



The Loft at Longo's Burloak

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

Tuesday, January 24, 2012 - 5:00 pm – 6:00 pm

Basics Cooking Series: Wonderful Whoopie Pies

Join us for these basic cooking skills classes presented by Longo's Loft experts. In this class we will show you how to bring whoopie pies even closer to home and have your guests hooked with just one bite. **\$10**

Friday, January 27, 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**

Monday, January 30, 2012 - 7:00 pm – 9:00 pm

Mood Food: An Introduction (Hands on)

There is a growing interest in how food and nutrition can affect emotional and mental health. Join personal Chef Patricia Muzzi as she explains how food and nutrition can significantly affect your well-being and help create a sampling of "good mood foods" including a mood boosting blueberry breakfast drink, soothing salmon and a tranquil turkey mushroom bake served with a side of citrus-lime vinaigrette on mixed greens. This class will invigorate you and your senses. **\$35**

Tuesday, January 31, 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 1, 2012 - 7:00 pm – 9:00 pm

Date Night: Travel to Paris

Join Chef Mike for the new, delectable "Date Night" series at Longo's. You and your special guest will experience an evening of invaluable lessons, delicious food and cooking tips sure to make any night in extra special. Enjoy each other's company while exploring the culinary wonders of Paris tonight with a menu that includes Parmesan shortbread cookies, shrimp bisque, seafood en papillote, finishing with the ultimate in

sensual cuisine – crème brûlée. Put this new monthly series on your to-do list. You won't be disappointed. **\$55 per couple**

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

Healthy Weeknight Meals

Are you short on time and cooking ideas? Well Emily Richards has exactly what you need to fill your weeknights with memorable dishes the whole family can enjoy! Sit back and relax as Emily shows you how to add a healthy twist to each scrumptious dish including a creamy barley risotto, hearty Tuscan soup, crunchy fish fillets and the easiest one-pot turkey dinner. And if there's still time and you haven't had your fill, we'll sneak in a quick and decadent dessert. **\$30**

Wednesday, February 8, 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**

Wednesday, February 15, 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, February 22, 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 24, 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 28, 2012 - 7:00 pm – 9:00 pm

The Art of Poaching (Hands on)

Not only is poaching a super healthy method of cooking, it's also a great way to introduce flavour into your dishes and simplify everyday food. Spend the evening with Stratford Chefs School trained Angie MacRae and learn how to master this method of cooking. Enjoy Lyonnaise salad with bacon lardons and poached egg, poached spring chicken with root vegetables and fresh horseradish, and red wine poached pears. You'll leave with some incredible poaching recipes! **\$35**

Thursday, March 1, 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**

Tuesday, March 6, 2012 - 7:00 pm – 9:00 pm

Cooking with Soy

Discover the sensational flavour of umami by uncovering the power of soy. This protein-packed, vitamin-rich ingredient is found in tofu, bean curd sheets, miso paste and a variety of delicious Chinese sauces. Asian food expert Florence Kwok will demonstrate its culinary versatility by cooking up tasty entrées such as chicken stir-fry with tofu, salmon with miso sauce and green vegetables with tofu curry. **\$30**

Wednesday, March 7, 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**

Thursday, March 8, 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**

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

Taste of India – Authentic Curries

Spice and everything nice is our theme this evening as Sai Chelliah demonstrates how to prepare authentic curries from India. The menu includes butter chicken with garlic Naan followed by spicy ginger karhai chicken. Next on the menu, vegetarian Paneer mutter masala (a delightful cottage cheese with tomato sauce and green peas) and ghoobi palak (cauliflower in a spinach and cream sauce). Finish the evening with a cooling fresh mango milk shake. **\$30**

Thursday, March 15, 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**

Monday, March 19, 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 21, 2012 - 7:00 pm – 9:00 pm

Floral Design 101 (Hands on)

Don't think you have the skills to arrange the perfect floral bouquet? Floral design is a centuries old art that can now be passed onto you in this incredible class. Let Longo's Floral Expert Elma take your breath away as she shows you the ins and outs of do-it-yourself floral arrangements for that special wedding, shower or just a beautiful display for your kitchen table. In this class you will learn step-by-step instructions to create and take home your very own floral masterpiece. **\$35**

Friday, March 23, 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**

Monday, March 26, 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**

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

Travel to Greece

Join Chef Mike for the new, delectable “Date Night” series at Longo’s. You and your special guest will experience an evening of invaluable lessons, delicious food and cooking tips sure to make any night in extra special. Enjoy each other’s company while exploring the culinary wonders of Greece tonight, with a menu that includes watermelon and feta salad, rosemary roasted lamb chops, finishing with Greek shortbread cookies. Put this new monthly series on your to-do list. You won’t be disappointed. **\$55 per couple**

