

ADULT COOKING CLASSES – JANUARY AND FEBRUARY 2018

Thanksgiving is looming on the horizon, November 2017 is almost a thing of the past and the weather outside is proof positive that winter will soon be on our doorstep. Wow, time sure do fly! Can't believe that 2017 is almost over and we're already on that pathway leading to another Holiday Season. Ho, Ho, Ho!

With November coming to a close, it time for yet another edition of a *Fuel for the Soul* Cooking Class Schedule. This new release will combine the available opportunities for both January & February 2018. As was the case with the schedule during this same time period in 2017, these upcoming 2 months will feature a LIMITED slate of cooking classes. Why are we holding back on class offerings? Well it's that time of year, once again, when Ms. Lancedelli trades in her chef's whites & toque blanche for a full complement of ski regalia.

With Tiziana off to the slopes of Cortina d'Ampezzo, Italy for a month, during which she'll lead two one week ski trips for a fortunate few, we won't crank back up in the kitchen until our *Guru of Grub* returns in the later part of February 2018. Given the limited scheduling opportunities, which resulted in a total of only 11 scheduled classes during this 2 month period, we decided to combine the January & February 2018 into one schedule release.

While the lack of class choices will be sad news for some, the good news is we'll be into a full-on shift into cold weather fare. This means the wood stove gets stoked and the ovens will see more action, along with a dusting off of our soup pots. It'll be time to raise the ante on seasonal comfort foods and more hearty "stick to your ribs" types of cuisine.

Take a few moments to peruse the following cooking class offerings and then make your plans to come join us during either January or February 2018 (or both for that matter! ☺). If you are new to our e-mail list 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. With the potential for frigid temps 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 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 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 your 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 New Year and rev up for 2018. Book now to secure your seat in one of the gastronomic adventures offered during either January or February 2018. Then get ready to relax and let *Fuel for the Soul* be your guide for the evening's culinary sojourn.

A shout-out with heartfelt THANKS to those of you who joined us in class(es) during 2017. You have truly enriched our lives & we are most appreciative for the many friendships that have been nurtured over the breaking of bread at our communal table. As we enter our 7th year of hosting these classes, we are as excited as ever to be your guides for some culinary explorations. Our best wishes to one & all for a most Wondrous & Happy Holiday Season! May it be filled with much love, laughter & happiness.... and Peace!! Here's to a less divisive 2018!!!



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(Continued)

Wednesday January 3, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Pasta e Fagioli**

This Traditional & Ubiquitous Italian Hearty White Bean Soup has Many Recipe Versions Depending on the Region from which Your Nonna (Grandmother) Hails - Ours Includes Chef's Whim Beans, Locally Made Fresh Chorizo Sausage, Market Fresh Organic Rosemary, Garlic, Housemade Organic Tomato Sauce & Small Pasta (i.e. Ditalini, Small Shells, etc.)

2nd Course: **Involtini di Pollo ai Funghi**

Pan Seared Draper Valley Farms (NW) Natural Chicken Breasts Pounded into Thin Cutlets, Rolled & Filled with a Sautéed Medley of Organic Mushrooms and Cooked in a Creamy Dijon Mustard Sauce

3rd Course: **Insalata Invernale**

Market Fresh Mixed Organic Winter Greens with Crumbled Bulgarian Style Creamy Feta Cheese from Israel & Toasted Walnuts All Tossed with a Housemade Lemon & Garlic Vinaigrette

Dessert: **Torta all'Arancio**

This Incredibly Rich, Dense & Moist Almond Torte is Bathed in a Heavenly Homemade Orange Syrup and is the Perfect Winter Caloric Bomb After a Day of Downhill or Cross Country Skiing

Friday January 5, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class*

1st Course: **Zuppa di Lenticchie**

Back by Popular Demand From the Kitchen & Brilliant Mind of Yotam Ottolenghi - A Sensational Cold Weather Red Lentil Soup with Local Organic Swiss Chard, Market Fresh Organic Cilantro, Garlic, Toasted Coriander Seeds, Cumin, Cinnamon & Freshly Grated Organic Lemon Zest

2nd Course: **Pollo Shawarma**

Classic Middle Eastern Dish - Oven Roasted Draper Valley Farms (NW) Natural Chicken Rubbed with Garlic, Cumin, Piquant Paprika from Penzeys Spices, Turmeric & Market Fresh Organic Fresh Parsley - Served with a Dollop of Lebneh for Good Measure!

