



The Loft at Longo's Applewood

April – June 2015 Schedule

1125 North Service Rd., Mississauga, ON

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This Loft brochure is for the Applewood location.

To view programs for other Loft locations, visit:

<http://longos.com/Store/Loft.aspx>

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.

ADULT CLASSES

Wednesday, April 08, 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, April 15, 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**

Tuesday, April 21, 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**

Tuesday, April 28, 2015 – 7:00pm – 9:00pm

Go Gourmet in an Hour or Less

Elegant, delicious and easy is the name of the game. Begin with a roasted beet and mandarin orange salad with goat cheese and pistachios. Following the delicious salad you will enjoy herb and Panko-crusted halibut on top of a creamy broccoli slaw. Finally Chef Heather will finish with individual sticky toffee puddings and seal the deal with a bourbon caramel sauce. **\$30**

Wednesday, May 06, 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, May 12, 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, May 14, 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, May 19, 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**

Thursday, May 28, 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**

Wednesday, June 03, 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**

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

Internationally Inspired Summer Recipes

Fire up the grill and celebrate the best of summer with Shannon Brubacher, Recipe Development Chef and Food Stylist for Maple Leaf Foods. Shannon will walk us through some of her favourite internationally inspired recipes that are simply made for summer. Stalks of lemongrass used as skewers in Thai inspired, kofta style chicken, and creamy brie cheese, plump ripe tomatoes and juicy strips of chicken come together in under 15 minutes for an amazing family supper pasta. Get the recipe for mixed grill with a trio of flavourful secret sauces that can be whipped up in moments. Last but not least, a delightful seasonal dish of fresh peaches and cream corn medley with rubbed and roasted chicken thighs. **\$20**

Thursday, June 11, 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 yogurt, sage roasted turkey breast served on spelt pasta with creamy zucchini Brazil nut pesto, and no-bake choco-almond butter cups. **\$35**

Tuesday, June 16, 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, June 24, 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**

Thursday, June 25, 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**

TEEN CLASSES

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. **\$10.00 per adult per class** (accompanied by one toddler)

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. **\$15.00 per adult per class** (accompanied by one child)

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, 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

Loft Locations:

Applewood:

1125 North Service Rd., Mississauga, ON
Tel: (905) 566-1125
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Aurora:

650 Wellington Street East, Aurora
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