

## ADULT COOKING CLASSES – DECEMBER 2017

I can't believe I'm sitting here pondering the cooking class schedule for December, as it seems like only yesterday we had just returned from our incredible trip to Vietnam in the early days of 2017. Wow, time sure be a flyin'! I know it sounds a bit cliché to talk about how fast the pages peel off of the calendar, but having now been officially welcomed to the *Empty Nester* club, I find myself a bit more obsessed with the years flying by. So much to do & see in this HUGE world outside our front door and just worried about having enough time to experience it all.

One could wax & wane poetically about world travel for pages on end, but I'll spare you my mental thought process in that regard. Instead, I'll focus on the task at hand, which is to announce our slate of cooking classes for December 2017. Despite the "rigors" of the Holiday Season, we've stuffed the stocking full of class opportunities during the month. This translates into a line-up of 10 *Italian Cooking Classes*, 2 *Thai Cooking Class* offerings and a killer singular *Middle Eastern Cooking Class* with all new recipes unearthed during our recent European trip. Included in the December schedule will be an evening featuring vegetarian cuisine, along with another "vegetarian" menu that works for our pescatarian friends.

As we head into the winter months, our menus will reflect appropriate seasonal cuisine and dishes weighted to the colder days ahead. So get ready for the return of some rib-tickling comfort foods and palate pleasing meals that are sure to warm the cockles of your soul. We'll be cranking up the oven for lots of roasted goodness, as well as digging out soup pots that have languished for months. And if you are pondering whether to come to class in December 2017 or just wait until the New Year, remember that our class schedules for January & February 2018 will be severely shortened. This will be due to the nearly 1 month absence of Tiziana as she journeys home to Cortina d'Ampezzo for her annual visit to see family & friends, as well as to don ski gear in her role as trip leader for our 2 separate one week ski trips in the Dolomiti.

Take a few moments to peruse the following cooking class offerings and then make your plans to come join us during December 2017. If you are new to our e-mail list or have simply been too busy during the autumn months, now would be a good time to saddle up and rejoin us for a class. Never too soon to cozy up to the kitchen bar at our *Fuel for the Soul* HQ with the wood stove stoked and crackling in the background.

During your 2-1/2 hours or so in the warmth of our abode, you'll be treated to some fabulous new culinary discoveries, along with a host of kitchen science, tips & tricks. Depending on your mood or inclination, you can either opt to sit back & observe the menu preparations or be an active participant & don an apron to work in the kitchen alongside our *Guru of Grub*. Either way, you'll be sure to pick-up some new nuggets of info to add into your own bag of kitchen tricks from *Fuel for the Soul's* Tiziana Lancedelli, our own lovable kitchen geek.

Our cooking classes are a unique Boise experience and further enhanced as an intimate gathering of only ten adult guests. So you'll not only experience enlightening cooking instruction, but have time for discourse with new friends & enjoy a whole lot of merriment around the communal dining table, while feasting on a full 3-4 course meal. Break free from the experience of a traditional cooking class format and luxuriate in an evening dedicated to a truly one-of-a-kind cooking class event.

We'd be most honored to have you share an evening or two with us in our North End HQ for a celebration of great food & cheer, as we enter the Holiday Season and wrap up 2017. Book now to secure your seat(s) in 1 or more of these gastronomic adventures offered during December 2017. Take a pause for the cause and let *Fuel for the Soul* be your guide for the evening's culinary sojourn. Buon Appetito!

### **Friday December 1, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class***

#### 1<sup>st</sup> Course: **Torta Salata alla Zucca**

Savory Housemade Rustic Tarte is Topped with Oven Roasted Seasonal Local Organic Butternut Squash, Caramelized Onions, Homegrown Fresh Organic Thyme & Shredded Imported Swiss Gruyere Cheese



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**Friday December 1, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED**

2<sup>nd</sup> Course: **Insalata di Sedano Rapa**

Sensational Seasonal Salad of Grated Celeriac (Celery Root), Market Fresh Organic Arugula, Toasted Hazelnuts & a Housemade Delicate Dijon Mustard Vinaigrette  
PLEASE NOTE: The 1<sup>st</sup> & 2<sup>nd</sup> Courses will be Served Together as One Entrée Dish

