

ADULT COOKING CLASSES – APRIL 2018

Ms. Lancedelli has made her way back to Boise, Idaho from her month in Cortina d'Ampezzo, Italia. Like our cooking classes, the ski trips have developed their own cadre of regulars. Some of the folks have been with us for each of the seven years we've been leading our annual week-long ski trips in the Italian Dolomiti, while others have been with us for 4-5 trips. A testament to the wonderment of the locale, the fabulous comradery developed on these trips and, of course, the charming nature of the trip leader & "local" guide! And it wouldn't be right not to mention the abundance of great food & cheer that you'll ingest during your 7 day Italian adventure!! If you've pondered joining us on one of these annual ski trips, time to get off your rear-end and Just Do It! In fact, we have already gotten commitments from previous attendees, as well as some newbies, for over 60% of the available slots for 2019! The pre-booking interest has been so great that we are actually exploring the possibility of adding a 3rd week next year!! Stay tuned for pricing and more info on our 8th Annual/Winter 2019 Cortina d'Ampezzo Ski Trips coming at ya during mid to late April 2018.

Ok, back to the task at hand. With February 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 April 2018 and we'll be offering up a full slate of cooking classes during the month. There will be a total of 10 scheduled classes or 100 total seats on top of the 5 private cooking classes booked into our North End HQ. After a 3 month hiatus, April 2018 will welcome back our *Thai* cooking classes for 2 nights. In addition, we'll serve up 1 *North African Inspired*, 1 *Middle Eastern* & 6 *Italian* classes. Our *Guru of Grub* has created a varied slate of menus with lots of new recipes & dishes, along with plenty of culinary creations hewing more towards the springtime bounty. Believe it or not, in just 3 weeks 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.

Take a few moments to peruse the following cooking class offerings and then make your plans to come join us during April 2018. If you are new to our e-mail list, are the recent recipients of a Gift Certificate from the 2017 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 kick-off the 2nd Quarter of 2018.

Book now to secure your seat in one of the gastronomic adventures offered during April 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 over these past 7 years! May the good times continue.....



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| address | 1941 N. 18th St. Boise, Idaho 83702 |

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(Continued)

Wednesday April 4, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: Insalata di Sedano Rapa

A Unique & Tasty Salad with the Oft Overlooked Organic Celery Root Which is Grated & Tossed with Market Fresh Organic Arugula, Toasted Hazelnuts & a Homemade Mustard Based Vinaigrette

2nd Course: Torta Salata con Asparagi

Savory From Scratch Rustic Tarte Filled with Roasted Seasonal Local Organic Asparagus and an Ethereal Creamy Blend of Our Housemade Fresh Ricotta Cheese & a Soft & Mild Goat Cheese

3rd Course: Pasta Primavera

A Classic Seasonal Spring Pasta Dish Featuring Penne Pasta Tossed with Sautéed Organic Leeks & Artichoke Hearts, a Sprinkle of Chopped Garden Fresh Local Organic Parsley and Freshly Grated Pecorino Romano Cheese

Dessert: Crostata di Ricotta e Fragole

An Incredibly Luscious Spring or Summer Tarte Filled with Freshly Made House Ricotta Cheese and Topped with "Vine" Ripened Seasonal Organic Sweet & Juicy Strawberries

Thursday April 5, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: Risotto agli Asparagi

Creamy Italian Arborio Rice with Sautéed Shallots & Seasonal Local Organic Asparagus, Dry White Wine and a Mound of Freshly Grated Parmigiano Reggiano (aka Parmesan Cheese)

2nd Course: Pesce con Peperoni

Oven Roasted Market Fresh White Fish Fillets with Red Pepper & Olive Relish (Housemade Relish with Sautéed Organic Red Bell Peppers, Red/Purple Onions, Fresh Garlic & Chef's Whim Olives and a Touch of Tomato Paste & Vinegar

3rd Course: Patate in Insalata

Red Potato Salad with House Pickled Red/Purple Onions & Market Fresh Organic Arugula Tossed in a Homemade Yogurt & Dijon Mustard Dressing

Dessert: Tiramisú

A Fresh Seasonal Spin on the Traditional & Classic Italian Dessert with Market Fresh Seasonal "Vine" Ripened Organic Strawberries Layered with Mascarpone Cream & Savoirdi (Lady Finger) Cookies Soaked in a Housemade Limoncello Syrup

Friday April 6, 2018 - 6:00pm - 8:30pm - *Private Italian Cooking Class*

Saturday April 7, 2018 - 6:30pm - 9:00pm - *Private Italian Cooking Class*

Sunday April 8, 2018 - CLOSED to Catch Our Breath and for the Observance of the Beginning of *Laugh at Work Week & World Hula Week, Buddha Day, National Empanada Day, Dog Farting Awareness Day, National Dog Fighting Awareness Day, All is Ours Day, Draw a Picture of a Bird Day, Zoo Lover's Day, International Feng Shui Awareness Day & Trading Cards for Grown-ups Day*



