



The Loft at Longo's Boxgrove

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

Thursday, January 26, 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**

Tuesday, January 31, 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 will prepare flambéed bananas Foster and enjoy the warmly spiced dish over vanilla bean ice cream with chocolate drizzle. Seasonal perfection. **\$30**

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**

Wednesday, February 8, 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**

Friday, February 17, 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**

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

Celebrating Citrus

Winter's sweetness, citrus fruits! Chef Nancy Rossi will start things off with scallops sautéed in butter swirled with a grapefruit juice reduction. Prepare for the most enticing tastes as you indulge in pan-seared duck breast in a caramelized shallot and orange sauce served with basmati rice. The evening wouldn't be complete without an orange-flavoured chocolate mousse for dessert. **\$30**

Tuesday, February 28, 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**

Wednesday, February 29, 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**

Monday, March 5, 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, toast brittle, pulled taffy and everyone's favourite – truffles. How sweet it is! **\$35**

Thursday, March 8, 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 13, 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**

Tuesday, March 20, 2012 - 7:00 pm – 9:00 pm

Drink Your Produce

It's hard to take in the daily required fruits and vegetables, especially during the long winter season. Let Food Scientist and Raw Food Chef Jinny Lok inspire you to maximize your daily intake and power up your day with these delicious, mood-boosting smoothies packed with vitamins. Sample smoothies including carob-banana-chia, incredible apple pie, mango sunrise and a powerful green dragon smoothie. Your questions will be answered on the benefits of using various functional ingredients such as chia, flax and algae, along with how best to incorporate them into your super smoothies! **\$30**

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**

Friday, March 30, 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**

Wednesday, April 4, 2012 - 7:00 pm – 9:00 pm

Easter Brunch – Gluten-Free

Chef Monique van den Widlenberg will make your Easter a little more relaxed this season with this make-ahead brunch. This morning menu includes sunrise yogourt and granola parfaits; crab and asparagus salad; roasted pepper, mushroom and goat cheese strudel; and for dessert, a delicious lemon mousse. And it's all gluten-free! **\$30**

Tuesday, April 10, 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, April 12, 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**

Monday, April 16, 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**

Tuesday, April 17, 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**

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

Company is Coming

Here's an impressive menu that will inspire you to host the ultimate dinner party. Chef Nancy Rossi will show you how to create a stunning wild mushroom cappuccino followed by a show-stopping striped bass baked in a sea salt crust. A quick and easy squash soup dressed with sautéed scallops is another elegant dish that will bring spoonfuls of delight. Finally, relish the combination of sweet caramelized apples with walnuts layered between French shortbread and drizzled with caramel sauce as the evening comes to a close. **\$30**

Friday, April 27, 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**

Thursday, May 3, 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**

Tuesday, May 8, 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**

Friday, May 11, 2012 - 7:00 pm – 9:00 pm

Finger Foods for Dinner

Switch things up for dinner by serving up scrumptious appetizers. A mix of delicious finger foods can satisfy just as much as a heavy dinner. Have some fun making new and easy dishes to mark any occasion with Chef Monique van den Wildenberg. Learn to prepare Thai fresh spring rolls with spicy dipping sauce, homemade vegetable chips with dip, Tex-Mex antojitos and the perfect bite-sized dessert: no-bake peanut butter balls. **\$30**

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**

Thursday, May 17, 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**

Thursday, May 24, 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**

*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.