

ADULT COOKING CLASSES – MARCH 2018

Well her bags are packed, loaded and she's already en route to Cortina d'Ampezzo, Italia. Can't believe we're already in the home stretch of January and Tiziana is winging her way home to head up our two annual week-long ski trips in the Italian Dolomiti. It also seems strange to be sitting here on Monday 01/22/18 with the streaming in through my corner office window and reflecting off of the monitor, while it's 42 degrees outside and nary a lick of snow. So much for the Farmer's Almanac prediction of a winter even worse than last year. Guess it's still early and anything can happen, but it sure as s*#t is shaping up to be a crappy year for Bogus! Bummer!!

But looking down a brighter pathway, with January 2018 coming to a close, it time for yet another edition of a *Fuel for the Soul* Cooking Class Schedule. This new release will be for March 2018 and given that Tiziana will have returned from Italy in late February, we'll be having a full slate of cooking classes during the month. Despite the fact these "empty nesters" will be sneaking out for a few days at the end of the month, there will still be a whopping total of 13 scheduled classes on top of the 4 private cooking classes.

March 2018 will welcome back a line-up of 9 *Italian* and 2 *Middle Eastern* cooking classes, which are cuisines we now offer every month. However, it will also be the month in which we launch a new culinary category we call *North African Inspired* cuisine, which will be featured in an additional 2 classes. Our *Guru of Grub* has created a varied slate of menus with lots of new dishes, still plenty of winter comfort foods, but also some culinary creations hewing more towards the springtime bounty. Believe it or not, in less than 2 months we'll welcome in the spring season on Tuesday March 20th. And even better than that, we'll joyously herald the return of Daylight Savings on March 11th, as we so miss our longer days & light filled evenings.

If you're a fan of our *Thai* classes, just a tad more patience is asked of you. We'll be bringing those classes back in April of 2018, so it won't be much longer. For now, take a few moments to peruse the following cooking class offerings and then make your plans to come join us during March 2018. If you are new to our e-mail list, are the recent recipient of a Gift Certificate from the Holiday Season or have just pondered the idea of joining one of our classes over the last few months, now would be a good time to actually pull the cord and come join us. Despite whatever the weather may be doing on the outside, it's always a great time of year to saddle up to the warmth of the kitchen bar for an evening of cooking instruction and some merriment around the dining table.

During your 2-1/2 hours or so in the comfort of our *Fuel for the Soul* HQ, you'll be treated to some truly 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 new found knowledge for your own bag of kitchen tricks from *Fuel for the Soul's* Tiziana Lancedelli, our most lovable kitchen geek. These cooking classes/cooking demonstrations are a unique Boise experience and further enhanced as a very intimate gathering of only 10 guests.

Our classes aren't just about learning nor having small tastes of each menu item prepared in class that evening. We set aside plenty of time to indulge your gustatory cravings, as you feast on the fruits of our labor in the form of a full 3-5 course meal at our communal table and in the comfortable surroundings of our "classroom". We would be most honored to have you share an evening with us in our North End HQ for a celebration of good food & cheer, as we wrap up the 1st Quarter of 2018.

Book now to secure your seat in one of the gastronomic adventures offered during March 2018. Then get ready to relax and let *Fuel for the Soul* be your guide for the evening's culinary sojourn. We are very excited about the expectation of meeting many new faces during the upcoming month, as well as having back our regular clients & friends. We are truly fortunate to have such a wonderful line of work for our regular jobs. And with an occasional "empty nester" escape together for a few days here & there, one could not ask for much more. Thanks for all of your support.....let the good times continue.....



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(Continued)

Friday March 2, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Pasta al Limone e Rucola**

As Spring is Less Than 3 Weeks Away, Here's a Classic Pasta Dish Just Perfect for the New Season This Fresh Dish Features Spaghetti Pasta Tossed with a House Light & Zesty Lemon Cream Sauce, Fried Garlic, Freshly Grated Parmesan Cheese & Market Fresh Organic Arugula

2nd Course: **Merluzzo con Finocchi**

Oven Roasted Market Fresh Cod Marinated in Freshly Squeezed Organic Orange Juice, Toasted Fennel Seeds & Organic Orange Zest and Set Atop a Bed of Roasted Market Fresh Organic Fennel

3rd Course: **Patate al Forno**

Oven Roasted "Fries" with Organic Potatoes, Onions & Scallions and a Dash of Cayenne Pepper