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Wednesday April 11, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Middle Eastern Cooking Class*

1st Course: Eads Mae Tahina

A Popular Dish with Many Variations Found Throughout the Middle East, Our Version Hews to the Lebanese Style with French Lentilles du Puy (Lentils Grown in Puy Region of Central France), Rich & Creamy Tahini Sauce, Thinly Sliced Red/Purple Onion, Garlic, Cumin, Extra Virgin Olive Oil, Freshly Squeezed Organic Lemon Juice, Paprika from Penzeys Spices & Garden Fresh Local Organic Cilantro
This Dish is Served with Fresh Locally Baked Flat Bread from Baghdad Market

2nd Course: Lahm Khinzir Mashawiy alla Ottolenghi

Malheur River Meats (Vale, OR) Natural Pasture Raised Pork Chops are Seasoned with Garden Fresh Homegrown Organic Thyme & Rosemary, Garlic and Extra Virgin Olive Oil from California - Then Grilled and Served with a Housemade Sauce of Organic Orange Juice, Local Organic Honey, Star Anise and Cinnamon - Yotam Ottolenghi's Modern Interpretation of Middle Eastern Cuisine

3rd Course: Sutid Sabanik

This Warm Spinach Dish Topped with Lebni is Based on a Turkish Recipe and Features Organic Spinach Quickly Sautéed with Extra Virgin Olive Oil from California, Pine Nuts, Allspice, Cumin, Coriander & Cinnamon and Served with a Housemade Garlic Lebni Sauce

Dessert: Crème Caramel

From the Creative Wellspring of Chef Sara Jenkins, This French Bistro Staple is Updated with Flavors from Lebanon in the Form of a Coffee & Cardamom Flavored Custard with Caramel

Friday April 13, 2018 - 6:30pm - 9:00pm - *Private Middle Eastern Cooking Class*

Saturday April 14, 2018 - 6:30pm - 9:00pm - *Private Italian Cooking Class*

Sunday April 15, 2018 - CLOSED to Catch Our Breath and for the Observance of World Art Day, Jackie Robinson Day, Titanic Remembrance Day, National That Sucks Day, Rubber Eraser Day & National Glazed Spiral Ham Day

Tuesday April 17, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: Gratin di Ricotta e Funghi

Homemade Fresh Ricotta Cheese is Blended with Imported Swiss Gruyere Cheese & Freshly Grated Parmesan Cheese - Then Topped with a Medley of Sautéed Organic Mushrooms & Garden Fresh Organic Thyme and Served Up in Individual Ramekins

2nd Course: Bocconcini di Maiale

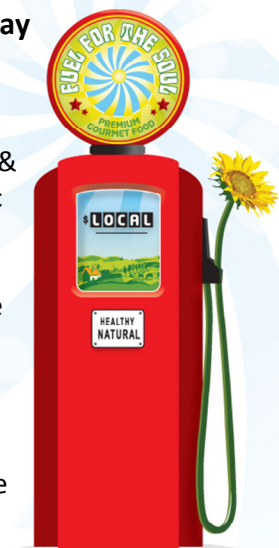
Salmon Creek Farms (ID) Natural Pork Tenderloins are Dry Rubbed with Our House Spice Rub of Garlic, Oregano, Cumin, Coriander & Paprika from Penzeys Spices Then Grilled to Perfection, Sliced and Served with a Housemade Herb-Garlic Sauce (Garden Fresh Organic Scallions & Parsley, Garlic and EVOO from CA)

3rd Course: Insalata con Farro

Market Fresh Organic Kale Tossed with Farro (Ancient Italian Grain) and Our House Vinaigrette with Garlic, Dijon Mustard, Extra Virgin Olive Oil from CA & Anchovies

Dessert: Torta di Ricotta

Delicate Italian Style Cheesecake Tart Filled with Our Housemade Fresh Ricotta Cheese That's Been Whipped with Organic Orange Zest into an Ethereal Filling



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Wednesday April 18, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Gnocchi al Gorgonzola**

Ethereal Potato Dumplings (Gnocchi) Scratch Made with Idaho Potatoes & Served with a Sinfully Rich & Creamy Homemade Gorgonzola Cheese Sauce

2nd Course: **Sogliole alle Erbe**

Pan Seared Market Fresh Dover Sole Fillets are Rolled & Filled with an Herb Pesto Made From Garden Fresh Local Organic Parsley, Chives & Thyme, Fresh Garlic and Organic Lemon Zest - Cooked in a Delicate Housemade White Wine Sauce

