



The Loft at Longo's Boxgrove

January – June 2015 Schedule

98 Copper Creek Dr, Markham, ON

Tel: (905) 209-7655

Email: loftboxgrove@longos.com

How to Register:

To register for a class and for more information, call or visit Longo's Personal Touch Service counter. Space is limited so book early to secure your spot.

Payment:

Payment may be made at the store by cash, debit, major credit card or Longo's Gift Card. Payment for phone-in registrations must be made by credit card.

Refunds:

Refunds are available up to 48 hours before the class begins, either in person or by notifying Longo's by phone. Refunds will not be given for a missed class.

Cancellation:

We reserve the right to cancel or postpone a class due to insufficient enrolment or other circumstances.

Allergies:

The Loft is not an allergy or peanut free area.

Food Sampling:

All classes include a sampling of the dishes prepared in class to be enjoyed in the Loft and a copy of the recipes for you to take home. Food cannot be taken home unless specified in the class description.

Class Format:

All classes are demonstration format unless indicated otherwise. Interactive classes allow you to participate in the preparation of some aspects of one or more dishes with the chef and other participants, or as indicated in the class description.

This Loft brochure is for the Boxgrove location. To view programs for other Loft locations, visit: <http://longos.com/Store/Loft.aspx>

ADULT CLASSES

Thursday, January 22, 2015 – 7:00pm – 9:00pm

An Elegant Night Out

This menu is perfect for a date night or a group of friends wanting to share an evening together with an elegant meal. We'll start off with wedges of a mushroom and Asiago tart served with arugula. While enjoying this, Chef Chris Pires will show you how to properly grill a dry-rubbed flank steak, make a sauce from the drippings, and serve this with a butternut squash purée – creamy and delicious with all the right seasonings. We will end the evening with a light cheesecake topped with seasonal fruit compote. The best part is you get to see it all made in front of your eyes so you can create this meal at home for family and friends! **\$30**

Tuesday, January 27, 2015 – 12:30pm – 1:30pm

Gather, Cook & Learn:

Game Day Party Ideas

Join us for an afternoon cooking class with our Longo's Loft experts as we show you some game day recipes that will be a touchdown. Keep guests coming back for more with our Gouda chorizo jalapeno peppers, cheddar cheese footballs, teriyaki chicken wings and triple pork sliders. **\$15**

Tuesday, January 27, 2015 – 7:00pm – 9:00pm

Can Argentina be Chile?

Popular instructor Chef Jim Comishen transports your palate to the cuisine of Argentina and Chile. First, it's Argentinean churrasco beef steak, with homemade chimichurri sauce over a bed of saffron rice. Next is Chilean red snapper with a coconut, coriander, sweet onion sauce served over a mound of gaucho-style black beans. For dessert, a sweet bread pudding with custard sauce and coconut, rounds off this great evening. **\$30**

Saturday, January 31, 2015 – 10:00am – 12:00pm

Learn to Bake! We Bake for Change (In Support of Free the Children) (Interactive)

Find out how you can bake a difference through yummy, family-friendly and easy Robin Hood baking recipes perfect for community or school bake sales. Chocolate chip pretzel cookies, chocolate and caramel banana surprises, and more from Robin Hood®! These delicious recipes will be popular at your next bake sale, classroom celebration or family gathering. A Free the Children volunteer will share ideas on how you can bake a difference locally and globally through bake sales. Open to participants aged 12 and over. Ages 6–11 must be accompanied by an adult participant. Fee will be donated to Free the Children. **\$10 per person**

**Robin Hood® and international charity Free The Children are teaming up for the WE BAKE FOR CHANGE campaign. Together we can bake a difference! Visit freethechildren.com/webakeforchange for more information*

Thursday, February 05, 2015 – 7:00pm – 9:00pm

Pure Canadian Maple

Today we glorify the versatility of our great homeland treasure and prepare a pure Canadian festive meal using our own maple syrup. Join Chef Jim Comishen as we make a warm fig salad candied with maple syrup and served with a homemade Danish bleu dressing. Next, a rich maple corn and sweet potato soup finished with fresh chives, and for the main course it's a maple-glazed and sesame seed–crusted salmon fillet with mango chutney, served with some candied maple roasted root vegetables. Sweeeeet. **\$30**

