



The Loft at Longo's Southeast Oakville

January – June 2015 Schedule
469 Cornwall Road, Oakville
(905) 338-1255

Email: LoftSeoakville@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.

* Wine/Beer Pairings:

Enhance your Loft class with a 6 ounce glass of red or white wine! For an additional \$9 you can sit back and relax as a Loft Team Member pours you a glass of wine to enjoy with your meal prepared by our superb chefs for classes where the option of wine is offered. See the Loft Coordinator for more details. Must be 19 years of age or older. Proof-of-age may be requested.

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

ADULT CLASSES

Wednesday, January 14, 2015 – 7:00pm – 8:30pm

HEALTH FIRST and Weight Loss with Dr. Steve Hirsch (Information Seminar)

For years, Dr. Hirsch, a distinguished family doctor and marathon runner, has quietly and effectively helped many of his patients prevent and/or manage diabetes, heart disease, high cholesterol and high blood pressure through his HEALTH FIRST program of weight loss and wellness. His weight loss program is both simple and sustainable. This seminar will teach you this easy-to-learn program. Don't miss out. **Cost includes a copy of Dr. Hirsch's book, HEALTH FIRST: Winning at Weight Loss and Wellness. \$20**

Wednesday, January 21, 2015 – 11:00am – 12:30pm

Gluten-Free Baking & Living (Information Seminar and Demonstration)

Join Stephanie Dodier, Clinical Nutritional Practitioner, a passionate nutritionist and author of Healthy Lunches for the Family and Healthy Holiday Cooking in her journey to optimum health. Stephanie lost 100 pounds and changed her life, and she wants to share her secrets with you. Learn to make gluten-free bread, herb crackers and her famous chewy strawberry cookies. You will leave with Stephanie's manual to gluten-free living and lots of recipes. **\$15**

Thursday, January 22, 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, 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**

Wednesday, January 28, 2015 – 7:00pm – 9:00pm

Eating In (Interactive)

Nothing brings home the comfort of winter dining 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**

Thursday, January 29, 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**

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**

Wednesday, February 04, 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**

Wednesday, February 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**

***Add wine/beer pairings to your class for an additional \$12.**

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

Mood-Boosting Foods for Optimum Health and Well-being – Class 1 (Interactive)

Personal Chef and Mood Food Specialist Patricia Muzzi leads this informative series that will provide a mini science lesson about brain function and how nutritious food directly impacts your mental and physical well-being. Learn how to identify and incorporate healthy "mood foods" when preparing breakfast, lunch, dinner and snacks, and gain a hands-on experience of basic essential food preparation.

Class menu includes a sunny citrus smoothie, sweet potato mini sliders topped with mango relish, wild salmon black bean roti wraps, and spiced apple berry quinoa nut crunch. **\$35**

Tuesday, February 10, 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**

**Add wine/beer pairings to your class for an additional \$12.*

Thursday, February 12, 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**

Wednesday, February 18, 2015 – 7:00pm – 9:00pm

Perfect Party (Interactive)

Come join Chef Sarah Nguyen as she shows you some great recipes, perfect for entertaining your friends and family. We start off with a sharp cheese platter with a homemade Cognac Cranberry compote. Then have fun making your own butter lettuce hand roll using fresh produce and grilled lemon chicken breast. For the main dish, you will learn how to make an herb crusted roast pork tenderloin served with homemade spiced fig sauce on a bed of cauliflower puree. Get ready to wow your guests! **\$35**

Thursday, February 19, 2015 – 7:00pm – 9:00pm

Back to Basics - Chinese

Chinese food was the first Asian cuisine introduced to North Americans. Due to the limited ingredients available at the time, dishes served were usually made with simple and basic ingredients. Chinese cuisine has since come a long way! Chef Florence Kwok will take you on a walk down memory lane and sample some of the oldies but goodies – hot and sour soup, chicken fried rice, General Tso's chicken, and chicken stir-fry with black bean sauce. **\$30**

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**

Tuesday, February 24, 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 gauchostyle black beans. For dessert, a sweet bread pudding with custard sauce and coconut, rounds off this great evening. **\$30**
**Add wine/beer pairings to your class for an additional \$12.*

Thursday, February 26, 2015 – 7:00pm – 9:00pm

Cook Like a Chef

You don't have to be a chef to cook like one! Crab wontons in a fennel and tomato broth will begin your culinary adventure with Chef McKinney. This will be followed by an elegant salmon Wellington with a citrus beurre blanc sure to impress. A rich and flavourful dark chocolate-laced berry tart will be a new go-to dessert for your repertoire. **\$30**

**Add wine/beer pairings to your class for an additional \$12.*

Tuesday, March 03, 2015 – 7:00pm – 9:00pm

Mood-Boosting Foods for Optimum Health and Well-being – Class 2 (Interactive)

Personal Chef and Mood Food Specialist Patricia Muzzi leads this informative series that will provide a mini science lesson about brain function and how nutritious food directly impacts your mental and physical well-being. Learn how to identify and incorporate healthy "mood foods" when preparing breakfast, lunch, dinner and snacks, and gain a hands-on experience of basic essential food preparation.

