

## ADULT COOKING CLASSES – AUGUST 2017

We're now entering the 2<sup>nd</sup> official week of Summer and already having to ponder activities for August. Besides time seeming to fly by, we've been dragging our feet on August planning, due to the still unknown exact departure date for our youngest son's year abroad in Argentina. We've decided to finally roll the dice and hope his departure date ends up on a day with no scheduled class. Fingers crossed!

With Zachary's imminent departure from the nest, lots of emotions and life's changes coming to a head. Hopefully Tiziana won't be tearing up too much in class! ☺ But with the prospect of being empty nesters on the horizon, you'll start to see a bit more of an irregular cooking class schedule at times. We'll be loading up some weeks with a larger number of classes in an effort to balance out the total each month, as we anticipate taking time off at any given point for some short travels & getaways. Time to catch up on those things we haven't been able to do or simply not taken the time to do so. Such as visiting Walla Walla to catch-up on the burgeoning food & wine scene or catching activities in town that we normally have bypassed. Thus, instead of always offering our *Happy Hump Day* classes on a Wednesday in August, we'll sneak out to grab some sun & music at *Alive at Five*. This will mean some alternative dates for cooking classes on either a Tuesday or Thursday. While not the middle of the week or Hump Day, still a nice mid-week break from your normal routines.

And a couple of class-free Saturdays to allow for the fact that a lot of you go to McCall or Sun Valley over the summertime weekends. But despite the change-up to our traditional schedule, we'll still be offering up a whopping total of 12 cooking classes (or 120 seats) during the month of August. We've got 9 Italian classes on tap, along with 2 nights featuring Thai cuisine and one evening dedicated to the glories of Middle Eastern cooking. With the heat of summer being in full attack mode, our home organic garden will be pumping out lots of goodies that will end up being part of the various menus during the month. As is our norm when crafting the menus to be offered each month, August offerings definitely reflect the seasonality of summer and take advantage of all of the goodies Mother Nature bestows upon us during this time of year. Take a few moments to peruse the extensive list of cooking class offerings and then make your plans quickly to come join us during August 2017.

If you are new to our e-mail list or have simply been too busy during spring, now would be a good time to actually pull the cord and join us for a class. Never too soon to saddle up to the comfort of the kitchen bar at our *Fuel for the Soul* HQ. Not only will you be treated to an evening of cooking instruction, but plenty of time to meet new friends & definitely enjoy some merriment around the dining table. During your 2-1/2 hours or so in the warmth of our abode, you'll make some fabulous new culinary discoveries, along with a host of kitchen science, tips & tricks.

Depending on your mood, you can either opt to just 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 tips for 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 10 guests.

Our evenings are truly a one-of-a-kind cooking class experience. We break free of the traditional class format, as your time with us is not just about hands-on learning nor solely having small tastes of each menu item prepared in class. Plenty of time is set aside to indulge your gustatory cravings, as you have the opportunity to feast on the fruits of our collective labor in the form of a satisfying full 3-5 course meal at our communal table and in the comfortable surroundings of our "classroom".

We hope to share an evening with you in our North End HQ for a celebration of good food & cheer during AUGUST 2017. Book now to secure your seat in one of the gastronomic adventures offered during August. Why delay your personal gratification? It's as good a time as any to take a pause for the cause and let *Fuel for the Soul* be your guide for the evening's culinary sojourn. Buon Appetito!



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**Tuesday August 1, 2017 - 6:00pm - 8:30pm - *Italian Cooking Class***

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

House Savory from Scratch Tart with Our Housemade Fresh Ricotta Cheese, Mozzarella Cheese, Garlic and Garden Fresh Seasonal Local Organic Zucchini & Basil

**2<sup>nd</sup> Course: *Pollo all’Uva***

A Fabulous New Recipe Featuring Draper Valley Farms (NW) Natural Chicken Thighs Braised with White Wine, Organic Grapes, Beeler’s Natural Uncured & Hickory Smoked Bacon and Fresh Thyme

**3<sup>rd</sup> Course: *Panzanella***

Classic Tuscan Artisan Bread & Vine Ripened Seasonal Organic Tomato Salad with Garden Fresh Local Organic Basil, Market Fresh Seasonal Organic Cucumbers, Red Onion, Garlic, Sherry Vinegar and Plenty of Extra Virgin Olive Oil from California

**Dessert: *Pesche con Crema al Limone***

Seasonal Tree Ripened Local/Regional Organic Fresh Peaches are Cut Into Bite-Sized Morsels of Goodness and Topped with Our Fresh Homemade Lemon Curd

**Wednesday August 2, 2017 - *Closed for Alive at Five***

Headliner: SUPER DOPPLER Opener: Haywire Hopefuls A throwback to the horn-tinged rock of the '60s & '70s, Super Doppler is melodic & rootsy. Originally formed as Major & the Monbacks in Norfolk, VA, the group's 2015 self-titled debut album was well received, garnering online & alt-press attention. In June of 2017, Major and the Monbacks changed their name to Super Doppler and independently released "Moonlight Anthems."

