

# Bring a friend for FREE!\*

*the loft*  
gather • cook • learn *by Longo's*

**GE Café & Longo's Chefs Series in the Loft Kitchen at Maple Leaf Square**  
In Partnership with GE Café and Evergreen

## Cooking Demonstration

Three course meal with hors d'oeuvres and wine pairings

Get intimate with Toronto's hottest chefs at the **GE Café Chef Series at Longo's Loft Kitchen at Maple Leaf Square**. In these demonstration-style cooking classes, you'll learn about cooking local food, gain some tips and techniques all while you enjoy a delicious dinner and wine.

**Longo's is proud to partner with GE Café and Evergreen**, an environmental charity in Toronto. Proceeds from this event will support children's food gardens and cooking workshops at Evergreen Brick Works.

Open to the public, **for registration call (416) 366-1717** or visit the Personal Touch Service Counter in-store at **Maple Leaf Square, 15 York Street, Toronto**.

**\*Promotional price: \$75 for two people, per class.** Regular price: \$75 for one person, per class.

Offer expires February 29<sup>th</sup>, 2012 and applies to one or more GE Café and Longo's Chef Series classes outlined here. Includes full meal, hors d'oeuvres and wine pairings. Limited seating. Register today!

Longo's is proud to partner with GE Café appliances and Evergreen, an environmental charity in Toronto. Proceeds from this event will support children's food gardens and cooking workshops at Evergreen Brick Works.

*Longo's*

[Longo.com](http://Longo.com)



Café  
*Bon appétit!*

[GECafe.ca](http://GECafe.ca)



EVERGREEN

[www.evergreen.ca](http://www.evergreen.ca)



Tuesday, January 24, 6:00-9:00pm

**Rocco Agostino**  
**Pizzeria Libretto & Enoteca Sociale**

### Hors D'Oeuvres

Crostino of mushroom, telaggio cheese and pancetta  
Caponata tartlet with marinated anchovy

### Main

Ribollita with bean, swiss chard and bomba  
Mezzemaniche all'amatriciana

### Dessert

Budino with salted caramel and amaretti



Tuesday, February 28, 6:00-9:00pm

**Albert Ponzio**  
**Le Sélect Bistro**

**Hors D'Oeuvres**

Steak tartare with root veg chips  
Smoked leek and potato croquette

**Main**

Goat cheese beet salad  
Mushroom risotto with mustard greens  
Pork belly with bacon, apple and Ontario legumes

**Dessert**

Ile flottante with crème anglaise and cracked caramel

Tuesday, March 27, 6:00-9:00pm

**Aaron Linley**  
**Stratford Chefs School**

**Hors D'Oeuvres**

Little braised eggplant and goat cheese tarts  
Soy and sake marinated rainbow trout with crunchy  
cabbage salad  
Bijou "jalapeno poppers"

**Main**

Warm salad of bacon, scallions and organic beets with  
romesco sauce and "Belle" sheep milk cheese  
P.E.I. Mussels and Lake Huron pickerel poached in  
aromatic vegetable broth with parsley pistou  
Quick cured pork loin with "uppercrust" potato gratin  
and goulash sauce

**Dessert**

Sticky toffee pudding with sour cream ice cream



Tuesday, April 24, 6:00-9:00pm

**Graham Bower**  
**Delica Kitchen**

**Hors D'Oeuvres**

Roasted beets, aged cheddar, pickled onion in phyllo cup  
lamb shank and parsnip spring rolls, vanilla mint syrup

**Main**

Cream-less Ontario mushroom purée  
Sautéed wild mushrooms, pancetta crisp  
Asparagus and golden beet salad with warm panko  
crusted brie, maple and fresh thyme vinaigrette  
Spring leek and chicken pot pie, phyllo pastry crust

**Dessert**

Maple rhubarb crumble





## The Loft at Longo's Maple Leaf Square

January – May 2012 Schedule

15 York Street, Toronto, ON

Tel: (416) 366-1717

Email: loftmls@longos.com

**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

### 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**

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

### Sensational Soups

Take the chill off with a hearty bowl of savoury soup. Jessica Roberts warms up the Loft with her must-have recipes. Beat the winter blues with steamy smoked turkey and barley soup served with crisp greens and a crumbly, herbed buttermilk biscuit. Sip on roasted cauliflower and garlic purée with fresh-from-the-oven, sixty-minute rolls and caramelized onion and thyme soup with Emmenthal cheese croutons. Toasty! **\$30**

