

ADULT COOKING CLASSES – SEPTEMBER 2017

Three, Two, One.....BOOM! July is just about over, which means it's time to start looking forward to September, at least as far as cooking classes are concerned!! I can't believe summer is racing along at this breakneck pace, but the good news as the weekly calendar pages flip at Grand Prix speeds is we'll soon be blessed with much more humane (moderate) temps. This wimp from SoCal has thickened blood to stay warm in the cooler ocean temperatures & is not well suited for these upper 90's or triple digit days. There, I said it. After many moons of year-round 70+ degree days cooled by ocean breezes, I just can't seem to adjust to the Treasure Valley heat and can't find relief other than sitting in a meat locker!

Oh well, my 2nd favorite season will be here in less than 2 months, so I'll just be hanging on for the ride towards fall. September will actually mark a milestone for Tiziana & I as we officially become empty nesters. Just sayin', but the adjustment will be harder for some, so if you catch Tiziana on a teary eyed day, you'll know what's up. Me? I'm already thinking of what to pack in my bags. Given our more footloose & fancy free status, we're finally gonna take our trip in celebration of my 60 years kicking around the planet. A 17 day tour de force that will take us by air from Boise to London to Berlin and a train journey from Berlin to Prague. On our way home via Frankfurt, we'll alight in Chicago for a planned 8 hour & 45 minute layover, which means enough time to hope on the L, explore a bit and feast on some incredible cuisine before heading home to Boise.

So with our travels occupying ½ of the month, our September 2017 Cooking Class Schedule will be a bit shorter than normal. However, in just 15 days, we'll still manage to squeeze in 6 Italian classes & 1 night of Middle Eastern cuisine, along with 2 private events. Based on bookings over the last couple of months, we'll take a break from offering any Thai classes in September, but you'll see them return in October 2017.

Once again our menus feature seasonal cooking and many items coming out of our summer gardens (well that's assuming the excessive summer heat hasn't quashed that plan). You'll also see a couple of classes featuring a tilt toward a tad bit heavier recipes in anticipation of the cooler fall season. Take a few moments to peruse the list of seven (7) cooking class offerings and then make your plans quickly to come join us during September 2017.

If you are new to our e-mail list or have simply been too busy during summer, now would be a good time to actually pull the cord and rejoin 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 SEPTEMBER 2017. Book now to secure your seat in one of the gastronomic adventures offered during September. 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!



tel / fax	(208) 342-7118
address	1941 N. 18th St. Boise, Idaho 83702

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(Continued)

Friday September 1, 2017 – 6:30pm – 9:00pm – *Italian Cooking Class*

1st Course: Gnocchetti Verdi Burro Fuso e Salvia

Northern Italian Specialty - These Housemade Fresh Spinach Pasta Dumplings/Spätzle are Topped with Freshly Grated Parmesan Cheese, Browned Butter & Organic Fried Sage

2nd Course: Scaloppine al Marsala

A Staple from Southern Italy Featuring Draper Valley Farms (NW) Natural Chicken Breasts Thinly Sliced & Pounded into Scaloppini - Then Pan Seared with a Rich Marsala Wine Sauce

3rd Course: Funghi Trifolati

A Medley of Organic Mushrooms Sautéed with Shallots, Garlic & Garden Fresh Organic Parsley

Dessert: Tortine con le Pesche

Warm Housemade Shortcakes Split Open and Topped with Macerated Seasonal Tree Ripened Local/Regional Organic Peaches, Mascarpone Creams & Freshly Toasted Almonds

Saturday September 2, 2017 – 6:30pm – 9:00pm – *Middle Eastern Cooking Class*

1st Course: Fattoush

The Middle Eastern Answer to Tuscany's Panzanella - This Salad Includes Toasted Pita Bread, Organic Persian Cucumbers, Vine Ripened Seasonal Local Organic Tomatoes, Organic Avocado & Crumbled Bulgarian Style Feta Cheese From Israel with a Housemade Mint Vinaigrette