Dessert: **Crêpe con Pere e Cioccolato**

Fresh Housemade Sweet Crêpes Filled with a Luscious Compote of Caramelized Tree Ripened Seasonal Organic Pears (ID or NW) and Topped with a Chef's Whim Housemade Chocolate Sauce, a Dollop of Freshly Whipped Cream & A Liberal Dusting of Toasted Almond Slivers

Saturday March 3, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class*

1st Course: **Traditional Mezze Platter**

Arabic PB & J: Don't Let the Name or Association Fool You! A Sensational Dip Blending the Rich Sesame Paste Known as Tahini with a Ribbon of the Exotic Taste of Pomegranate Molasses
Yogurtlu Havuc: A Fresh Spin on the Turk Classic from Yotam Ottolengi, This Moroccan Styled Spicy Carrot Spread is Made from Crushed Cooked Organic Carrots with Garlic, Harissa & Organic Orange Zest and Served Over a Bed of Yogurt/Lebni Sprinkled with Black Pepper & Pistachios
Both Dishes Served with Locally Fresh Baked Flat Bread from Baghdad Market

2nd Course: **Musakhan**

Classic Palestinian Dish Featuring Sautéed Draper Valley Farms (NW) Natural Chicken Breasts Shredded and Then Combined with Garlic, Onions, Pine Nuts & Sumac. Served on Freshly Baked House Flatbread with a Drizzle of Tahini Sauce & a Dollop of Yogurt/Lebni

Dessert: **Tahini Chocolate Cake**

From the author of "Smashing Plates", Chef Maria Elia Creates a Luxurious & Fudgy Chocolate Cake Based on Her Greek/Cypriot Background that is Rich & Goopy and is Served in Individual Ramekins with Crème Fraîche & a Dusting of Organic Lime Zest

Sunday March 4, 2018 - 3:30pm - 6:00pm - *Private Kids Cooking Class*

Tuesday March 6, 2018 - 6:00pm - 8:30pm - *Private Italian Cooking Class*

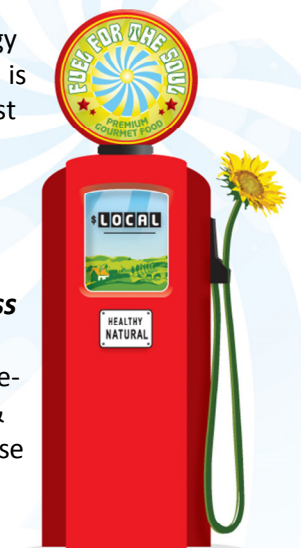
Wednesday March 7, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Gnocchetti Verdi**

Northern Italian Specialty with an Irish/American Twist - These Little GREEN Housemade Spinach Dumplings/Spätzle are Tossed with Beeler's All Natural Uncured & Hickory Smoked Bacon, Brown Butter, Fried Sage & Fresh Grated Parmesan Cheese

2nd Course: **Braciolo con Gremolata**

Malheur River Meats (Vale, OR) Natural Pasture Raised Pork Chops are Grilled & Served with a Housemade Gremolata Sauce (Chopped Herb Condiment/Sauce Made with Market Fresh Organic Chef's Whim Herbs, Organic Lemon Zest, Garlic, Preserved Capers, Extra Virgin Olive Oil from California & Artisan Sea Salt)



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Wednesday March 7, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class* - CONTINUED

3rd Course: **Insalata di Finocchio**

This NEW Recipe Features Thinly Sliced Organic Fennel, Organic Celery & Tree Ripened Seasonal Organic Apples with Toasted Walnuts, Shaved Parmesan Cheese & a House Lemon Vinaigrette

Dessert: **Torta Mandorlata**

Sicilian Almond Tart with a Filling of Housemade Ricotta Cheese Blended with Crumbled Amaretti

Thursday March 8, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: **Torta Salata con gli Asparagi**

Savory From Scratch House Rustic Tart Filled with Our Homemade Fresh Ricotta Cheese, Mild, Soft & Creamy Goat Cheese and Sautéed Seasonal Local Organic Fresh Asparagus & Organic Leeks

2nd Course: **Merluzzo con Chorizo**

Oven Roasted Market Fresh Cod Fillets Served with a House Chorizo Vinaigrette (Prepared with Locally Made Chorizo, Sautéed Red Bell Peppers, Jalapenos, Red/Purple Onions & Sherry Vinegar)

3rd Course: **Insalata di Rape**

Roasted Seasonal Local Organic Beet Salad with Market Fresh Organic Winter Greens & Olives Tossed in a Housemade Vinaigrette with Toasted Fennel Seed & Freshly Squeezed Orange Juice

Dessert: **Budino al Caprino**

Sweet AND Savory Mild, Soft & Creamy Goat Cheese & Lemon Custard - SHAZAAM!