Wednesday, February 11, 2015 – 7:00pm – 9:00pm

Healthy 30-Minute Winter Meals

Being a chef and a woman who has always been active yet struggled with her weight, Chef Laura has taken her know-how in the kitchen and flipped some yummy recipes around to make them extra tasty and healthy. Join us to learn how to make a healthy spinach dip, an energizing coconut curry cauliflower with quinoa, spicy Italian beef over noodles, and a plum cheesecake that tastes better than you can imagine. **\$30**

Wednesday, February 18, 2015 – 12:30pm – 2:00pm

Soup and Crackers (Information Seminar and Demonstration)

In this class, Devra Wasser, Culinary Nutritionist, will make two soups from different cultures that embrace new flavours and enhance your palate. A miso soup with traditional Japanese flavours and a Mexican taco soup reminiscent of the spices from that part of the world. These healthy, low-glycemic and nutritious soups can be a meal unto themselves, full of macronutrients and micronutrients for maximum energy. We are also going to make our very own, easy-peasy and delicious sesame seed crackers to go with the soup, with ingredients that are easy on your stomach as well as your waistline. **\$25**

Thursday, February 19, 2015 – 7:00pm – 8:00pm

Elevated Energy (Information Seminar and Demonstration)

The food you eat isn't just a means to quiet a hungry belly. It provides us with the substrates we need for boundless energy, proper sleep, and tip top digestion. Find out from Lynsey Walker of lynseylovesfood.com what foods to eat and what to avoid that will give you quality restful sleep, boundless energy, and improved digestion (hello flat belly). Plus learn healthy habits, and quick recipes that can easily fit into any lifestyle that will have you looking and feeling like you just got back from an ultimate relaxing vacay. Topics to be covered:

- Clean vs. processed foods
- What foods and habits improve energy
- What foods and habits improve digestion
- What foods and habits promote restful sleep
- Quick recipe demonstration that includes above topics
- Hand out and recipe provided to participants

Recipes featured: cinnamon bun smoothie bowl, elevated energy power bowl and Thai coconut sweet potato soup. **You will receive a tasting sample of greens+ extra energy and greens+ Whole Body Nutrition and a Genuine Health coupon for all attendees. \$10**

Tuesday, February 24, 2015 – 12:30pm – 1:30pm

Gather, Cook & Learn: One Pot Meals

Join us for an afternoon cooking class with our Longo's Loft experts as we show you how to put together easy meals without all the dishes. Spend more time with the family with these one pot meals: Chickpea, chorizo and spinach stew, lemon-spiced chicken with navy beans, and Thai coconut noodle soup. **\$15**

Wednesday, February 25, 2015 – 7:00pm – 9:00pm

Sweet and Savoury Puff Pastry Delights (Interactive)

Great home parties begin with great appetizers and end with simple, delicious desserts. This interactive class will show you how to make some great appetizers that will keep your guests talking long after the party. We will be using puff pastry – the most sought-after item by pastry chefs all over the world – as our base. Join us in making spicy palmiers, caramelized onion tarts and seasonal fruit strudel. Chef Chris Pires will also talk to the versatility of this pastry and share his ideas with you. You will enjoy tea while sampling your creations. **\$35**

Wednesday, March 04, 2015 – 7:00pm – 9:00pm

Ciao Tuscany

Join Culinary Adventurist and Broadcaster Christian Pritchard of ChrisCooking.com on an epic journey back to beautiful Tuscany. The taste sensation begins with vegetable ragu over pappardelle. An insalata of carrot and tuna is incredible! Our secondi is pork loin stuffed with herbs and garlic deglazed in vino bianco with a side of tomato, eggplant and zucchini slightly breaded and baked. The dolci is gelato affogato. Wow . . . Ciao Bella! **\$30**

Tuesday, March 10, 2015 – 7:00pm – 9:00pm

Eating Well for Optimum Health (Information Seminar and Demonstration)

Eating a well-balanced diet is an important component of a healthy lifestyle and can help prevent some types of diseases, promote healthy aging, and increase energy levels. Join Christina Zavaglia, Registered Dietitian and Certified Diabetes Educator to learn healthy recipes that don't sacrifice flavour. Enjoy a sampling of a heart-healthy chili, tomato and olive baked halibut served over quinoa, and a spinach, strawberry and goat cheese salad. **\$30**

Wednesday, March 25, 2015 – 7:00pm – 9:00pm

Bento Sushi Making (Interactive)

Learn how to make fresh sushi with Bento's highly trained expert chefs. 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! **All attendees receive a sushi mat to use during the class and to take home courtesy of Bento Sushi. \$25**

Tuesday, March 31, 2015 – 12:30pm – 1:30pm

Gather, Cook & Learn: Dishes, Lightened Up!