Friday, March 30, 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**

Wednesday, April 11, 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**

Tuesday, April 17, 2012 - 7:00 pm – 9:00 pm

All the Best of Prince Edward Island

Christian Pritchard, TV’s “Gastrotrainer,” 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 chantrelles. 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**

Wednesday, April 18, 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**

Saturday, April 21, 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 5

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

Seafood Mantra

Bask in the delicious aromas of Sai Chelliah’s dreamy cuisine. Today Sai takes you to the land of exotic fish and shellfish, sharing her secret seafood mantra to perfecting a luxurious meal. The menu features shrimp pakoras with fresh walnut mint chutney, crab cutlets with mango pineapple salsa, and delicious coconut-crust fish fry served on a bed of lemon rice. Take home all of these mouth-watering recipes. **\$30**

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

Date Night: Travel to the Caribbean

Join Chef Mike for the new, delectable “Date Night” series at Longo’s. You and your special guest will experience an evening of invaluable lessons, delicious food and cooking tips sure to make any night in extra special. Enjoy each other’s company while exploring the culinary wonders of the Caribbean tonight, with a menu that includes avocado and shrimp salad, Scotch bonnet Johnny cakes, jerk chicken with rice, finishing with bread pudding. Put this new monthly series on your to-do list. You won’t be disappointed. **\$55 per couple**

Thursday, April 26, 2012 - 7:00 pm – 9:00 pm

Moroccan Dinner Party (Hands on)

Few cultures do flavour and hospitality like the Moroccans! Enjoy a family-style feast of textures and flavours that you and your guests won’t forget with Stratford Chefs School trained Angie MacRae. This Moroccan menu with moxie includes tomato soup with grilled lemons and yogourt, chicken tagine with preserved lemons and olives, fatoosh salad, and savoury couscous pilaf. **\$35**

Tuesday, May 1, 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**

Thursday, May 3, 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**

Saturday, May 5, 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 21), 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 8, 2012 - 7:00 pm – 9:00 pm

Africa II

Explore the exotic world of Africa as our culinary expert Patience Charisa enlightens you with inspirational ingredients from Nigeria to South Africa. Take your taste buds on an adventure as you learn how to prepare South African "borewors" and peri-peri chicken with a sensational couscous. Finish the night with some mouth-watering mandazis (African doughnuts). **\$30**

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

Date Night: Travel to Provence

Join Chef Mike for the new, delectable "Date Night" series at Longo's. You and your special guest will experience an evening of invaluable lessons, delicious food and cooking tips sure to make any night in extra special. Enjoy each other's company while exploring the culinary wonders of Provence, France tonight, with a menu that includes blood orange and fennel salad, French onion soup, coq au vin with roasted Parisienne potatoes and green beans, finishing with a fresh berry clafouti. Put this new monthly series on your to-do list. You won't be disappointed.

\$55 per couple

Thursday, May 10, 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, 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**

Tuesday, May 15, 2012 - 7:00 pm – 9:00 pm

Lebanese Delight

Come share Nada's passion for food. Listen to traditional Lebanese music, and learn how to make some simple, healthy and delicious Lebanese cuisine that includes classic baba ghanouj (eggplant and tahini dip), mjadarah (green lentils topped with caramelized onions), fattoush salad (mixed vegetables with toasted pita bread and sumac), kafta meshwiyeh (minced meat kebabs with tahini and sumac dry rub) and for dessert katayef bil jouz (shredded pastry filled with walnuts or pistachios and drizzled with honey and rose water syrup). Delightful! **\$30**

Thursday, May 17, 2012 - 7:00 pm – 9:00 pm

Impressive Party Appetizers Made Easy (Hands on)

Throwing a party is often accompanied by frantic kitchen activity! Experience first-hand, with the help of personal Chef Patricia Muzzi, how simple and enjoyable it is to prepare an impressive spread of stress-free, bite-sized party foods including walnut goat cheese pesto on tart apple slices topped with smoked salmon; seared flank steak and roasted butternut squash bites with smoked paprika butter; Mediterranean vegetables, cheese and fresh herb tart; and a life-of-the-party sparkling berry apple beverage. **\$35**

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

An Asian Culinary Adventure

Do you crave the bold spices of Asian cuisine but find the prospect of cooking with them daunting? Watch renowned Chinese cooking instructor Florence Kwok as she blends aromatic flavours and creates colourful dishes that are fresh and healthy. Learn how to whip up a few Singapore curry beef egg rolls, some nasi goreng (Indonesian fried rice), kaffir lime beef curry and cilantro chicken masala. Enjoy the taste you love without all the fuss. **\$30**

Wednesday, May 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**

Monday, May 28, 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, May 29, 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, home-made vegetable chips with dip, Tex-Mex antojitos and the perfect bite-sized dessert: no-bake peanut butter balls. **\$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.