Friday March 9, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Ravioli con Ricotta e Bietola**

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

2nd Course: **Costicine alla Toscana**

A NEW Recipe from the Tuscan Homeland Features Salmon Creek Farms (ID) Natural Country Style Pork Ribs Roasted with Market Fresh Organic Rosemary, Thyme & Sage and Coriander & Fennel Seeds and Brushed with a Sweet/Savory House Balsamic Vinegar Glaze

3rd Course: **Cavolfiore Arrosto**

Another NEW Recipe Showcases Market Fresh Seasonal Organic Cauliflower Oven Roasted and Tossed with Pan Fried Pepitas, Browned Butter & Organic Fresh Herbs

Dessert: **Torta al Cioccolato e Caramello**

To Complete a Trifecta of 1st Time Menu Items, This Fabulous NEW Recipe from the Genius of David Lebovitz was Tried Out on Our Family at Christmas and it was a HUGE Success! So Now it's Your Turn to Indulge in this Rich, Dense & Decadent Chocolate Cake Amply Studded with Creamy Chunks of Caramel

Saturday March 10, 2018 - 6:30pm - 9:00pm - *Private Italian Cooking Class*

Sunday March 11, 2018 - CLOSED to Catch Our Breath and for the Observance of the Beginning of Daylight Savings Time & Termite Awareness Week, Check Your Batteries Day, Debunking Day, Oatmeal Nut Waffle Day, World Plumbing Day, Dream Day, Johnny Appleseed Day & Worship of Tools Day



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Wednesday March 14, 2018 - 6:00pm - 8:30pm - *Happy Hump Day N. African Inspired Cooking Class*

1st Course: **Insalata di Carote**

Moroccan Shredded Organic Carrot Salad with Market Fresh Organic Arugula & Our House Spicy Lemon Vinaigrette Made with Harissa, Freshly Squeezed Organic Lemon Juice & EVOO from CA

2nd Course: **Pesce al Forno con Chermoula**

Chef's Whim Market Fresh White Fish Fillets are Smothered with Chermoula Sauce, Which is a Traditional North African Sauce Paired with Fish (Made with Market Fresh Organic Cilantro & Parsley, Garlic, Extra Virgin Olive Oil, Paprika, Cumin and Local Organic Honey) - The Fillets are Then Wrapped in Parchment Paper & Oven Roasted to Meld this Mélange of Exotic Flavors

3rd Course: **Riso Pilaf**

As in the Middle East, North African Cuisine Turns to the Noble Long Grain Basmati Rice as a Staple - This NEW Recipe is a Version that Features Basmati Rice Cooked with Sautéed Onions & Butter and Then Combined with Crispy Oven Roasted Purple/Red Cabbage

Dessert: **Torta con i Datteri**

Yet Another Incredibly Delicious Recipe from the Genius of Yotam Ottolenghi, This Divine Date & Banana Cake is Inspired by Traditional Israeli & Tunisian Desserts and Features a Cake Batter Which Includes Chopped Medjool Dates, Organic Bananas, Sesame Seeds & Tahini Sauce - The Finished Cake is Ultimately Topped Off with a Decadent Mascarpone Cream Cheese Frosting

Thursday March 15, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: **Spaghetti all'Amatriciana**

Classic Regional Specialty from Amatrice, the Central Italian Town (NE of Rome) that was Totally DEVASTATED by the Earthquake Back on 08/24/16 - This Pasta Dish Features Spaghetti Tossed with Beeler's Natural Uncured & Hickory Smoked Bacon, Sicilian Dried Chili Peppers, Housemade Organic Tomato Sauce & Plenty of Freshly Grated Pecorino Romano Cheese

2nd Course: **Arrosto di Maiale alla Birra**

Oven Roasted Salmon Creek Farms (ID) Natural Pork Loin Wrapped with Beeler's Natural Uncured & Hickory Smoked Bacon and Marinated in a Local Craft Beer with Garden Fresh Organic Rosemary & Sage, Toasted Fennel Seeds & Plenty of Garlic

3rd Course: **Carote al Forno**

Oven Roasted Organic Carrots with Fennel & Coriander Seeds, Smoked Paprika From Penzeys Spices, Garden Fresh Organic Thyme and Extra Virgin Olive Oil

Dessert: **Soufflé al Limone**

An Ethereal Dessert Soufflé that Strikes the Perfect Balance Between Sweet & Savory with Organic Lemon Juice & Zest and a Mild, Soft & Creamy Goat Cheese