**Thursday August 3, 2017 – 6:00pm – 8:30pm – *Italian Cooking Class***

**1<sup>st</sup> Course: *Ravioli di Ricotta e Spinaci***

Housemade Ravioli Pasta Filled with Our Homemade Fresh Ricotta Cheese, Parmesan Cheese & Sautéed Market Fresh Organic Spinach and Dressed with Freshly Grated Parmesan Cheese, Browned Butter, Fried Sage & Organic Orange Zest

**2<sup>nd</sup> Course: *Filetto di Maiale con Insalata di Peperoni***

Salmon Creek Farms (ID) Natural Pork Tenderloins Bathed in Extra Virgin Olive Oil from CA, Salt & Pepper - Then Pan Seared & Served Atop the 3<sup>rd</sup>/Side Course Below

**3<sup>rd</sup> Course: *Insalata di Peperoni***

House Roasted & Charred Organic Red Bell Pepper Salad is Tossed in a Homemade Sherry Vinaigrette with Garlic, Capers, Garden Fresh Local Organic Parsley & EVOO

**Dessert: *Tortine al Limone***

Ethereal Lemon Cakes with a "Pudding-Like" Center & Served in Individual Ramekins

**Friday August 4, 2017 - Tuesday August 8, 2017 - *Closed for Family Vacation***

Tiziana is heading up to Sun Valley for a food, friendship & one-off "Book Club" pow-wow. In her absence, we'll obviously need to put the classes on hold, which frees up one of your weekends for some endeavors other than the requisite *Fuel for the Soul* cooking class. ☺



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**Wednesday August 9, 2017 – 6:00pm – 8:30pm – *Happy Hump Day Italian Cooking Class***

**1<sup>st</sup> Course: Pasta al Pesto Trapanese**

From the Province of Trapani in the Western Corner of Sicilia, the Centuries-Old Recipe was Inspired by the Genovese Basil Pesto and Adapted as a Sicilian Dish Using Locally Available Ingredients. A Savory Dish Featuring Spaghetti Pasta Tossed with a Pesto Made from Garden Fresh Seasonal Local Organic Basil, Almonds, Olives, Preserved Capers, Organic Garlic, Housemade Oven Dried Cherry Tomatoes & Pecorino Romano Cheese

**2<sup>nd</sup> Course: Petti di Pollo**

Pan Seared & Oven Roasted Draper Valley Farms (NW) Natural Chicken Breasts are Sliced & Served with a Topping of a Creamy Shallot, Butter & Dry White Wine Sauce

**3<sup>rd</sup> Course: Tortine di Verdura**

Small Towers of Oven Roasted Garden Fresh Seasonal Local Organic Eggplant & Zucchini Layered with Our Housemade Fresh Ricotta Cheese & a Liberal Sprinkle of Mozzarella Cheese and Topped with a House Organic Marinara Sauce & Garden Fresh Seasonal Local Organic Basil

**Dessert: Crostata della Nonna**

*La Nonna's* (Grandma's) Traditional Northern Italian Dessert Featuring a Buttery "Shortbread" Style Tarte Filled with a Velvety Vanilla Custard & Pine Nuts

**Thursday August 10, 2017 – 6:00pm – 8:30pm – *Italian Cooking Class***

**1<sup>st</sup> Course: Pasta al Pesto Genovese**

This Classic Pesto from Genoa in Liguria Features Spaghetti Pasta & Our Homemade Fresh Pesto with Garden Fresh Seasonal Local Organic Basil, Pine Nuts, Organic Garlic, Extra Virgin Olive Oil from California & an Abundant Addition of Freshly Grated Parmesan Cheese

**2<sup>nd</sup> Course: Filetto di Maiale ai Funghi**

Salmon Creek Farms (ID) Natural Pork Tenderloin Dry Rubbed with Toasted Coriander & Fennel Seeds - Then Grilled & Served with a Ragout Featuring a Sautéed Medley of Mushrooms

**3<sup>rd</sup> Course: Insalata di Sedano**

Crisp Summer Salad with Chilled Organic Celery, Dates, Toasted Almonds & Parmesan Cheese Shavings Tossed in a Zesty House Lemon Vinaigrette