Wednesday, February 1, 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**  
**Class will include a wine pairing from Corks Beer and Wine Bar.**

Thursday, February 2, 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 9, 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**

Friday, February 10, 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 14, 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. **\$75 per couple**  
**Class will include a wine pairing from Corks Beer and Wine Bar.**

Wednesday, February 15, 2012 - 12:00 pm – 1:30 pm

### Superfoods for Optimal Health

Join Holistic Nutritionist Marlene Hynd and discover how Superfoods are proven to prevent disease and promote optimum health for you and your family. Superfoods covered in this class: quinoa and broccoli. Learn simple ways to incorporate these immune-boosting foods into your diet. Sample mouth-watering dishes and take home delicious recipes. Each class will include an in-store shopping excursion. **\$15**

Thursday, February 16, 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**

Saturday, February 18, 2012 - 3:00 pm – 5:00 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**

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

### **Warm up with Raw Foods**

“Make it Raw” Chef Francesco Comito will share exciting information and recipes that will generate health and warmth. With spices such as cayenne, ginger and turmeric, even the simplest recipes become dynamic. Coconut carrot soup garnished with sprouted legumes, hearty salad topped with sweet potato walnut herbed pâté and pomegranate ginger dressing will bring sunshine to the winter months. Savour raw Mexican burritos and a chili pepper and nutmeg apple pie for dessert. Learn the health benefits of these spices, along with tips on how to succeed with a raw food diet during the cold winter season! **\$30**

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

### **Gourmet Your Pizza with Longo’s**

Join cooking instructor and recipe developer Mahy for a gourmet pizza night! We’ll be making an exotic basil, strawberry and walnut pizza; an asiago, artichoke and shrimp pizza; a hummus, feta and lamb meatball pizza; and finally a pizza with chipotle, sweet pepper and grilled chicken. Make room for a fresh finale of raspberry granola crumble stuffed in peach halves served with vanilla gelato. Discover how using Longo’s prepared and packaged food makes it simple to create, top and bake your gourmet pizza at home. **\$30**

Thursday, February 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**

Friday, February 24, 2012 - 12:00 pm – 2:00 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**

Monday, February 27, 2012 - 7:00 pm – 9:00 pm

### **Cooking with Beer: The Lager Angler**

Join Chef Matteo Gironi as he demystifies the new popular trend of “Cooking with Beer” in a 3-part series. Tonight we explore the richness of fish prepared with crisp lager beer. We cast off the night with a pan seared scallop on a lager caramelized onion cornbread. Our main catch is halibut on a bed of fresh baby vegetables and lager en Papillote. Finally we reel in the evening with a lager maple glazed salmon fillet on a cedar plank. **\$40 Class will include a beer pairing from Corks Beer and Wine Bar.**

Wednesday, February 29, 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. **\$40 Class will include a wine pairing from Corks Beer and Wine Bar.**

Thursday, March 1, 2012 - 7:00 pm – 9:00 pm

### **Date Night: 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. **\$75 per couple Class will include a wine pairing from Corks Beer and Wine Bar.**

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

### **Travel to the North of France**

Throughout the world, the different seasons and the weather dictate the kind of food we eat. In this class, Chef Yehuda Goldberg will take you to Northern France, where the climate and soil are similar to that in Ontario. You will learn about hearty foods that are easy to make and will keep you warm when it’s cold outside. Take comfort in classic leek and potato soup, choucroute garni and poulet au riesling with spaetzle. **\$40 Class will include a wine pairing from Corks Beer and Wine Bar.**

Thursday, March 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**

Friday, March 9, 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. **\$40 Class will include a wine pairing from Corks Beer and Wine Bar.**

Saturday, March 10, 2012 - 3:00 pm – 5:00 pm

### **Basics Cooking Series: Sauces and Condiments**

Join us for these basic cooking skills classes presented by Longo's Loft experts. Learn how to make the trendiest mustards, ketchups and relishes that will beautifully garnish your hot dogs and burgers. These recipes are surprisingly easy and fun to make. This class will help you wow your guests at your next get-together. **\$10**

