating Basics (Hands on)

Course 1: Piece of Cake

This is the perfect place to start if you're interested in getting a little more creative with your cake decorating! Learn basic step-by-step decorating techniques, how to properly ice a cake; use your tools, tint your icings, and create flowers and other decorative enhancements that will make your cake shine and give you great results every time! The Little Pink Cake Shoppe instructors are friendly and very enthusiastic about what they do. Whether you are a beginner baker, or a seasoned veteran looking for new tips and tricks, this is the class for you. **\$25**

NOTE: Don't miss "Course 2: Piece of Cake". See May 19.

Tuesday, May 1, 2012 - 7:00 pm – 9:00 pm

Everything is Drunk – Bourbon!

Tonight, TV "Gastrotainer" Christian Pritchard brings you bourbon baby! Deep Southern recipes from Louisiana that all have bourbon in them will warm your soul and your spirits. Bourbon shrimp étouffée over okra is our starter. Steak in a bourbon Creole mustard sauce over smashed fingerling potatoes is our main. For dessert, it's bourbon crème brûlée. Yes please! **\$30**

Tuesday, May 8, 2012 - 7:00 pm – 9:00 pm

Longo's Spring Experience Magazine

Emily Richards brings this season's Experience magazine recipes to life with fantastic tips to whip up incredible feasts. With spring in the air, why not liven up your taste buds with tender turkey medallions complete with a horseradish pear sauce or exotic Thai beef tacos. Emily will show you how to take advantage of seasonal produce by putting together a spring succotash and a delicate citrus Bundt cake with a light lemon drizzle. **\$25**

Wednesday, May 9, 2012 - 10:00 Am – 12:00 pm

Healthy Baking (Hands On and Information Seminar)

If you are just beginning your journey to healthier eating, why not start with dessert and satisfy your sweet cravings without the guilt? Learn the benefits of substituting healthier flours, sugars and fats into your favourite recipes. Bake up a moist and decadent chocolate muffin, as well as a hearty oatmeal cookie during your time with Holistic Nutritionist Nancy Morency. Participants will enjoy the treats in class and bring some samples of the baked goodies home. **\$25**

Monday, May 14, 2012 - 5:00 pm – 6:00 pm

Basics Cooking Series: Sweet Dough

Join us for these basic cooking skills classes presented by Longo's Loft experts. This class features one basic recipe for a yeasty sweet dough which is the base for so many treats. Discover how simple it is to make Chelsea buns like you had when you were a kid. We'll also make the best cinnamon rolls ever! **\$10**

Wednesday, May 16, 2012 - 7:00 pm – 9:00 pm

Mexican Night

It's a fiesta with specialist Paula Zavala who will be showing you how to make simple and easy Mexican dishes. To start she will make a comforting bean and tomato soup tossed with fried tortilla chips, followed by a delicious chili con carne and guacamole. She will finish off the evening with a to-die-for truffle chocolate cake and vanilla ice cream. **\$30**

Friday, May 18, 2012 - 7:00 pm – 9:00 pm

Easy Cooking for One or Two

Cooking for one or two doesn't have to mean frozen TV dinners or fast-food restaurants all the time. These quick and simple, yet delicious one-pan meals are the key to eating better. Join popular Chef Jim Comishen as he prepares a wonderful spicy ham and smoked sausage jambalaya along with his family's famous "pops" pasta penne with Italian sausage. Marvel over the one-pan, country-style roast chicken and root vegetable casserole and a terrific English trifle with Devon custard, sponge cake and fresh berries. Come see how much fun cooking can be. **\$30**

Saturday, May 19, 2012 - 10:00 am – 12:00 pm

Decorating Basics (Hands on)

Course 2: Piece of Cake

After completing "Class 1: Icing on the Cake" (see April 28), move on to this class, where you will learn how to make roses, ribbons, ruffles, flowers and leaves. You will also be taught how to do a basket weave, rosette border, make 3D figures and printing/writing on the cake. This class will allow you to build on the skills you learned in Class 1, and teach you how to put it all together to make the perfect cake. **\$25**

Tuesday, May 22, 2012 - 7:00 pm – 9:00 pm

Four Dishes Everyone Needs to Know

Forget "takeout" and pre-packaged dinners! Join Chef Mike as he teaches you how to prepare a day's worth of tasty dishes, without ever breaking a sweat. Start the day off right with a fluffy omelet for breakfast, leek and potato soup for lunch, tender roast chicken with seasonal vegetables for dinner and chocolate pot de crème for dessert. You'll learn all the tricks to recreating these quick and healthful meals in your very own kitchen. **\$30**

Wednesday, May 23, 2012 - 7:00 pm – 9:00 pm

Eating Enough Fish? (Demonstration and Information Seminar)

Fish, especially saltwater fish, is high in omega 3 Essential Fatty Acids. EFAs are important for the maintenance of brain, heart and digestive health. In this class, you will prepare Asian rainbow trout and tomato tuna pasta with the help of Holistic Nutritionist Nancy Morency. These two simple and delicious fish recipes are sure to please your whole family, and will make it easier for you to have fish for dinner 1-2 times a week. What to look for when selecting your fish and how to supplement these important nutrients if you are not eating enough will also be discussed. **\$25**

Thursday, May 31, 2012 - 7:00 pm – 9:00 pm

Spice up your Life

Don't know what to do with the spices in your pantry? Zadiha Iqbal, the spice Queen, will inspire you to spice up your life as she whips up yummy vegetable pakoras (fried vegetable fritters), light chana chaat (chickpea salad), followed by chicken curry in a hurry served with rice. A mango lassi dessert will take off the heat at the end of the evening. See how easy it is to add flavourful recipes like these to your weekly repertoire. **\$30**

Scheduled classes and instructors are subject to change.

Check the Personal Touch Service Counter in-store for updates.

KIDS WHO COOK CLASSES

Creative Kids' Classes

11:00 am – 12:30 pm

Join us for some Saturday fun as we kick off our Creative Kids' classes. Kids get to let their imaginations run wild with these funky classes of learning and laughing. When finished, they get to show off and enjoy their amazing creations. Ages 7 and up. Adult accompaniment welcome. **\$15** per class per child.

Saturday, February 11	Valentine's Chocolates
Saturday, March 17	Leprechaun Surprises
Saturday, March 31	Easter Treats
Saturday, May 12	Mother's Day Flowers

Sizzling March Break Cooking Camp 2012

10:00 am – 1:00 pm

Jump into this exciting culinary camp for kids ages 8 and up. These interactive classes are a great way for kids to learn basic kitchen safety skills while whipping up wacky and wild dishes that are easy to make. With a different menu at each class, kids will leave here with the coolest recipes around. Let us inspire your junior chefs with these limited time classes! **\$25** per class per child.

Tuesday, March 13	Pasta-licious
Wednesday, March 14	Candy Land
Thursday, March 15	Eat Like a Rock Star

For menus and other details, please contact your Loft Coordinator.