3<sup>rd</sup> Course: **Spaghetti al Ragú**

Spaghetti Pasta with Our Classic House Bolognese Style Meat Sauce Prepared with a Soffritto (Sautéed Organic Carrots, Celery & Onions), Salmon Creek Farms (ID) Natural Ground Pork, Ground Beef, Freshly Ground & Locally Made Italian Sausage, Organic Tomato Marinara Sauce & Red Wine

Dessert: **Biscotti Morbidi al Cioccolato**

Decadent Soft Chocolate & Orange Essence Flourless "Cookies" Made with Almond Flour and Served Warm with a Drizzle of Our Luscious Housemade Chocolate Ganache Sauce

**Saturday December 2, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class***

1<sup>st</sup> Course: **Cavolfiore con le Briciole**

A New Veggie Dish as a Bit Lighter First Course Before the "Bomb" Below Features Roasted Organic Cauliflower Served with a Crunchy Housemade Artisan Breadcrumb Topping, Shallots, Garlic, Extra Virgin Olive Oil from California & Organic Lemon Zest

2<sup>nd</sup> Course: **Polenta e Goulash**

The Original Recipe from *La Mamma* at Rifugio Duca d'Aosta in Cortina d'Ampezzo - The Dolomiti Adaptation of a Hungarian Goulash with Tender Boneless Beef Short Ribs, Onions, & Paprika from Penzeys Spices in a Hearty Red Wine Sauce and Served with a Traditional Creamy Polenta

Dessert: **Torta di Polenta e Arance**

A Fabulous Recipe from the Brilliant Mind of Yotam Ottolenghi Features an Upside Down Rich, Dense & Moist Almond and Corn Meal Torte Made in Our Finex Cast Iron Cookware with a Topping of Organic Orange Slices & Housemade Caramel

**Sunday December 3, 2017 - Thursday December 7, 2017**

We'll be **CLOSED** for 5 days in order to take a quick trip over to Bend, Oregon for a bit of relaxation and "pre-celebration" in honor of Tiziana's Birthday on Monday December 11<sup>th</sup>!

**Friday December 8, 2017 - 6:30pm - 9:00pm - *Private Italian Cooking Class***

**Saturday December 9, 2017 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class***

1<sup>st</sup> Course: **Ash-e Goleh Kalam**

A New Recipe for a Middle Eastern Cream of Cauliflower Soup with a Touch of Curry, Fresh Ginger, Garlic, Cumin Seeds & a Sprinkle of Garden Fresh Organic Cilantro with a Dollop of Lebni (Similar to a Strained Greek Yogurt)

2<sup>nd</sup> Course: **M'Sakhan**

Another New Ottolenghi Recipe Incorporates a Simplified Version of the Traditional Palestinian Dish Featuring Oven Roasted Draper Valley Farms (NW) Natural Chicken Thighs (Bone-In/Skin-On) with Onions, Garlic, Za'atar, Sumac, Cinnamon, Allspice, Organic Lemon Zest/Juice, Toasted Pine Nuts & Market Fresh Organic Parsley



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**Saturday December 9, 2017 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class* - CONTINUED**

**3<sup>rd</sup> Course: Kurat Qadam**

Going for the Trifecta of New Recipes, This Dish Showcases Pan Fried Brussels Sprouts Topped with a Tangy Sauce of Tahini, Yogurt, Pomegranate Molasses, Garlic & Organic Lemon Juice

**Dessert: Salted Tahini Chocolate Chip Cookies**

Completing the Sweep of All New Recipes, These Israeli Morsels of Goodness are a Creation of Chef Danielle Oron - Simply Tahini Chocolate Chip Cookies with Artisan Sea Salt Sprinkled on Top

**Sunday December 10, 2017 - 6:00pm - 8:30pm - *Italian Cooking Class***

**1<sup>st</sup> Course: Pasta ai Broccoli**

Penne Pasta Tossed with Sautéed Freshly Ground & Locally Made Italian Sausage, Market Fresh Organic Broccoli, Garlic & Dried Chili Peppers and Topped with Freshly Grated Parmesan Cheese

**2<sup>nd</sup> Course: Pollo alla Cacciatora**

Hearty Traditional Southern Italian Dish of Draper Valley Farms (NW) Natural Chicken & Portobello Mushrooms Braised with Red Wine and Cooked in a Soffritto of Organic Carrots, Celery & Onion with Garlic, Garden Fresh Organic Thyme & Sage and Our House Organic Tomato Sauce