3rd Course: **Riso Pilaf**

Traditional Middle Eastern Dish - This Regional Dining Room Table Staple Features Long Grain Basmati Rice Cooked with Sautéed Onions & Butter

Dessert: **Torta di Mele**

Mediterranean Style Apple Torte with Tree Ripened Seasonal Organic (NW or Idaho) Apples, Pungent Ginger and a Delicate Housemade Organic Honey Glaze

Saturday January 6, 2018 - 6:00pm - 9:00pm - *Private Thai Cooking Class*

Sunday January 7, 2018 - 3:30pm - 6:00pm - *Private Kids Cooking Class*

Wednesday January 10, 2018 - 6:00pm - 8:30pm - *Private Thai Cooking Class*

Friday January 12, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Insalata Invernale**

Warm Salad of Organic Radicchio & Fennel Quickly Sautéed and Tossed with Freshly Shaved Parmesan Cheese, Toasted Walnuts & Housemade Artisan Balsamic Vinaigrette



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Friday January 12, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED

2nd Course: Polenta e Tris (La Bomba!)

A Special Dish Spirited from the Menu at Rifugio Duca d'Aosta in Cortina d'Ampezzo, Italy Creamy Polenta is Embellished with Melted Fontina Cheese & a Medley of Sautéed Organic Mushrooms and Served Alongside a Hearty Northern Italian Adaptation of a Hungarian Goulash with Tender Natural Beef Cubes, Onions & Penzey Spices Paprika in a Hearty Red Wine Sauce

Dessert: Soufflé al Limone

A Palate Cleansing Ethereal Soufflé Made with Our Fresh Homemade Ricotta Cheese and Topped with a Sprinkle of Vietnamese Cinnamon, Raw Organic Sugar & Organic Lemon Juice

Saturday January 13, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: Gnocchetti Panna e Prosciutto

Northern Italian Specialty - These Housemade Flour Dumplings/Spätzle are Tossed with Thin Strips of Prosciutto Cotto (Ham) & Freshly Grated Parmesan Cheese and Bathed in a House Cream Sauce Enlivened with a Touch of Curry

2nd Course: Pollo alla Cacciatora

Hearty Traditional Southern Italian Dish of Draper Valley Farms (NW) Natural Chicken Thighs (Skin-On/Bone-In) & Organic Portobello Mushrooms Braised with Red Wine and Cooked in a Soffritto of Organic Carrots, Celery & Onion with Garlic, Market Fresh Organic Thyme & Sage and Our Housemade Organic Tomato Sauce

3rd Course: Patate all'Ampezzana

Another Tasty Northern Italian Specialty from Rifugio Duca d'Aosta in Cortina d'Ampezzo Features Potatoes Sautéed with Beeler's All Natural Uncured & Hickory Smoked Bacon, Caramelized Onions and Market Fresh Organic Parsley

Dessert: Tortini al Cioccolato

Decadent & Rich Chocolate Cake with a "Molten" Soft Core Served in Individual Ramekins

Sunday January 14, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: Crostini di Rape

Toasted Slices of Local Acme Artisan Bread Topped with a Housemade Spread of Roasted Organic Local Beets Puréed with a Creamy Soft & Mild Goat Cheese

2nd Course: Pappardelle ai Funghi

Freshly Made House Pappardelle Pasta is Tossed with a Medley of Sautéed Organic Mushrooms, Butter, Freshly Grated Parmesan Cheese, Market Fresh Organic Parsley & Toasted Pistachios

3rd Course: Bracirole di Maiale

Pan Seared Malheur River Meats (Vale, OR) Natural Pasture Raised Pork Chops on a Bed of Organic Fennel & Tree Ripened Seasonal Organic (Idaho or NW) Apples Braised with Butter, White Wine, Garden Fresh Organic Sage & Organic Leeks