3rd Course: **Asparagi allo Yogurt**

Oven Roasted Seasonal Local Organic Asparagus with a House Yogurt Dressing Seasoned with Smoked Paprika, Garlic & Fresh Squeezed Organic Lemon Juice and Topped with Toasted Almonds

Dessert: **Soufflé al Limone**

A Surprising & Incredibly Satisfying Sweet & Savory Personal Mini Soufflé with Organic Lemon Juice & Lemon Zest and a Soft, Mild & Creamy Goat Cheese - Served in Individual Ramekins

Friday April 20, 2018 - 5:30pm - 8:00pm - *Private North African Inspired Cooking Class*

Saturday April 21, 2018 - CLOSED for a Dose of Music & Dance Culture

Sunday April 22, 2018 - 6:00pm - 8:30pm - *Thai Cooking Class*

1st Course: **Gai Massamam**

Chunks of Draper Valley Farms (NW) Natural Chicken Breasts with Cubed Potatoes in a Massamam Curry with Onions, Tamarind Paste, Organic Freshly Squeezed Lime Juice & Roasted Peanuts

2nd Course: **Pat Prik King Tua Fak Yaew**

Salmon Creek Farms (ID) Natural Pork Belly Stir Fried with Market Fresh Asian Long Beans, Kaffir Lime Leaves & Our Killer Housemade Roasted Chili Garlic Paste

3rd Course: **Phak Chnid Hnung Pad Prik Pow**

Stir Fried Market Fresh Chinese Broccoli with Garden Fresh Organic Thai Basil & Another Dose of Our Killer Housemade Roasted Chili Garlic Paste (aka Food Crack!)

Dessert: **Bavarese con Nocce di Cocco e Limone Verde**

East Meets West with this Traditional Italian Dessert Spun with the Tastes of Siam Chilled Italian Style Mousse with Coconut, Lime Zest & Freshly Squeezed Lime Juice

Wednesday April 25, 2018 - 6:00pm - 8:30pm - *Happy Hump Day*

North African Inspired Cooking Class

1st Course: **Lablabi**

Traditional Hearty Tunisian Chickpea Soup with Garlic, Onion, Harissa & Toasted Ground Cumin Served Over Housemade Artisan Bread Croutons and Garnished with Soft Cooked Eggs, Garden Fresh Organic Cilantro, Chef's Whim Green Olives, Preserved Capers & Organic Lemon Wedges

2nd Course: **Sharayih Aldijaj**

This NEW Recipe Features Draper Valley Farms (NW) Natural Chicken Breasts Thinly Sliced into Cutlets, Seasoned with Za'atar & Aleppo Pepper and Then Pan Seared to a Crispy Golden Brown and Garnished with an Organic Parsley Salad with Green Onion, Organic Lemon Zest, Freshly Squeezed Organic Lemon Juice, Pomegranate Molasses & Chopped Toasted Walnuts



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Wednesday April 25, 2018 - 6:00pm - 8:30pm - *Happy Hump Day N. African Inspired Cooking Class*

CONTINUED

3rd Course: Tafham Bruksil Biraeum

The Third NEW Recipe Created for this *North African Inspired* Class Features Oven Roasted Organic Brussels Sprouts Tossed in a Tahini Sauce Embellished with Garlic, Organic Lemon Juice, Yogurt & Pomegranate Molasses and Garnished with Chopped Garden Fresh Local Organic Parsley

Dessert: Roasted Rhubarb with Lebni

Yet Another Incredibly Delicious Recipe from the Genius of Yotam Ottolenghi, This Divine Dish Features Roasted Homegrown Organic Rhubarb with Muscat (or Chef's Whim Alternate Sweet Wine), Vanilla & Organic Lemon Zest and Served Over Lebni Garnished with Pistachios

Thursday April 26, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: Crema Primaveraile

This NEW Seasonal Recipe is a Killer Creamy Spring Onion Soup with Organic Leeks & Fennel and a Touch of Heavy Cream & Then Topped Off with a Dollop of Whipped Creamy & Mild Goat Cheese

2nd Course: Arrosto di Maiale con Crema agli Asparagi

Oven Roasted Salmon Creek Farms (ID) Natural Pork Loin with an Organic Herb Rub of Garden Fresh Thyme, Sage & Rosemary and Served with a House Cream Sauce of Sautéed Seasonal Local Organic Asparagus Blended with Beeler's Natura Uncured & Hickory Smoked Bacon and Cream

3rd Course: Insalata di Patate Novelle

Fingerling Potato Salad with Market Fresh Organic Radishes, Garden Fresh Local Organic Snap Peas, House Lightly Pickled Red Onions and a Homemade Sharp & Tangy Mustard Vinaigrette