**3<sup>rd</sup> Course: Puré di Patate**

Potato Purée aka Creamy Mashed Potatoes Enlivened with Fried Onions

**Dessert: Torta all'Arancio**

An Incredibly Rich, Dense & Moist Almond Torte Bathed in a Heavenly Housemade Orange Syrup

**Tuesday December 12, 2017 - 6:00pm - 8:30pm - *Italian Cooking Class***

**1<sup>st</sup> Course: Vellutata di Funghi**

Velvety Mushroom Soup Made with a Trio of Cremini, White Button & Shitake Mushrooms, Fresh Local Organic Rosemary, Garlic, A Touch of Cream & Housemade Parmesan Cheese Crostini

**2<sup>nd</sup> Course: Arrosto di Maiale con Cipolle**

Pan Seared Salmon Creek Farms (ID) Natural Pork Tenderloins with Caramelized Shallots, Garden Fresh Organic Thyme & a Housemade Balsamic Vinegar Reduction Sauce

**3<sup>rd</sup> Course: Cavoletti di Bruxelles in Insalata**

Thinly Sliced Organic Brussels Sprouts Quickly Pan Seared with Shallots, Garlic, Beeler's All Natural Uncured & Hickory Smoked Bacon and Pine Nuts

**Dessert: Torta di Mirtilli**

An Upside Down Decadent Vanilla Torte with a Touch of Polenta for Texture Made in Our Finex Cast Iron Cookware with a Topping of Cranberries & Housemade Caramel

**Wednesday December 13, 2017 - 6:00pm - 8:30pm - *Happy Hump Day***

***Italian Cooking Class***

**1<sup>st</sup> Course: Risotto al Gorgonzola e Pere**

Creamy Italian Arborio Rice is Blended with a Rich Gorgonzola Cheese, Purée of Seasonal Tree Ripened (ID or NW) Organic Pears & Crunchy Toasted Walnuts

**2<sup>nd</sup> Course: Zucca Ripiena**

Oven Roasted Seasonal Local Organic Delicata Squash Cored and Filled with Sautéed Market Fresh Organic Kale, Caramelized Onions, Toasted Pecans & Tangy Gorgonzola Cheese Crumbles



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**Wednesday December 13, 2017 - 6:00pm - 8:30pm - *Happy Hump Day***

***Italian Cooking Class - CONTINUED***

3<sup>rd</sup> Course: **Insalata Invernale**

Market Fresh Organic Radicchio and Frisée Salad with Toasted Walnuts & Freshly Shaved Parmesan Cheese Tossed in Our Housemade Balsamic Vinegar Reduction Dressing

Dessert: **Pere al Caramello**

A Scrumptious New Seasonal Treat Featuring Oven Roasted Tree Ripened (ID or NW) Organic Pears Served with a Housemade Balsamic Caramel Sauce & Toasted Hazelnuts

**Friday December 15, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class***

1<sup>st</sup> Course: **Zuppa di Lenticchie e Salsiccia**

Spicy Red Lentil Soup with Freshly Ground & Locally Made Italian Sausage, Market Fresh Organic Chard, Organic Tomatoes, Rosemary, Bay Leaf and Cayenne Pepper - Topped with Fried Garlic

2<sup>nd</sup> Course: **Brasato di Pollo al Limone**

Draper Valley Farms (NW) Natural Chicken Thighs (Skin-On/Bone-In) Braised in a Zesty White Wine Sauce with Organic Lemon Juice, Preserved Capers, Bay Leaves & Garden Fresh Organic Thyme

3<sup>rd</sup> Course: **Patate e Finocchi Gratinati**

OMG - IT'S THE BOMB! An Exquisitely Luscious Potato and Fennel Gratin with Sautéed Seasonal Organic Fennel, Caramelized Onions, Heavy Cream & Plenty of Imported Swiss Gruyere Cheese

Dessert: **Crêpe con le Pere e Cioccolato**

Fresh Housemade Sweet Crêpes are Filled with Caramelized Seasonal Tree Ripened (ID or NW) Organic Pears and Topped with a House Chocolate Sauce & Dollop of Freshly Whipped Cream