**Dessert: Crostata con Crema di Pistacchio e Frutta**

Sweet Tarte Filled with an Incredibly Delicious Housemade Pistachio Custard and a Compote of Tree Ripened Local/Regional Seasonal Organic Stone Fruits

**Friday August 11, 2017 – 6:30pm – 9:00pm – *Italian Cooking Class***

**1<sup>st</sup> Course: Tagliatelle con Sugo di Ricotta**

Homemade Fresh Tagliatelle (Fettucine) Egg Pasta Tossed in an Exquisite Summer Sauce Featuring Our House Fresh Ricotta Cheese, Fried Garlic, Oven Roasted Seasonal Local Organic Tomatoes & Garden Fresh Seasonal Local Organic Basil

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

Oven Roasted Market Fresh Red Snapper Fillets with a Crust Made from Organic Lemon Zest, Chef's Whim Garden Fresh Local Organic Herbs & Chopped Almonds



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**Friday August 11, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED**

**3<sup>rd</sup> Course: Melanzane al Forno**

Oven Roasted Seasonal Local Organic Eggplant Marinated with Extra Virgin Olive Oil from California, Garlic, a Medley of Garden Fresh Local Organic Herbs & Chili Flakes from Sicilia

**Dessert: Dolce di Ricotta e Frutta**

Seasonal Tree Ripened Local/Regional Organic Stone Fruits are Cooked Down into a Tasty Compote and Combined with Our Housemade Fresh Ricotta Cheese Whipped with Brown Sugar & Artisanal Island Rum and Topped with the Crunchy Goodness of Toasted Almonds

**Saturday August 12, 2017 - CLOSED for Early Celebration of Our 24<sup>th</sup> Wedding Anniversary**

**Sunday August 13, 2017 - CLOSED to Catch Our Breath, Maybe Re-Coup from Hangovers and for the Observance of *International Left Hander's Day, Middle Child Day, Blame Someone Else Day, the end of National Smile Week, the end of National Hobo Week and the Launch of National Motorcycle Week***

**Wednesday August 16, 2017 - Closed for Alive at Five**

Headliner: JUKE DADDYS Opener: Blues Addicts and Brass Tacks From their hometown in Idaho City, the Juke Daddys are a hard hitting Rockabilly Blues trio. Searing guitar & a rock solid rhythm section sets a blues groove ranging from good old Delta stylings to hard rocking Texas blues & all points in between. The band has performed thruout the NW & represented the Boise Blues Society at the 2013 International Blues Challenge.

**Thursday August 17, 2017 – 6:00pm – 8:30pm – *Italian Cooking Class***

**1<sup>st</sup> Course: Tortini al Pomodoro**

Warm Housemade Scallion Shortcakes Filled with a Whipped Mild Creamy Goat Cheese, Garden Fresh Local Organic Chives & Seasonal Vine Ripened Organic Tomato Salad

**2<sup>nd</sup> Course: Gamberi alla Griglia**

Succulent Shrimp are Tossed in a Spicy Housemade Paste of Fresh Garlic, Cayenne Pepper, Paprika from Penzeys Spices, Extra Virgin Olive Oil from California & Freshly Squeezed Lemon Juice and Quickly Grilled to a Moist/Juicy Perfection & Served Atop the 3<sup>rd</sup>/Side Course Below.

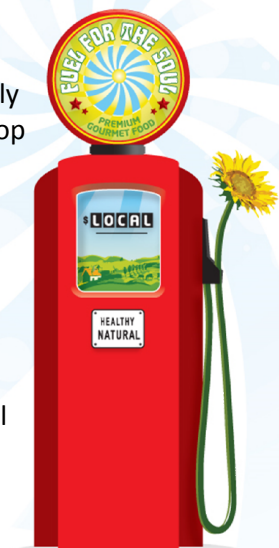
**3<sup>rd</sup> Course: Carpaccio di Zucchini**

Always at a Loss as to How to Utilize Your Mounds of Zucchini from the Garden? This Summer Salad Makes Great Use of Thinly Sliced Garden Fresh Seasonal Local Organic Zucchini Tossed in a Housemade Creamy Buttermilk & Garden Fresh Organic Herb Dressing Along with Morsels of Tree Ripened Organic Avocado

**Dessert: Ricotta con le Pesche**

If You've Been Wanting to Make Fresh Ricotta Cheese, Here's Your Chance as We'll Make it in Class! The Fresh Homemade Ricotta Cheese will be Whipped with a Bit of Sugar & Cardamom and Served with a Seasonal Tree Ripened Local/Regional Organic Peach Compote & Topped with a Sprinkling of Toasted Almonds