2nd Course: Chicken Kofta Patties

Pan Seared Kofta Patties with Ground Draper Valley Farms (NW) Natural Chicken Breasts, Zucchini, Garden Fresh Local Organic Mint & Cilantro, Cumin & Green Onions and Served with Lebni Seasoned with Organic Lemon Zest, Garlic, Sumac & Extra Virgin Olive Oil from CA

3rd Course: Rice Pilaf

Traditional Dish of Long Grain Basmati Rice Cooked with Sautéed Onions & Butter

Dessert: Qatayef

Middle Eastern Style Freshly Made Sweet Crepes Filled with Homemade Ricotta Cheese, Mascarpone Cheese, Toasted Walnuts & Cinnamon - Then Oven Baked and Served with a Drizzle of Our House Local Organic Honey, Rosewater & Lemon Juice Syrup

Sunday September 3, 2017 - CLOSED to Catch Our Breath and for the Observance of *Pet Rock Day, Bowling League Day, the Kick-Off to National Waffle Week & the Early Days of National Prime Beef Month, Bourbon Heritage Month and National Mushroom Month (Hmm, Beef, Mushrooms & Bourbon.....CHECK!)*

Wednesday September 6, 2017 - 6:00pm - 8:30pm - *Private Italian Cooking Class*

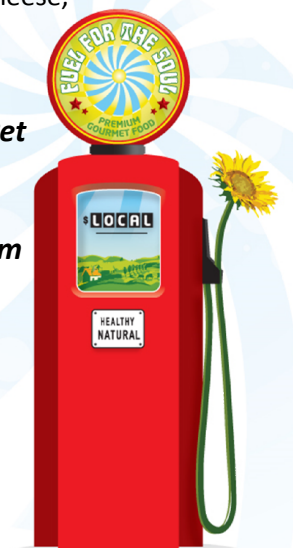
Thursday September 7, 2017 – 6:00pm – 8:30pm – *Italian Cooking Class*

1st Course: Risotto allo Zola

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

2nd Course: Filetto di Maiale al Cognac

Pan Seared Salmon Creek Farms (ID) Natural Pork Tenderloins Served with a Dijon Mustard & Cognac Cream Sauce



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Thursday September 7, 2017 – 6:00pm – 8:30pm – *Italian Cooking Class* - CONTINUED

3rd Course: Fagiolini al Burro Fuso

Blanched Market Fresh Seasonal Organic Green Beans are Served with Brown Butter & Fried Sage

Dessert: Crostata con Crema di Frangipane e Pere

Sweet Tarte Filled with an Incredibly Delicious Housemade Creamy Almond Custard Topped with Seasonal Tree Ripened (NW) Organic Poached Pears

Friday September 8, 2017 – 6:30pm – 9:00pm – *Italian Cooking Class*

1st Course: Vellutata di Patate e Porri

Velvety Cream of Potato & Leek Soup with Garden Fresh Local Organic Chives, Penzeys Spices Smoked Paprika & Housemade Parmesan Cheese Crostini - Served at Room Temperature

2nd Course: Bracirole con Gremolata

Malheur River Meats (Vale, OR) Natural Pasture Raised Pork Chops are Grilled & Served with a Gremolata Sauce (Made with Garden Fresh Local Organic Herbs, Organic Lemon Zest, Garlic, Preserved Capers, Extra Virgin Olive Oil From California & Artisan Sea Salt)

3rd Course: Involtini di Melanzane

Seasonal Local Organic Eggplant is Thinly Sliced & Oven Roasted - Then Rolled with a Filling of Our Fresh Homemade Ricotta Cheese & Freshly Grated Pecorino Romano Cheese and Topped with Our House Organic Marinara Sauce & Garden Fresh Seasonal Local Organic Basil

Dessert: Pere con lo Zabaglione

A Seasonal Tree Ripened (NW) Organic Pear Compote Topped with Our Homemade Sabayon Sauce

Saturday September 9, 2017 – 6:00pm – 8:30pm – *Italian Cooking Class*

1st Course: Crostoni

Thick Slices of Toasted Rustic Artisan Acme Bread Topped with a Chopped Mixture of House Oven Roasted Organic Cherry Tomatoes, Garlic & Cannellini Beans with a Generous Addition of Extra Virgin Olive Oil From California & Artisan French Sea Salt