**Saturday December 16, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class***

1<sup>st</sup> Course: **Ravioli ai Funghi**

Housemade Ravioli Pasta Filled with Our Homemade Fresh Ricotta Cheese, Sautéed Mushrooms, & Creamy Mild Goat Cheese and Dressed with Browned Butter & Freshly Grated Parmesan Cheese

2<sup>nd</sup> Course: **Pesce in Crosta**

Oven Roasted Market Fresh Rock Fish Fillet with a Crunchy Crust of Organic Lemon Zest, Chef's Whim Organic Herbs, Garlic, Pepitas, Sunflower Seeds & Sesame Seeds

3<sup>rd</sup> Course: **Cavolfiore Arrosto con Salsa alle Mandorle**

Oven Roasted Organic Cauliflower Served with a Housemade Sauce of Chef's Whim Organic Herbs, Toasted Almonds, Garlic, Chili Peppers, Anchovies & EVOO from CA

Dessert: **Pere con Mascarpone**

Oven Roasted & Caramelized Seasonal Tree Ripened (ID or NW) Organic Pears are Served with Whipped Mascarpone Cheese and a Crunchy Housemade Granola

**Sunday December 17, 2017 - CLOSED to Catch Our Breath and for the Observance of the last day of *Human Rights Week, Clean Air Day*, the first day of *Gluten Free Baking Week, Wright Brothers Day & National Maple Syrup Day***



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**Tuesday December 19, 2017 - 6:00pm - 8:30pm - *Italian Cooking Class***

**1<sup>st</sup> Course: *Insalata di Zucca e Lenticchie***

Artisan Salad of Roasted Seasonal Local Organic Winter Squash with Green French Lentilles du Puy, House Pickled Red Onions, Toasted Pepitas & Mild Soft Creamy Goat Cheese Crumbles

**2<sup>nd</sup> Course: *Polpette al Vino***

“Mamma Mia” Meatballs Made with a Tasty House Blend of Salmon Creek Farms (ID) Natural Ground Pork & Freshly Ground Beef Cooked in a Robust Red Wine Sauce with Caramelized Onions, Garlic, Organic Oregano, Market Fresh Organic Parsley & Housemade Organic Tomato Sauce

**3<sup>rd</sup> Course: *Puré di Patate***

Potato Purée (Heavenly Creamy Mashed Potatoes) Topped with Fried Garlic

**Dessert: *Torta di Mandorle con Crema Chantilly***

Delicate Almond & Olive Oil Cake Served with a French Crème Chantilly

**Wednesday December 20, 2017 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class***

**1<sup>st</sup> Course: *Torta Salata con Funghi***

House Rustic Savory Tarte Made from Scratch with Sautéed Mushrooms, Soft Creamy Mild Goat Cheese, Fresh Homegrown Organic Thyme, Caramelized Onions & Gorgonzola Cheese Crumbles

**2<sup>nd</sup> Course: *Insalata di Cavolo Nero***

Tuscan Kale Salad with Seasonal Local Organic Kale, Toasted Pecans, Radishes, Soft Creamy Mild Goat Cheese Crumbles & Dried Cherries with a Housemade Dijon Mustard and Honey Vinaigrette  
PLEASE NOTE: The 1<sup>st</sup> & 2<sup>nd</sup> Courses will be Served Together as One Entrée Dish

**3<sup>rd</sup> Course: *Brasato di Pollo***

Braised Draper Valley Farms (NW) Natural Chicken Thighs (Bone-In/Skin-On) with Cannellini Beans, Seasonal Local Organic Swiss Chard, Beeler’s All Natural Uncured & Hickory Smoked Bacon, Fresh Homegrown Organic Thyme & Fresh Organic Rosemary in a House White Wine Sauce

**Dessert: *Pere con la Crema***

Poached Seasonal Tree Ripened (ID or NW) Organic Pears with a Housemade Vanilla Custard

**Friday December 22, 2017 - 6:30pm - 9:00pm - *Thai Cooking Class***

**1<sup>st</sup> Course: *Pla Manao***

Maiden Voyage for This New Recipe Featuring Baked Market Fresh White Fish Fillets Served with a Broth Seasoned with Toasted Coriander & Cardamom Seeds, a Bit of Green Curry Paste, Kaffir Lime Leaves, Market Fresh Organic Cilantro, Organic Lime Juice & Fish Sauce