Join us for an afternoon cooking class with our Longo's Loft experts as we show you how to skip the guilt but not the flavour. We will be making an artichoke and green chili dip, cherry ricotta cheesecake, mini cinnamon apple tarts and healthy fish tacos with chipotle cream. **\$15**

Thursday, April 02, 2015 – 7:00pm – 9:00pm

Eating In (Interactive)

Nothing brings home comfort like eating in. Let Personal Chef Luleta Brown show you how to make a wonderful meal at home with this delicious menu of squash and sweet potato soup with a Parmesan crisp; tamari, maple and citrus salmon; and for dessert, chocolate three ways. A restaurant-worthy dining experience without having to go to a restaurant. **\$35**

Wednesday, April 08, 2015 – 7:00pm – 9:00pm

Brunch Instead of Lunch

Culinary Adventurist and Broadcaster Christian Pritchard of ChrisCooking.com loves brunch. This menu of Canadian classics is adapted from The Steven & Chris show on CBC by Christian. Wake up to an amazing brûléed grapefruit with minted syrup. A frutti di bocca (mixed fruit) smoothie will blow your mind! A classic Roman cheesy frittata with an arugula salad is amazing. Finally, the ultimate Limoncello crème brûlée French toast will cap off the ultimate brunch! Who needs lunch? **\$30**

Wednesday, April 15, 2015 – 12:30pm – 2:00pm

Sweet Treats without White Sugar (Information Seminar and Demonstration)

Devra Wasser, Culinary Nutritionist, enhances old time favorites with new and healthful methods that are less processed and that come from more natural food sources. Come and be inspired to learn what natural food sources can be used to enhance your own baking. See how easy and quick a nutty almond butter cup can be, and a no bake treat at that! Learn how to make your own flour for your cookies using rolled oats, and a no white sugar chocolate chip cookie that is fabulous! We will also prepare a sea vegetable chip using Nori, traditionally used for sushi. All without an ounce of white sugar. Your sweet tooth will love you! **\$25**

Tuesday, April 21, 2015 – 7:00pm – 8:00pm

Can't Take the Heat? (Information Seminar and Demonstration)

Sure, no one wants to turn on the oven during the hot, hot summer but that doesn't mean a diet of only salads! Learn amazing tips, tricks and recipes that will ensure you have a healthy summer (no heat required) from Lynsey Walker of lynseylovesfood.com. Lesson will cover no bake tips and delicious, easy recipes for breakfast, lunch, dinner and dessert! A quick recipe demonstration and recipe handout will be provided for all participants to take home. Recipes featured: strawberry basil smoothie, raw noodle power bowl, spring bounty collard wraps and super simple blender "ice cream". **You will receive a tasting sample of greens+ O and Vegan proteins+ and a Genuine Health coupon for all attendees. \$10**

Tuesday, April 28, 2015 – 12:30pm – 1:30pm

Gather, Cook & Learn: Desserts that Travel

Join us for an afternoon cooking class with our Longo's Loft experts as we share with you dessert recipes that are great to bring to gatherings. We will start off with pecan squares, tasty toffee cheesecake and finish with lemon blueberry tarts. **\$15**

Thursday, April 30, 2015 – 7:00pm – 9:00pm

A Vegetarian Meal

Chef Aruna brings you strictly vegetarian dishes made from easy-to-use ingredients. You will start with a savoury pakora with tamarind-date chutney. This will be followed by okra curry, potato bhaji and melt-in-your-mouth chapati (whole wheat roti). Last but not least, succulent cream of wheat squares will be made for dessert. **\$30**

Tuesday, May 05, 2015 – 7:00pm – 9:00pm

Light and Healthy Thai (Interactive)

Do you like spicy Thai food? Chef Rosemary Lee will show you how to make a meal to knock the socks off your guests and family. Learn how to make steamed mussels with Thai basil and lemongrass; roasted salmon with lemongrass, pickled ginger, red onions and mango; and raspberry and blueberry compote with toasted coconut and vanilla ice cream. **\$35**

Wednesday, May 13, 2015 – 12:30pm – 2:00pm

Gluten Free, Dairy Free, Sugar Free...Help Me!! (Information Seminar and Demonstration)