Tuesday, March 13, 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**

Friday, March 16, 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 you and your friends 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. **\$40 Class will include a beer pairing from Corks Beer and Wine Bar.**

Sunday, March 18, 2012 - 2:00 pm – 4:00 pm

### **Babies and Tots Cooking Class for Parents (Hands on)**

As a new mom Laura-Maria Nikolareizi believes that all babies deserve to eat yummy for their tummy! Learn to make worry-free meals for your little ones with only the freshest seasonal ingredients. This "Made with Love" class allows you to share your experiences with other parents and will make preparing your own affordable organic baby food fun. We will be making carrot, tomato, basil puree, gobble-me-up turkey, bebe Bolognese pasta, pumpkin pie purée, apple cobbler puree and an irresistible berry smoothie. **\$35**

Tuesday, March 20, 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

### **Asian Inspired Finger Foods (Hands on)**

Create the ultimate fancy finger foods for your next party. Culinary Nutritionist Margaret Reffell will be creating Asian-themed appetizers that satisfy your guests' taste buds as well as their health and well-being. Join Margaret in crafting hand-wrapped chicken ginger nori rolls, rice paper spring rolls with a cashew curry dipping sauce and mini salmon cakes with a drop of dill pesto. These bite-sized meals are sure to be a hit! **\$35**

Thursday, March 22, 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 yogurt 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**

Monday, March 26, 2012 - 7:00 pm – 9:00 pm

### **Cooking with Beer: Baking with Brew**

Baking with brew? Who knew! Chef Matteo Gironi explains how to create sweet and delicious desserts with the infusion of beer. Enjoy your favourite ice cream in a dark porter float. Savour a warm chocolate centered cake infused with a rich, sweet, ale and flip over a caramelized pear tarte tatin with a twist of ginger beer. **\$40 Class will include a beer pairing from Corks Beer and Wine Bar.**

Tuesday, March 27, 2012 - 12:00 pm – 2:00 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, March 27, 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! **\$40 Class will include a wine pairing from Corks Beer and Wine Bar.**

Thursday, March 29, 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**

Friday, March 30, 2012 - 12:00 pm – 1:30 pm

### **Superfoods for Optimal Health**

Join Holistic Nutritionist Marlene Hynd and discover how Superfoods are proven to prevent disease and promote optimum health for you and your family. Superfoods covered in this class: avocado and salmon. Learn simple ways to incorporate these immune-boosting foods into your diet. Sample mouth-watering dishes and take home delicious recipes. Each class will include an in-store shopping excursion. **\$15**

Tuesday, April 3, 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! **\$40 Class will include a wine pairing from Corks Beer and Wine Bar.**

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

### **Cooking with Beer: Done Better with Beer**

Get ready to sauce up your plates and lick your fingers while Chef Matteo Gironi teaches students the basic building blocks for creating delicious BBQ sauces with everyone's favourite secret ingredient: beer! Enjoy a classic pulled pork sandwich paired with a dark beer sauce with hints of smoke and add some bite to the traditional pub fare chicken wings with a rich creamy ale sauce. Finally, students will learn how to construct and personalize their own brew and BBQ sauce to be enjoyed at home later. **\$40 Class will include a beer pairing from Corks Beer and Wine Bar.**

Thursday, April 12, 2012 - 7:00 pm – 9:00 pm

### **Date Night: Travel to the Caribbean**

Join Chef Mike for the 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. **\$75 per couple Class will include a wine pairing from Corks Beer and Wine Bar.**

Friday, April 13, 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**

Saturday, April 14, 2012 - 3:00 pm – 5:00 pm

### **Basics Cooking Series: Fruit & Veg Carving**

Join us for these basic cooking skills classes presented by Longo's Loft experts. Most chefs will tell you that "you eat with your eyes first." Learn some of the basics of fruit and vegetable carving. These tricks will assist you in creating some of the most beautiful garnishes. **\$10**

Wednesday, April 18, 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, April 19, 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**

Friday, April 20, 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! **\$40 Class will include a wine pairing from Corks Beer and Wine Bar.**