Friday March 16, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Risotto con Salsiccia e Porri**

Creamy Italian Arborio Rice Combined with Sautéed Organic Leeks & Freshly Ground Locally Made Italian Sausage and Plenty of Fresh Grated Parmesan Reggiano Cheese

2nd Course: **Pollo con Caprino e Noci**

Pan Seared Draper Valley Farms (NW) Natural Chicken Breasts Rolled & Stuffed with a Mild, Soft & Creamy Goat Cheese, Organic Lemon Zest, Garlic & Toasted Walnuts and Served with a Delicate White Wine Reduction Sauce



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Friday March 16, 2016 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED

3rd Course: **Patate Arrosto**

Oven Roasted Organic Potatoes are Tossed with Garden Fresh Organic Rosemary, Extra Virgin Olive Oil from California & Artisan Sea Salt

Dessert: **Crema al Caffè**

Coffee Custard (Creaminess Similar to Crème Brûlée) Made with Fair Trade Certified Organic Artisan Espresso from Lizzy's Fresh Coffee in Ketchum and Served with Fresh Whipped Cream

Saturday March 17, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Insalata di Cavolo Lacinato**

Hearty Salad with Market Fresh Seasonal Local Organic Kale, Medjool Dates, Organic Orange & Lemon Zest and a Housemade Vinaigrette Lightly Tinged with Umami from Anchovies

2nd Course: **Strudel con Radicchio**

Freshly Baked Savory Housemade Strudel is Filled with Sautéed Market Fresh Organic Radicchio & Plenty of Shredded Imported Swiss Gruyere Cheese with its Rich & Nutty Character

****NOTE: The 1st & 2nd Courses Above will be Served Together as the First Entrée of the Evening's Meal****

3rd Course: **Pasta ai Funghi**

Penne Pasta Tossed in a Creamy Sauce with a Sautéed Organic Mushroom Ragout, Market Fresh Organic Parsley, Plenty of Freshly Grated Parmigiano Reggiano Cheese & a Touch of Heavy Cream

Dessert: **Torta di Ricotta**

Delicate Italian Style Cheesecake Tart Filled with Our Homemade Fresh Ricotta Cheese Which has been Whipped with Organic Orange Zest into a Light & Ethereal Creamy Filling

Sunday March 18, 2018 - CLOSED to Catch Our Breath and for the Observance of the Beginning of *American Chocolate Week, Forgive Mom & Dad Day, Goddess of Fertility Day, Supreme Sacrifice Day, National Biodiesel Day, National Lacy Oatmeal Cookie Day, Awkward Moments Day & National Buzzards Day*

Tuesday March 20, 2018 - 6:00pm - 8:30pm - *North African Inspired Cooking Class*

1st Course: **Crema di Cavolfiore**

A Velvety & Creamy Organic Cauliflower Soup Lightly Spiced with Toasted Cumin & Coriander Seeds and Served with Market Fresh Organic Cilantro & a Dollop of Lebni

2nd Course: **Bocconcini di Maiale**

Cubed Chunks of Salmon Creek Farms (ID) Natural Pork Tenderloin Dry Rubbed with a Blend of Cumin, Coriander, Oregano & Paprika - Then Skewered & Grilled (or Pan Seared) and Served with a Housemade Gremolata Sauce Made From Market Fresh Organic Parsley, Organic Lemon Zest, Scallions, Garlic & Plenty of EVOO From CA

3rd Course: **Insalata di Cavolo Rosso**

Organic Purple/Red Cabbage is Thinly Sliced and Tossed with Creamy Bulgarian Style Feta Cheese from Israel, Medjool Dates, Toasted Sesame Seeds, Chili Peppers & Market Fresh Organic Parsley in a House Organic Lemon & EVOO Vinaigrette

Dessert: **Crème Caramel**

This NEW Recipe is the Italian Version of a Mexican Flan and Features a Rich Oven Baked Custard with a Sinfully Delicious Housemade Caramel Sauce



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Wednesday March 21, 2018 - 6:00pm - 9:00pm - Private Italian Cooking Class

Thursday March 22, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: **Insalata di Rape**

Seasonal Local Organic Roasted Beet Salad with Market Fresh Organic Arugula, Creamy Bulgarian Style Feta Cheese from Israel, Toasted Pepitas & Our Housemade Balsamic Vinegar Reduction