Culinary Nutritionist Devra Wasser comes to our kitchen with expertise from the Academy of Culinary Nutrition. She'll share her knowledge of making, baking and cooking with healthful ingredients that aid in nurturing and nourishing our bodies. Join her as she prepares a pumpkin seed crusted rainbow trout, a salad from the sea that includes apples, a hot cuppa cocoa, and a brunch frittata. Not only will all of these "freedom" aid in your digestion, but they will also give you more energy. Virtually everyone can benefit from the recipes that will be prepared in this workshop. Your metabolism will thank you too. **\$25**

Wednesday, May 20, 2015 – 7:00pm – 9:00pm

Savoury Samosas

You will learn how to make savoury samosas with Chef Aruna. Two different types of samosa wrappers with two different fillings: deliciously tangy, spicy vegetarian and savoury ground beef will be taught and enjoyed. You will learn how to bake and deep fry the samosas. There will also be a lesson on Chef Aruna's lip-smacking sweet and tangy tamarind chutney. **\$30**

Tuesday, May 26, 2015 – 12:30pm – 1:30pm

Gather, Cook & Learn: Antipasto Platters

Join us for an afternoon cooking class with our Longo's Loft experts as we take you through some delicious antipasto recipes to jazz up any antipasto platter. We will show you how to make a chili and garlic baked ricotta, red pepper tapenade, artichokes with a caper, parsley dressing, marinated mushrooms, and olive balls. **\$15**

Wednesday, June 17, 2015 – 7:00pm – 9:00pm

East Indian Dinner

Chef Aruna will show you how to make a creamy, mouth-watering and savoury butter chicken in one pot! The authentic experience will include homemade naan bread made right in front of you on the stove top. This meal will start with a fantastic paneer sizzler served with a cilantro-based chutney. Dessert will be a gourmet dried fruit and nut laddoo (truffles). **\$30**

Tuesday, June 23, 2015 – 12:30pm – 1:30pm

Gather, Cook & Learn: Beets

Join us for an afternoon cooking class with our Longo's Loft experts as we explore the world of beets. We will show you how to make an orange and beet salad perfect for summer entertaining: Roasted beets with feta, quinoa, beet and arugula salad, and to finish, sample some pickled eggs and beets. **\$15**

Thursday, June 25, 2015 – 7:00pm – 9:00pm

Foods of the Season (Interactive)

What better way to re-awaken your culinary senses and enjoy the nicer weather than with a delicious dinner with Personal Chef Luleta Brown. On the menu, sautéed sesame asparagus with shiitake mushrooms, crispy prosciutto with a lemon-mustard dressing, chicken risotto with sweet peas, and for dessert, strawberry rhubarb fool with orange cream. **\$35**

TEEN CLASSES

Monday, January 12, 2015 – 6:30pm – 8:00pm

Gather, Cook & Learn for Teens: Pizza (Interactive)

All teens love pizza but do they know how to make a delicious, healthy one on their own? Our Longo's Loft expert will help give them the skills to prepare them for their next stage in life. In this class, we will be creating three savoury pizzas and a dessert pizza. Your teens will never have to order in pizza again! **\$15**

Monday, February 9, 2015 – 6:30pm – 8:00pm

Gather, Cook & Learn for Teens: Family Dinner Time (Interactive)

Allow your teen to take the reins of the kitchen for a night and cook a meal for the family. Our Longo's Loft expert will take your teen through a full course meal of stuffed chicken breasts, garlic mashed potatoes, roasted asparagus and a simple salad. Prepare your teen for the future while reaping the benefits at home. **\$15**

Monday, April 13, 2015 – 6:30pm – 8:00pm

Gather, Cook & Learn for Teens: Snack Time (Interactive)

Do your teens come home from school hungry and looking for a snack? Do they invite friends over only for you to prepare the food for them? Help your teen discover the joys of cooking with our Longo's Loft experts. In this class, we show your teen how to prepare healthy and easy hors d'oeuvres, perfect for after-school snacks. They'll be the most popular host/hostess around. **\$15**

Monday, May 11, 2015 – 6:30pm – 8:00pm

Gather, Cook & Learn for Teens: Baking 101 (Interactive)

Help your teen discover the joy of baking with our Longo's Loft experts. In this class, we will explore the world of desserts and give your teen the skills they need to satisfy their sweet tooth. We will make cupcakes, brownies, cookies and tarts. **\$15**

PARENT & TODDLER CLASSES

Spend some quality time with your toddler while we combine the worlds of food and play. Children ages 1 and up can attend with a parent, grandparent or other loved one. Learn new kitchen skills and eat delicious food while spending quality time together. **\$10 per adult per class (accompanied by one toddler)**

Thursday, January 22, 2015 – 11:00am – 12:30pm

Let's roll up our sleeves as we create chocolate play dough, monkey bread and chocolate pudding.