Dessert: Budino al Cioccolato

A Rich & Custardy Chocolate Pot de Crème Served with Freshly Whipped Cream

Friday April 27, 2018 - 6:30pm - 9:00pm - *Thai Cooking Class*

1st Course: How Moke Phuket

Market Fresh White Fish Fillets Baked in Banana Leaves with a Housemade Yellow Curry & Coconut Milk Sauce on a Bed of Market Fresh Organic Spinach

2nd Course: Gai Phat King

Draper Valley Farms (NW) Natural Chicken Breasts Cubed & Stir Fried with a Market Fresh Medley of Mushrooms, Ginger, Garlic, Thai Chilies, Soy Sauce & Fish Sauce

3rd Course: Gaeng Prik

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

Dessert: Gluat Buat Chee

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



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Saturday April 28, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: Tagliatelle con Salsiccia e Porri

Housemade Fresh Tagliatelle (Fettuccine) Pasta Dressed with Sautéed Seasonal Organic Leeks and Freshly Ground & Locally Made Italian Sausage, Garlic and Garden Fresh Local Organic Parsley in a House Dry White Wine Sauce

2nd Course: Gamberetti in Salsa Verde

Roasted Plump Juicy Shrimp Topped with a House Mediterranean Pesto Made From Garden Fresh Organic Parsley, Garlic, Extra Virgin Olive Oil from California & Dried Sicilian Chili Peppers

3rd Course: Patate Arrosto

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

Dessert: Pere al Forno

Oven Braised Seasonal Tree Ripened Organic Pears (ID or NW) with a Housemade Sauce of Heavy Cream & Brown Sugar Sauce

Sunday April 29, 2018 - CLOSED to Catch Our Breath and for the Observance of the Beginning of National Small Business Week, the End of National Humor Month, World Wish Day, International Dance Day, Zipper Day, World Pinhole Photography Day, World Wish Day, National Shrimp Scampi Day, National Peace Rose Day, Pesach Sheni, Viral Video Day, Greenery Day & National Arbor Day

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, North African Inspired, 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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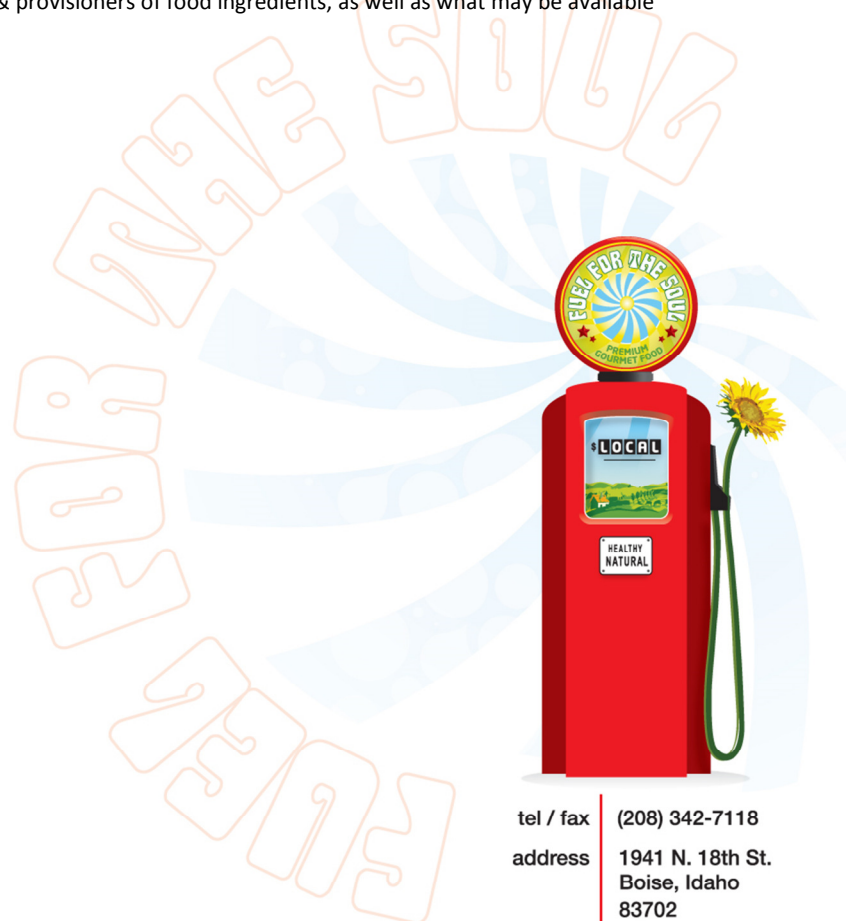
*To secure your spot at the table, please send your check to Fuel for the Soul, 1941 N. 18th Street, Boise, Idaho, 83702 within 4 days of your verbal or e-mailed preliminary reservation confirmation. Reservations not paid in full within 4 days will be released for re-sale, unless prior arrangements have 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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