**Friday August 18, 2017 - 6:30pm - 9:00pm - Private Italian Cooking Class**



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**Saturday August 19, 2017 – 6:30pm – 9:00pm – *Middle Eastern Cooking Class***

**1<sup>st</sup> Course: Yogurtlu Havuc**

A Fresh Spin on the Turkish Classic, This Moroccan Styled Spicy Carrot Spread/Dip is Made from Crushed Cooked Organic Carrots with Garlic, Harissa & Organic Orange Zest and Served Over a Bed of Yogurt Sprinkled with Black Pepper & Pistachios - Served with Fresh Locally Made Pita Bread

**2<sup>nd</sup> Course: Sami Tamimi & Yotam Ottolenghi Roast Chicken**

This Dynamic Duo so Aptly Captures the Essence of Middle Eastern Cuisines with this Recipe. Featuring Oven Roasted Draper Valley Farms (NW) Natural Chicken Thighs with Saffron (The Herb of the Gods), Onions, Honey, Rose Water, Hazelnuts, Cinnamon & Ginger - Served with Pan Juices

**3<sup>rd</sup> Course: Mejadra**

A Traditional Spiced Rice & Lentil Dish, Which is Common to Many of the Middle Eastern Countries, is Seasoned with Toasted Cumin & Coriander Seeds, Turmeric and Allspice Served with a Generous Topping of House Fried Onions

**Dessert: Heavenly Date & Banana Cake**

Yet Another Incredibly Delicious Recipe from the Genius of Yotam Ottolenghi, This Divine Cake is Inspired by Traditional Israeli & Arabic Desserts and Features a Cake Batter Including Chopped Dates, Organic Bananas, Sesame Seeds & Tahini and Topped a Mascarpone Cream Cheese Frosting

**Sunday August 20, 2017 – CLOSED to Catch Our Breath and for the Observance of *Chef Appreciation Day, National Radio Day, Chocolate Pecan Pie Day, Sand Castle Day, the Start of National Chef's Appreciation Week, the end of National Friendship Week & the Kick-Off of Be Kind to Humankind Week***

**Wednesday August 23, 2017 – 6:00pm – 8:30pm – *Happy Hump Day Italian Cooking Class***

**1<sup>st</sup> Course: Gnocchi al Pomodoro**

Ethereal Potato Dumplings (Gnocchi) Scratch Made with Idaho Potatoes & Served with a Housemade Fresh Organic Tomato Sauce & Freshly Grated Parmesan Cheese

**2<sup>nd</sup> Course: Filetti di Maiale con Rucola**

Salmon Creek Farms (ID) Natural Pork Tenderloin Medallions Pan Seared with Garden Fresh Local Organic Arugula, Vine Ripened Seasonal Organic Cherry Tomatoes & German Prosciutto Drizzled with Our Housemade Balsamic Vinegar Reduction

**3<sup>rd</sup> Course: Insalata con Peperoni**

Garden Fresh Local Organic Mixed Greens with Our House Roasted & Charred Organic Red Bell Peppers Dressed with Preserved Capers, Anchovies, Garden Fresh Local Organic Parsley, Extra Virgin Olive Oil from CA & Fresh Squeezed Lemon Juice

**Dessert: Soufflé al Limone e Caprino**

This Organic Lemon & Mild Creamy Goat Cheese Soufflé is the Perfect Balance Between Sweet & Savory - A Real After Dinner Treat!



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**Thursday August 24, 2017 – 6:00pm – 8:30pm – *Italian Cooking Class***

**1<sup>st</sup> Course: Spaghetti alla Puttanesca**

A Modern Classic Neapolitan Dish Used by “Ladies of the Evening” to Lure Their Patrons Thru the Door - Featuring Spaghetti Pasta Tossed in a Rich & Spicy Organic Tomato Sauce with Fried Capers, Anchovy, Garlic, Garden Fresh Local Organic Parsley & Basil and Organic Lemon Zest & Lemon Juice

**2<sup>nd</sup> Course: Merluzzo alla Mediterranea**

Market Fresh Cod Cooked on a Bed of Sautéed Organic Red Bell Peppers & Garden Fresh Vine Ripened Local Organic Tomatoes with Cannellini Beans, Kalamata Olives & Organic Lemon Zest Served with a Delicate House White Wine Sauce