Thursday, February 19, 2015 – 11:00am – 12:30pm

Lady bug pancakes, apple pizzas and blueberry hand pies.

Thursday, March 26, 2015 – 11:00am – 12:30pm

Today we tackle your sweet tooth with vanilla sprinkle cookies, surprise cookies and a cupcake!

Thursday, April 16, 2015 – 11:00am – 12:30pm
Let's roll up our sleeves to create tasty meatballs, baked zucchini chips, and sugar cookie cut outs.

Thursday, May 21, 2015 – 11:00am – 12:30pm
Let's have some fun making a fruit smoothie, honey bread, and no bake chewy Oreo bars.

PARENT & CHILD CLASSES

The perfect way to spend a special Saturday morning cooking together. Children ages 3 and up can attend with a parent, grandparent or other loved one. Learn new kitchen skills and eat delicious food all while spending quality time together.
\$15 per adult per class (accompanied by one child)

Saturday, January 24, 2015 – 11:30am – 1:00pm

Sweet & Savoury Comforts

Taco bowls
Bacon cheeseburger roll-ups
Brownie shortcake dessert

Saturday, February 28, 2015 – 11:30am – 1:00pm

Breakfast for Dinner

Pancakes
Hash browns
Eggs and, of course, bacon!

Saturday, March 7, 2015 – 11:30am – 1:00pm

Appie Party

Meatballs
Spring rolls
Mini caramel apple bites
No-bake mini cheesecake bites

Saturday, April 18, 2015 – 11:30am – 1:00pm

Spaghetti 3 Ways

Marinara sauce
Alfredo sauce
Basil pesto
Cheesy garlic bread

Saturday, May 30, 2015 – 11:30am – 1:00pm

Family Pizza Day

Dessert pizza
Tortilla pizza
Calzone pizza pockets

KIDS WHO COOK

Creative Kids' Classes

Join us for some cooking fun as we continue with 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. For kids ages 6 and up. **\$15 per child per class**

Saturday, February 14, 2015 – 11:00am – 12:30pm

Sweetheart Valentine's Treats

Pink strawberry chocolate chip cookies
Red velvet brownies
Love letter sugar cookies

Saturday, April 4, 2015 – 11:00am – 12:30pm

Easter Basket Treats

Bite-sized Easter brownies
Spring butterfly or daisy cupcakes
Easter egg nest cookies
Easter egg marshmallow bark

Saturday, May 9, 2015 – 11:00am – 12:30pm

Mother's Day Bouquet

Children create their own bouquet for mom with fresh fruit dipped in chocolate, chocolate dipped marshmallows and arranged in a beautifully hand-painted pot.

Saturday, June 20, 2015 – 11:00am – 12:30pm

Delights for Dads

Cookie tie for dad
Hamburger cupcakes & fries
Hole-in-one brownie bites

March Break in the Loft

10:00am – 1:00pm

Does your child aspire to be a chef? Give them a head start with our March Break Cooking Classes. We will teach your kids the basics they will need to work comfortably in the kitchen. For kids ages 6 and up. **\$25 per child per class**

Monday, March 16, 2015

Minis

Strawberry, banana, pancake skewers
Mini cinnamon buns
Mini pie bar
Mini chicken parmesan bites

Tuesday, March 17, 2015

Illusions

Taco cookies
Popcorn cupcakes
Berry pie cupcakes
Corn on the cob bites
Pizza soup

Wednesday, March 18, 2015

Sushi, Sushi, Sushi

Noodle salad
California rolls
Cucumber rolls
Candy sushi

Thursday, March 19, 2015

Cooking Creative Comforts

Cheesy chili mac
Pigs in a poncho
Gnocchi
Fried ice cream
S'mores pizza roll-ups

Friday, March 20, 2015

Fun in a Muffin Tin

Granola yogourt cups with fruit

Baked apple cider donuts

Mini corn dog bites

Deep dish pizza

Chocolate chip lava cookies

LOFT LOCATIONS:

Aurora:

650 Wellington Street East, Aurora

(905) 726-7928

LoftAurora@longos.com

Bathurst:

9306 Bathurst Street, Vaughan

(289) 304-9520

LoftBathurst@longos.com

Boxgrove:

98 Copper Creek Drive, Markham

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Burloak:

3455 Wyecroft Road, Oakville

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