**2<sup>nd</sup> Course: *Ook Gai***

Another New Recipe Showcasing a Country Style Chicken Curry Made with Draper Valley Farms (NW) Natural Chicken Breasts, Lemongrass, Galanga, Homegrown Thai Chilies, Shallots, Garlic, Turmeric, Kaffir Lime Leaves & Market Fresh Organic Cilantro

**3<sup>rd</sup> Course: *Gai Lan***

Stir Fried Gai Lan, aka Chinese Broccoli, is Combined with Garlic, Red Onions, Black Bean Paste, Soy Sauce & Fish Sauce to Create a Umami Rich Side Dish

**Dessert: *Roasted Pears with Almonds***

This New Recipe Melds Eastern Flavors with a Classic Western Style Dessert and Features Roasted Seasonal Tree Ripened (ID or NW) Organic Pears with Almonds and a Cardamom Flavored Sugar Topping



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**Saturday December 23, 2017 - 6:30pm - 9:00pm - *Thai Cooking Class***

**1<sup>st</sup> Course: Pla Mapraw**

Not One to Stand Pat, Tiziana Introduces a Fabulous New Recipe for Market Fresh White Fish Fillets Baked with Organic Lime Juice/Zest, Shallots, Market Fresh Organic Cilantro & Lemongrass and Served in a Housemade Coconut Milk Sauce with Market Fresh Organic Cilantro & Mint, Organic Lime Juice/Zest, Garlic, Homegrown Thai Chilies and Fish Sauce

**2<sup>nd</sup> Course: Som Tom Gai**

This New Recipe for a Traditional Thai Dish will Send Your Taste Buds into Gustatory Heaven and Features Draper Valley Farms (NW) Natural Chicken Thighs (Bone-In/Skin-On) Marinated with a Paste of Market Fresh Organic Cilantro, Garlic, Shallots & Thai Chili Peppers and Then Pan Seared Served Over a Bed of Green Papaya Salad Dressed with Fresh Lime Juice, Palm Sugar & Fish Sauce

**3<sup>rd</sup> Course: Gaeng Prik**

Red Curry & Coconut Milk Cooked with Organic Red Bell Peppers, Freshly Squeezed Lime Juice, Thai Chili Peppers, Market Fresh Thai Basil, Kaffir Lime Leaves & Fish Sauce

**Dessert: Spicy Chocolate Mousse**

East Meets West in a Fusion-ized Rich, Dense Dark Chocolate Mousse with Thai Chili Peppers

**Sunday December 24, 2017 & Monday December 25, 2017**

**CLOSED** for a Celebration of Christmas & the Holidays with Family & Friends

**Tuesday December 26, 2017 - 6:00pm - 9:00pm - *Private Schultz Family Holiday Cooking Class***

**Wednesday December 27, 2017 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class***

**1<sup>st</sup> Course: Crespelle ai Funghi**

Freshly Housemade Savory Au Gratin Crêpes Filled with a Sautéed Mushroom Ragout, House Béchamel Sauce, Shredded Mozzarella Cheese & Freshly Grated Parmesan Cheese

**2<sup>nd</sup> Course: Arrosto di Maiale all'Arancio**

Salmon Creek Farms (ID) Natural Pork Tenderloins are First Pan Seared & Then Oven Roasted with Garlic, Garden Fresh Organic Thyme & Oregano and Black Pepper - Served with a Housemade Orange Sauce

**3<sup>rd</sup> Course: Cavoletti di Bruxelles con Senape**

Pan Seared Organic Brussels Sprouts are Braised in White Wine with Shallots and Finished with a Touch of Heavy Cream & Dijon Mustard

**Dessert: Torta di Mandorle e Caramello**

The Hit Parade Continues from the Kitchen & Talented Mind of David Lebovitz (the Former Pastry Chef at Chez Panisse in Berkeley, California) - An Ethereal & Luscious Vanilla Cake Covered with Crunchy Housemade Caramel & Toasted Almonds

**Thursday December 28 Through Tuesday January 2, 2018**

**CLOSED** for the balance of 2017, so we can enjoy time with our older son who will be visiting home for the holidays and to provide for a non-working New Year's celebration & "recovery" ☺