Class menu includes an avocado power shake, keen leafy green soup topped with Greek yogourt, sage roasted turkey breast served on spelt pasta with creamy zucchini Brazil nut pesto, and no-bake choco-almond butter cups. **\$35**

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

Three Make-at-Home Soups (Interactive)

Cream, clear or ethnic? Can't decide which soup you prefer? Join Personal Chef Doug Fletcher as he shares some great tips for making and serving three different kinds of soups at home. The class begins with a Chinese-inspired sweet and sour soup, then to a cream-based forest mushroom soup garnished with sautéed oyster mushrooms. We'll finish with a classic French onion soup. Yum! **\$30**

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

Exotic Curries of India

Join Sai Chelliah as she makes the art of cooking curries magical tonight. Sai brings you the flavours of India through her exotic curry recipes. The menu features juicy chicken pepper tikka masala served with hot, steaming, cardamom-flavoured rice, the popular Malabar fish curry from the Southern coast and, for vegetarian lovers, cauliflower korma, a coconut-based sauce served with chili garlic naan on the side. Enjoy the evening with many interesting curry tips and a cooling lemon honey lassi. **\$30**

**Add wine/beer pairings to your class for an additional \$12.*

Monday, March 23, 2015 – 7:00pm – 9:00pm

Easy Gourmet Entertaining - Asian Style (Interactive)

Tonight join Chef Heather as she shows you some fantastic Asian dishes, perfect for entertaining. We begin with spicy beef satay with peanut sauce. Next, enjoy tasty chicken lettuce wraps, perfect for sharing between friends, then a quick shrimp padThai. The dishes can be prepped ahead of time and are quick to finish, which means they're perfect for serving to company. Then we will finish up our meal on a sweet note with banana and Nutella spring rolls. **\$35**

Tuesday, March 24, 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, March 24, 2015 – 7:00pm – 9:00pm

15-Minute Entrees

Why does everything take so long to prepare? Join Personal Chef Doug Fletcher as he helps you solve your dinnertime dilemma. Doug will show you how to make – in 15 minutes or so – grilled beef fajitas with Mexican rice, tilapia with mango salsa and arugula salad, and golden chicken, braised greens and potato gratin. All served home-style for you to help yourself! **\$30**

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**

Tuesday, March 31, 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, April 01, 2015 – 7:00pm – 9:00pm

Great Thai (Interactive)

Learn how to make Thai cuisine with flare. Chef Rosemary Lee will show you how to put a great meal together to please the whole family. Learn how to make spicy Thai crab cakes, mahogany fire noodles with chicken and a delicious warm mango chocolate cake. Get ready to have a scrum-delicious dinner that the whole family will enjoy! Eat well and light. **\$35**

Thursday, April 02, 2015 – 11:00am – 12:30pm

Powerful Smoothies & Dairy Free Living (Information Seminar and Demonstration)

Join Stephanie Dodier, Clinical Nutritional Practitioner, a passionate nutritionist and author of Healthy Lunches for the Family and Healthy Holiday Cooking in her journey to optimum health. Stephanie lost 100 pounds and changed her life, and she wants to share her secrets with you. Learn to make a healthy smoothie and create your own dairy-free option in the comfort of your own home. Stephanie will make an almond milk, coconut milk and power house green smoothie. You will leave with Stephanie's manual to dairy-free living and smoothie building tool. **\$15**

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

Baking for Brunch

Brunch is one of Chef Boyd's favourite meals. It is a perfect balance between savoury and sweet, and an excuse to have a fun meal. Let Chef Boyd show you how to make this fun meal a healthy one too. You can pack a lot of goodness into just one dish when it is brunch. Enjoy a virgin mimosa while you learn to make whole grain quinoa muffins, potato-crust kale quiche, eggs "bene-fit" and French toast with homemade applesauce. **\$30**

Thursday, April 09, 2015 – 7:00pm – 9:00pm

Mango-Tango - A Fusion of Indian and Thai Cuisine

This evening is all about balancing the flavours of spicy, salty, sweet and sour. In an interesting fusion of two popular cuisines, Sai Chelliah brings you the magic of flavours that play a prominent role in today's recipes. The menu features fresh papaya mango salad with crunchy peanuts, spiced with Indian spices. This is followed by crispy wonton cups with cashew chicken filling, spicy vegetarian noodles, coconut shrimp curry on a bed of hot, steamed rice and a delicious fruit salad. **\$30**