2nd Course: Insalata della Casa

Market Fresh Seasonal Organic Mixed Greens with Crumbled Bulgarian Style Feta Cheese From Israel & Toasted Pepitas Tossed in a House Champagne Vinaigrette

****NOTE: Both the 1st & 2nd Courses will be Served Together as One Course****

3rd Course: Tagliatelle con le Noci

Housemade Fresh Tagliatelle (Fettucine) Pasta is Tossed in a Light Lemon Cream Sauce with Garden Fresh Fried Organic Sage, Crisp Toasted Walnuts, Parmesan Cheese Shavings & Market Fresh Local Organic Parsley

Dessert: Tiramisu'

Classic Italian Dessert with Rich Mascarpone Cream Layered with Savoiardi (Lady Finger) Cookies Soaked in Espresso from DOMA Coffee Roasting Company (Post Falls, ID) and Dusted with Dutch Cocoa Powder

Sunday September 10, 2017 - CLOSED to Catch Our Breath and for the Observance of *World Suicide Prevention Day, National Pet Memorial Day, Grandparent's Day, Sewing Machine Day and the Beginning of National Environmental Services Week & Dating and Life Coach Recognition Week*



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Tuesday September 12, 2017 – 6:00pm – 8:30pm – *Italian Cooking Class*

1st Course: Funghi Ripieni

Organic Portobello Mushrooms Stuffed with a Filling Made From Market Fresh Organic Spinach, Housemade Artisan Bread Crumbs, Bulgarian Style Feta Cheese From Israel, Garlic, Organic Lemon Zest & Garden Fresh Local Organic Mint and Baked Until Melded Into Gastronomic Goodness

2nd Course: Brasato di Pollo al Limone

Oven Roasted Draper Valley Farms (NW) Natural Chicken Thighs with Organic Lemons, Preserved Capers, Freshly Picked Organic Thyme & Bay Leaves in a White Wine Sauce

3rd Course: Riso Pilaf

Light & Fluffy Rice Dish of Long Grain Basmati Rice Cooked with Sautéed Onions & Butter

Dessert: Crostata di Cioccolato

Housemade Tarte with Chocolate Ganache - It Be Da Bomb! Nuff Said!!

Wednesday September 13, 2017 – 6:00pm – 8:30pm – *Happy Hump Day Italian Cooking Class*

1st Course: Crespelle alle Bietole

Fresh Housemade Savory Crepes are Filled with Sautéed Seasonal Garden Fresh Local Organic Chard, Garlic, Shallots & Fresh Homemade Ricotta Cheese and Topped with Our House Tomato Sauce Made From Vine Ripened Organic Tomatoes

2nd Course: Merluzzo con Pure'

Oven Roasted Market Fresh Cod Fillets with a Homegrown Garden Fresh Organic Rosemary & Garlic Infused Mashed Potato Crust

3rd Course: Carote al Forno

Oven Roasted Organic Carrots with Coriander, Cumin, Thyme & Garlic Served with a Housemade Citrus Vinaigrette

Dessert: Torta ai Mirtilli

Yet Another Incredible Treat from the Genius of Yotam Ottolenghi , This is an Absolutely Delectable Blueberry & Almond Cake Drizzled with Lemon Icing - A True 24/7 Dessert!

Friday September 15, 2017 – 6:30pm – 9:00pm – *Private Thai Cooking Class*

Saturday September 16, 2017 Through Wednesday October 4, 2017- CLOSED

We're Actually Now Empty Nesters, So We've Decided to Finally Go & Celebrate Joel's 60th BD which was Back in February 2017. Killer Itinerary that will Take Us from Boise to London to Berlin to Prague to Frankfurt to Chicago and Back Home to Boise. A Seventeen Day Whirlwind Trip - But Hey, Gotta do it While the Getting is Still Good!

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.



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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. 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 1st choice, but a 2nd & 3rd 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. 18th Street – Southwest corner of 18th & 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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