2nd Course: **Polpette al Vino con Polenta**

“Mamma Mia” Meatballs Made with a Tasty House Blend of Malheur River Meats (Vale, OR) Natural Pasture Raised Ground Pork & Natural Grass-Fed Ground Beef Cooked in a Robust Red Wine Sauce with Caramelized Onions, Garlic, Market Fresh Organic Parsley & Our House Organic Tomato Sauce and Served with Some Creamy Italian Corn Polenta to Help “Mop Up” the Sauce

3rd Course: **Cavoletti di Bruxelles**

Oven Roasted Organic Brussels Sprouts Tossed with Extra Virgin Olive Oil from California, Beeler’s Natural Uncured & Hickory Smoked Bacon for Good Measure and Toasted Pecans

Dessert: **Tiramisu’**

A Classic Italian Dessert Made with Rich Mascarpone Cream Layered with Savoiardi (Lady Finger) Cookies Soaked in Espresso Brewed with Fair Trade Certified Organic Coffee Beans from Lizzy’s Fresh Coffee in Ketchum & Dusted with Dutch Cocoa Powder

Friday March 23, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Pasta agli Asparagi**

Penne Pasta is Tossed with Sautéed Seasonal Local Organic Asparagus, Mild, Soft & Creamy Goat Cheese, Organic Lemon Zest & Chef’s Whim Market Fresh Seasonal Organic Herbs

2nd Course: **Arrosto di Maiale al Limone**

Oven Roasted Salmon Creek Farms (ID) Pork Loin Cooked with Organic Lemon Juice, Garlic & Garden Fresh Organic Rosemary and Served with a Compound Butter Flavored with Organic Lemon Zest, Garden Fresh Organic Thyme and Smoked Paprika from Penzeys Spices

3rd Course: **Insalata di Cavolo**

Shredded Organic Cabbage Salad Tossed with Market Fresh Organic Carrots, Red Bell Peppers & Radishes and Red/Purple Onion - Served with a Zesty House Vinaigrette

Dessert: **Crostata al Frangipane**

Sweet Tarte Filled with an Incredibly Delicious Housemade Almond Custard

Saturday March 24, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class*

1st Course: **Muhamarra**

Classic Levantine Dip from Aleppo, Syria, This Spread of Roasted Organic Red Bell Peppers with Toasted Walnuts is Both Sweet & Tart and Crunchy & Smooth

Cucumber Laban

Lebanese Salad with Persian Cucumbers, Lebni, Garlic, Market Fresh Organic Mint, Freshly Squeezed Lemon Juice and Extra Virgin Olive Oil from California

****Both Dishes Served with Freshly Baked Homemade Flat Bread****



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Saturday March 24, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class* - CONTINUED

2nd Course: **Merguez**

This NEW Recipe Features Grilled or Pan Seared Freshly Ground Meadowlark Farm (Nampa, ID) Grass-Fed Lamb Burgers Seasoned with Toasted/Ground Fennel, Cumin & Coriander Seeds, Smoked Paprika From Penzeys Spices, Garlic and Harissa Paste - Served with an Herb Sauce Made From Yogurt, Chef's Whim Market Fresh Organic Herbs & Freshly Squeezed Organic Lemon Juice

3rd Course: **Juzur Muhamas**

Oven Roasted Organic Carrots are Seasoned with a Balanced Blend of Cumin, Coriander & Thyme and Served with a Dollop of Yogurt & a Liberal Sprinkle of Toasted Organic Pepitas

Dessert: **Nan-e Nokhodch**

Traditional Persian Chickpea & Almond Flour Shortbread Cookies with Sesame Seeds & Cardamom

Sunday March 25, 2018 Through Tuesday April 3, 2018- CLOSED

It's that time of year when Tiziana swaps out her "chef's whites & toque" for backpacking gear, as she & her pal Sarah make their annual pilgrimage south for some exploration of Mother Nature. This year their travels will take them to new horizons, which means skipping Utah (other than stopping for a quick overnight in Kanab) and heading further south to the land of red rocks & spirituality.....or the center of vortexes also known as Sedona, Arizona. While they'll be getting dusty & dirty in the desert sands, Joel will be keeping it weird with a week-long visit to *Hippie Haven* aka *The Live Music Capitol of the World* aka Austin, Texas. In addition to pounding the pavement for miles (mainly to make room for the next meal), Joel plans on getting his live music fix. And speaking of meals, there will surely be some great Tex-Mex, Tacos galore, requisite stops for ample helpings of BBQ brisket & ribs and lord knows what else he'll dig up to accompany the many craft brews!

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

2018 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. 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



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*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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