Tuesday, April 14, 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**

Thursday, April 16, 2015 – 7:00pm – 9:00pm

Easy Energizing Springtime Meals (Interactive)

It's no mystery that the mind and body are affected by the foods we eat. Understanding which foods have the most positive effect on our health is the key to long-lasting energy and vitality. Join Personal Chef Patricia Muzzi as she leads this highly informative class where you will be making and sampling delicious dishes including herbed asparagus arugula crostini, super green millet stir-fry with avocado pesto, Brussels sprout kale salad with pomegranate, and for dessert, coconut flour crêpes stuffed with blackberries and cashew cream. **\$35**

Tuesday, April 21, 2015 – 7:00pm – 9:00pm

Spring is in the Air Menu

When spring is in the air it's a great time to enjoy some delicious spring foods. Join Personal Chef Doug Fletcher as he shares his tips for enjoying this great season. The class begins with asparagus soup garnished with asparagus tips and Parmesan cheese. The entree is rainbow trout à la meunière with mixed greens spring salad, and for dessert, mini cheesecakes with berry coulis. **\$30**

Thursday, April 23, 2015 – 7:00pm – 9:00pm

Test Kitchen Favourites

Join Shannon Brubacher, Recipe Development Chef and Food Stylist for Maple Leaf Foods as she cooks her way through test kitchen favourites from Maple Leaf Foods. Shannon and her crew have spent the last year coming up with over 1000 new recipes, tested until perfection and she wants to share the best of the best with you. This session features bacon infused snacks such as spiced nuts with maple bacon crispies, quick appetizers such as sausage and pepper mini grilled cheese and a warm and hearty slow cooker chicken paprikash stew. Learn how to impress with this beautiful maple-pecan salad and wrap it up with delicious turkey and kale lasagna roll ups. **\$20**

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**

Wednesday, April 29, 2015 – 7:00pm – 9:00pm

Cuisine of Southeast Asia

In Canada, most of us live in multicultural cities and are fortunate enough to be able to enjoy unique flavours from all over the world. More and more people are venturing outside of their comfort zones and starting to experiment with the exotic flavours from Southeast Asia when cooking at home. Join Chef Florence Kwok as she teaches you how to make honey garlic spareribs (Chinese), beef filet with toasted coconut (Indonesian), buckwheat noodles with vegetables (Japanese), and chicken salad (Vietnamese). **\$30**

**Add wine/beer pairings to your class for an additional \$12.*

Thursday, April 30, 2015 – 11:00am – 12:30pm

Healthy Breakfast (Information Seminar and Demonstration)

Join Stephanie Dodier, Clinical Nutritional Practitioner, a passionate nutritionist and author of Healthy Lunches for the Family and Healthy Holiday Cooking in her journey to optimum health. Stephanie lost 100 pounds and changed her life, and she wants to share her secrets with you. Learn to make breakfast meals that are gluten-free and dairy-free that will keep everyone healthy and joyous in the morning. Stephanie will make bacon and egg muffins, morning hash and nut porridge recipes. You will leave with Stephanie's manual to healthy breakfasts and lots of recipes. **\$15**

Wednesday, May 06, 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**

Thursday, May 07, 2015 – 7:00pm – 9:00pm

Three Meals from One

No one has time to cook a meal from scratch every night. But we know we should be buying less prepared food. Let Chef Boyd teach you how to take one dish and turn it into three that can either be used that week or frozen for later. In this class, you will learn how to roast a chicken and turn it into three dishes: roasted chicken with lemon broccoli, chicken à la king, and a heart-healthy chicken and barley soup. **\$30**

Wednesday, May 13, 2015 – 7:00pm – 9:00pm

Foods of the Season (Interactive)

What better way to re-awaken your culinary senses than with a delicious spring 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. A meal destined to put a spring in your step. **\$35**

Wednesday, May 20, 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 "freedoms" 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**

Thursday, May 21, 2015 – 7:00pm – 9:00pm

A Full Day in Mexico

Mexican-Hungarian cooking instructor Hendrik Varju brings a full day of Mexican eating to your Longo's class. Starting with "desayuno" (breakfast), he serves you huevos rancheros – eggs served over quick-fried tortillas and garnished with green tomatillo salsa. For the mid-day meal, called "almuerzo," you'll get to fry your own tortilla to make tostadas – crisp fried tortillas covered in chorizo, lettuce, cilantro, onions, queso fresco and salsa. Absolutely delicious. Then you'll move onto a light "cena" (dinner), consisting of a Mexican bean and tortilla soup garnished with cheese, crispy tortilla strips and crunchy ancho pepper strips. Come enjoy the wonderful flavours of Mexico as Hendrik brings three traditional meals to your table. **\$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**