Wednesday, April 25, 2012 - 12:00 pm – 1:30 pm

### **Superfoods for Optimal Health**

Join Holistic Nutritionist Marlene Hynd and discover how Superfoods are proven to prevent disease and promote optimum health for you and your family. Superfoods covered in this class: oatmeal and spinach. Learn simple ways to incorporate these immune-boosting foods into your diet. Sample mouth-watering dishes and take home delicious recipes. Each class will include an in-store shopping excursion. **\$15**

Wednesday, April 25, 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, April 26, 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**

Friday, April 27, 2012 - 7:00 pm – 9:00 pm

### **Cooking Single in the City: Platinum Club Sandwich and Avocado Frites (Hands on)**

Love food but tired of cooking for one? Laura-Maria Nikolareizi is bringing city singles together in a cooking class designed to help students meet and cook. Come and enjoy an evening of good wine, conversation and food as Laura-Maria guides you through an organic thirty-minute meal. The menu includes a “platinum” club sandwich made with Spanish pork, deli fried chicken, black truffle mayo, arugula and plum tomatoes. Next, snack on avocado frites with a cilantro dipping sauce and indulge in a five-minute Oreo chocolate dipped cheesecake pop. Revel in this culinary experience aimed at singles. After the interactive cooking class let's continue the mingling over at Corks Beer & Wine Bar. **\$40 Class will include a wine pairing from Corks Beer and Wine Bar.**

Wednesday, May 2, 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

### **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. **\$75 per couple Class will include a wine pairing from Corks Beer and Wine Bar.**

Friday, May 4, 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. **\$40 Class will include a wine pairing from Corks Beer and Wine Bar.**

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

### **BBQ Blast Off**

Break out your barbeque! Culinary Nutritionist Margaret Ref-fell prepares you for the best barbeque season yet. No need for those over-processed sugary and salty marinades. Pack in some delicious and nutritious flavour into all your grilling favourites. Learn sweet tricks like marinating with pineapple juice, curing with celery and using seasonal ingredients to create squash shish kabobs and the ultimate portobello veggie burger. Grill up some good times! **\$30**

Wednesday, May 9, 2012 - 7:00 pm – 8:30 pm

### **Sports Nutrition 101**

Join Holistic Nutritionist Marlene Hynd and learn the dietary secrets of sports superstars. Learn why and when athletes need carbohydrates, protein and fats and all the dos and don'ts of choosing the best ingredients for optimum energy. Topics include glycemic index of foods and tips for pre and post workout/game meals. Enjoy appetizing athletic dishes and take home two additional easy-to-make recipes. Includes an in-store tour to help keep you full and fit. **\$15**

Thursday, May 10, 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**

Wednesday, May 16, 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**

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

### **Super Easy Sweets (Hands on)**

Inviting all sweet seekers! Join Chef Jessica Roberts as she teaches you how to make some sinfully easy, yet impressive desserts. We'll enjoy super-quick cinnamon rolls, crumble-topped apple pie with no-fail pastry and finally, an indulgent chocolate chunk bread pudding with brandy crème Anglaise. **\$35**

Saturday, May 19, 2012 - 3:00 pm – 5:00 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 22, 2012 - 7:00 pm – 9:00 pm

### **Three Ways to Delicious Dining**

You won't want to miss out on this versatile dinner experience. Cooking instructor and recipe developer Mahy invites you to try cooking to your mood with Longo's prepared and packaged products. Start with a light dinner of artichoke stuffed shrimp, cream of cauliflower soup and a crisp balsamic salad. To switch things up we will make a Mediterranean dinner of roasted vegetable orzo and spicy lamb meatballs. Finally, for a comforting night in, try butterfly chicken with sweet potato gratin and a homemade batch of fudgy cherry brownies! **\$30**

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

### **French Desserts**

What better way to finish off a great meal than with a delicate dessert or pastry from France. Learn the classic techniques passed down to pastry chefs including Chef Yehuda Goldberg, who obtained the secrets of perfecting French treats while training in France. He will teach you award-winning recipes and those little tricks that will make it fun and easy to create these French desserts at home. We'll satisfy your François sweet tooth with chocolate mousse, crème brûlée, tarte de fruit and tuile aux amandes. **\$30**

Thursday, May 24, 2012 - 7:00 pm – 8:30 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**

Tuesday, May 29, 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, May 30, 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**

Thursday, May 31, 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**

***Scheduled classes and instructors are subject to change.  
Check the Personal Touch Service Counter in-store for updates.***