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For more general information, class costs & how to book your reservation, check out our fine print below:

**2017 Pricing for all scheduled cooking classes with Chef Tiziana Lancedelli is \$65.00 per person for either Italian, Thai, Middle Eastern, Persian, Mediterranean or Asian Fusion cuisine. Private Cooking Classes are billed at a flat rate of \$725.00 for groups of up to 10 people. Hybrid Class/Dinner Events & Private Dinners start at a flat rate of \$875.00 for groups of up to 10 people & are subject to higher rates based upon event specifications.** Cost for all cooking classes includes kitchen instruction/demonstration, recipe preparation, take-home printed recipe packet and the time to gather round the dining room table to savor each gastronomic delight served as part of a hearty & satisfying multi-course meal. **To book your seat(s) in one of our upcoming monthly cooking classes, send your reservation request by e-mail to Joel at [joel@fuelforthesoulboise.com](mailto:joel@fuelforthesoulboise.com). Please make sure to include the date(s) for your reservation AND the # of required seats for each requested class. Best to include not only your 1<sup>st</sup> choice, but a 2<sup>nd</sup> & 3<sup>rd</sup> choice of class dates as well.**

\*All cooking classes are held at our Custom Built HQ, located in the heart of Boise's North End at 1941 N. 18<sup>th</sup> Street – Southwest corner of 18<sup>th</sup> & Dewey Streets

\*Cooking Classes are scheduled for 2-1/2 Hours and typically run from 6:00pm-8:30pm on Wednesdays, Other Weekdays & Sundays and 6:30pm-9:00pm for both Friday & Saturday classes. We ask that guests arrive on-time in consideration of your classmates. However, as we have quite a bit of prep that needs to be done in the 2 hours prior to your class, we very much appreciate your efforts to time your arrival no more than 10 minutes prior to the start of your class.

\*Payment for cooking classes can be made by checks or cash - **Sorry no plastic (credit or debit) cards accepted**

\*Please make checks payable to Fuel for the Soul

\*To secure your spot at the table, please send your check to Fuel for the Soul, 1941 N. 18th Street, Boise, Idaho, 83702 within 4 days of your verbal or e-mailed preliminary reservation confirmation. Reservations not paid in full within 4 days will be released for re-sale, unless prior arrangements have been made with Fuel for the Soul. For bookings made within 48 hours of the actual class date, the fees are then just payable prior to your arrival for class.

\***Cooking class payments are NON-REFUNDABLE!** Think of your purchase for seats in our cooking class as you would if you bought tickets to a concert or theatrical performance. Those folks won't refund your money either, although our policy is definitely a bit more lenient & accommodating. Should you need to cancel your reservation after making payment or you are a no-show for any reason, we will not issue a refund of your class payment(s). Why? This often occurs at the last minute and thus we are not able to fill your seats, which results in lost revenue for us. However, if we have enough time and are able to re-sell your cancelled reservation, we will issue a House Credit. This credit can be used as payment to book an available cooking class of your choice at a future date. This cooking class must be a regularly scheduled class and the date of the class to be mutually agreed upon by both parties. Otherwise, we strongly suggest you sell your seats or give them away to friends or family (Pay it Forward!). House Credits are NON-TRANSFERABLE & NON- REFUNDABLE. Also, should the House Credit be used to book seats in a future class and the reservation is cancelled once again, the House Credit would become NULL & VOID and FORFEITED.

\*We endeavor to create an intimate, convivial and relaxed atmosphere in which you can enjoy your evening out on the town, so **our cooking classes are intended for adults (21 years & older) only.**

\*The cooking classes are not held in a commercial facility with a large amount of prep & cooking space, nor an endless reserve of ingredients in a walk-in refrigerator. For each of our classes, we provision based on the menu which will be offered/prepared in class and solely for the amount of people attending each class. As a result, we have a VERY limited ability to substitute ingredients and thus accommodate guests with food allergies and/or dietary restrictions. While sometimes we can easily omit offending ingredients from a dish without compromising the dish, it is best for all concerned if you select a class with a menu appropriate to your eating habits & dietary needs/restrictions.

\*All fresh recipe ingredients are subject to change and/or substitution based upon availability of fresh seasonal products in local markets &/or thru our network of local, independent growers & provisioners of food ingredients, as well as what may be available from our own organic gardens.



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