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

Hakka-style Indo-Chinese Fusion

Two popular cuisines of the world come together in a trend called Hakka-style, and Sai Chelliah will be treating you to this popular cuisine tonight. The mouth-watering menu will include fish pakoras with a chili-lime dipping sauce for starters, followed by chili chicken and garlic shrimp with sweet peppers, served on a bed of steaming egg fried rice. We'll finish with a scrumptious mango ice cream. **\$30**

Thursday, May 28, 2015 – 7:00pm – 9:00pm

Meal-Worthy Salads

Healthy and delicious salads take center stage in this class with Chef McKinney. A tart and spicy Thai chicken salad will excite your taste buds, and an exotic quinoa tabbouleh with warm lentil and chèvre salad will whisk you away on a taste adventure! Finishing the evening will be a roasted mushroom and radicchio salad with flank steak. Come and enjoy! **\$30**

Tuesday, June 02, 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**

Thursday, June 04, 2015 – 7:00pm – 9:00pm

No Pressure, Pressure Cooker Meals

Your mom's pressure cooker is back and more popular than ever. Join Personal Chef Doug Fletcher as he walks you through some tips and a great way of cooking comfort foods in half the time. We start the meal with a split pea and ham soup. The main highlights beef with pot roast, and garlic mashed root vegetable. We finish with classic rice pudding. **\$30**

Tuesday, June 09, 2015 – 7:00pm – 9:00pm

Shrimp and Scallop Festival

Join Chef Jim Comishen as he takes the perfect matching of shrimps and scallops, and creates an exciting feast for family and friends. We start with a Southwestern baby shrimp and scallop parfait, finished with fresh cilantro and lime and served in a wine glass. We follow with a hearty and robust bowl of Manhattan-style shrimp, scallop and bacon chowder with a smoky tomato broth. Finally, a salmon Wellington in puff pastry stuffed with shrimp and scallop Newburg rounds off this great meal. **\$40**

**Add wine/beer pairings to your class for an additional \$12.*

Thursday, June 11, 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 collar 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, June 16, 2015 – 7:00pm – 9:00pm

Family Friendly Mexican in Minutes (Interactive)

You will be transported south of the border tonight with this Mexican fiesta! Join Chef Heather in making a trio of sauces to enjoy with fresh tortilla chips. You'll be making pico de gallo, guacamole and hot pepper salsa. Next, you'll enjoy Baja-style fish tostadas – pieces of spicy baked fish with pickled onions and avocado crema on a corn tostada. Finally, for dessert, you'll enjoy a wonderful vanilla-orange flan. **Olé! \$35**

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**

Tuesday, June 23, 2015 – 7:00pm – 9:00pm

Dinner at My Place

Let Chef McKinney show you an elegant menu to present to friends and family. A colourful Caprese salad will start you off. A healthy and satisfying quinoa pilaf with roasted asparagus and stuffed chicken with pan jus will be crowd pleasers for sure! A warm and aromatic apple and maple compote over vanilla bean ice cream will have them wondering when the next invite will be! **\$30**

**Add wine/beer pairings to your class for an additional \$12.*

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

Friday, January 30, 2015 – 10:00am – 1:00pm

PA Day Chef Creations

Does your child aspire to be a chef? Your child will learn the skills to create dishes for all the meals of the day. A Fruit smoothie for breakfast, followed by sloppy joes and a chicken parm pizza for lunch. For dinner kids will learn how to make their own twice baked potatoes and chicken fingers. Don't forget dessert, a delicious s'more sundae. 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**

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
(905) 209-7655
LoftBoxgrove@longos.com

Burloak:

3455 Wyecroft Road, Oakville
(905) 825-8989
LoftBurloak@longos.com

Leaside:

93 Laird Road, Toronto
(416) 421-6806
LoftLeaside@longos.com

Maple Leaf Square (MLS):

15 York Street, Toronto
(416) 366-1717
LoftMLS@longos.com

Milton:

1079 Maple Avenue, Milton
(905) 875-1186
LoftMilton@longos.com

Richmond Hill:

10860 Yonge Street, Richmond Hill
(905) 770-7029
LoftRichmondhill@longos.com

South East Oakville:

469 Cornwall Road, Oakville
(905) 338-1255
LoftSeoakville@longos.com

Weston:

9200 Weston Road, Woodbridge
(905) 850-6161
LoftWeston@longos.com