**3<sup>rd</sup> Course: Insalata della Casa**

House Salad with Market Fresh Seasonal Local Organic Mixed Greens Tossed in a Housemade Shallot & Champagne Vinaigrette with Extra Virgin Olive Oil from California

**Dessert: Bavarese alle Pesche**

Traditional Italian Style Chilled Peach Mousse Made with Tree Ripened Seasonal Organic Peaches

**Friday August 25, 2017 - 6:30pm - 9:00pm - *Thai Cooking Class***

**1<sup>st</sup> Course: Gaeng Gai Lei**

A Burmese Style Chicken Curry Featuring Chunks of Draper Valley Farms (NW) Natural Chicken Breasts Slow Cooked in a “Broth” Flavored with Turmeric, Shallots, Ginger, Dark Soy Sauce & Tamarind with a Homemade Curry Paste Made from Galanga, Lemongrass, Brown Sugar & Chilies

**2<sup>nd</sup> Course: Pla Goong**

Market Fresh Shrimp are Quickly Poached & Chilled and Dressed with a Lime & Thi Chili Dressing Then Mixed with Lemongrass, Shallots & Mint and Served Over a Bed of Chilled Crisp Lettuce

**3<sup>rd</sup> Course: Kao Phat**

Stir Fried Rice with Chef’s Whim Market Fresh Vegetables, Fried Egg, Garlic, Soy Sauce, Fish Sauce, Freshly Squeezed Lime Juice & Garden Fresh Local Organic Cilantro

**Dessert: Kao Niao**

The ULTIMATE Thai Dessert Features a Seasonal Twist of Sticky Rice Cooked in Sweet & Salty Coconut Cream & Topped with Slices of Tree Ripened Organic Peaches

**Saturday August 26, 2017 - 6:30pm - 9:00pm - *Thai Cooking Class***

**1<sup>st</sup> Course: Yam Gop Tiam**

Classic Thai Chicken Salad with Shredded Draper Valley Farms (NW) Natural Chicken Breasts, Thinly Sliced Organic Savoy Cabbage, Garden Fresh Local Organic Mint & Cilantro, Shallots, Lemongrass, Kaffir Lime Leaves, Thai Chili, Fish Sauce, Freshly Squeezed Lime Juice & Toasted Peanuts with a Creamy Coconut Milk Dressing

**2<sup>nd</sup> Course: Choo Chii Goong**

Market Fresh Shrimp is Cooked with a Pungent Green Curry, Organic Red Bell Peppers, Garden Fresh Local Organic Thai Basil & Local Organic Kaffir Lime Leaves

**3<sup>rd</sup> Course: Kao Phat**

Stir Fried Rice with Chef’s Whim Market Fresh Vegetables, Fried Egg, Garlic, Soy Sauce, Fish Sauce, Fresh Squeezed Lime Juice & Garden Fresh Local Organic Cilantro

**Dessert: Gluay Buat Chee**

Ripe Organic Bananas Cooked in a Sweet & Salty Coconut Milk Sauce and Topped with Toasted Coconut Chips



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**Sunday August 27, 2017 – CLOSED to Catch Our Breath and for the Observance of  
GO TOPLESS DAY, Global Forgiveness Day, Tug-of-War  
Day, Just Because Day and Start of World Water Week**

**Wednesday August 30, 2017 – 6:00pm – 8:30pm – Happy Hump Day Italian Cooking Class**

1<sup>st</sup> Course: **Insalata di Sedano**

A Great Summer Salad with Crisp Cold Organic Celery, Toasted Walnuts & Fontina Cheese  
All Tossed in a House Creamy Gorgonzola Cheese Dressing with Freshly Cracked Black Pepper

2<sup>nd</sup> Course: **Picatta di Pollo**

A Classic Italian Dish Featuring Draper Valley Farms (NW) Natural Chicken Breasts Thinly Sliced &  
Pounded into Scaloppini and Pan Seared with a Light Dusting of Flour, Freshly Squeezed Lemon  
Juice, Garden Fresh Local Organic Parsley & a Generous Sprinkling of Preserved Capers

3<sup>rd</sup> Course: **Rotolini di Zucchine**

Grilled Garden Fresh Local Organic Zucchini Slices Rolled Up with a Filling of Mild & Creamy Soft  
Goat Cheese & German Prosciutto - A Great Accompaniment for the Picatta di Pollo

Dessert: **Crema al Caffè**

Coffee Custard (Creaminess Similar to Crème Brule) Made with Super Dank Espresso from  
DOMA Coffee Roasting Company (Post Falls, ID) & Served with Freshly Whipped Cream

For more general information, class costs and 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.



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\***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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