Dessert: Dolce agli Agrumi

Luscious Winter Fruit Gratin Prepared with a Mélange of Organic Citrus Fruits & a Crunchy Raw Sugar Crust Crisped Under the Broiler and Served in Individual Ramekins & Topped with Sliced Almonds



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Wednesday January 17, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Strudel di Radicchio**

Freshly Baked Savory Housemade Strudel Filled with Sautéed Market Fresh Organic Radicchio & Freshly Grated Imported Swiss Gruyere Cheese

2nd Course: **Insalata di Finocchio e Rucola**

Warm Salad with Thinly Sliced Organic Fennel, Local Organic Radishes & Market Fresh Organic Arugula Tossed in a Hot Skillet with Our Housemade Local Organic Honey Vinaigrette

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

3rd Course: **Spaghetti al Limone e Rucola**

Spaghetti Pasta Tossed with a House Zesty Lemony Cream Sauce, Freshly Grated Parmesan Cheese, Fried Garlic & Market Fresh Organic Arugula

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 a Light & Ethereal Filling

Friday January 19, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Insalatina Tiepida**

Warm Market Fresh Organic Spinach Salad with a Thin Egg Omelette, Bacon Flambé with Beeler's All Natural Uncured & Hickory Smoked Bacon and Freshly Shaved Parmesan Cheese is Tossed with Extra Virgin Olive Oil from California & Drizzled with Our Housemade Balsamic Vinegar Reduction

2nd Course: **Scaloppine con Sugo di Noci**

Draper Valley Farms (NW) Natural Chicken Breasts are Thinly Sliced into Cutlets & Pan Fried to a Golden Brown and Then Served with a Rich & Flavorful Housemade Creamy Walnut Sauce

3rd Course: **Farro con Zucca**

The Nutritious & Wholesome Ancient Wonder Grain Called Farro is Combined with Oven Roasted Seasonal Local Organic Delicata Squash, Sautéed Organic Radicchio, Toasted Pumpkin Seeds & Freshly Shaved Pecorino Romano Cheese

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 Polenta (Corn Meal) Torte Made in Our Finex Cast Iron Cookware with a Topping of Organic Orange Slices & Housemade Caramel

Saturday January 20, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Tagliatelle ai Funghi**

Housemade Fresh Tagliatelle (Fettuccine) Pasta Dressed with a Sautéed Organic Mushroom Ragout, Butter, Toasted Pistachios, Freshly Grated Parmesan Cheese & a Dusting of Market Fresh Organic Parsley

2nd Course: **Merluzzo con Chorizo**

Market Fresh Cod Fillets Pan Seared with a Fresh Locally Made Chorizo, Onions & Red Bell Peppers and Served with a Housemade Chili Pepper Vinaigrette

3rd Course: **Patate e Cavoletti**

An Incredibly Delectable & Addicting "Hash" Made with Crispy Organic Brussels Sprouts, Potatoes, Onions & Beeler's All Natural Uncured & Hickory Smoked Bacon

Dessert: **Torta Sbrisolona**

Traditional/Unique Dessert From Mantova - A Rich & Crunchy Tarte Just Perfect for Winter Activities and Made with Almonds, Corn Meal & Organic Lemon Zest



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Sunday January 21, 2018 Through Wednesday February 21, 2018- CLOSED

It's that time of year when Tiziana swaps out her "chef's whites & toque" for ski regalia, as she makes her annual winter pilgrimage home to Cortina d'Ampezzo, Italia. Once again, she'll be leading two different groups of lucky souls for a week of skiing in the Dolomiti. For 6 nights, each of our weeklong ski groups will call the Lancedelli family mountain lodge (*Rifugio Duca d'Aosta*) their home. They'll enjoy a glorious week of skiing (ski in/ski out from lodge), incredible food at the network of Rifugi in the area, companionship of friends new & "old" and plenty of good cheer! We'll be closed during her 32 day absence so that she can not only play ski trip tour leader, but get some quality time with her family & friends. As far as Joel? Let's see which way the wind blows.....and where the sun will be shining the brightest & warmest!

Thursday February 22, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class***1st Course: *Torta Salata con Radicchio e Salsiccia***

Savory From Scratch Rustic Tarte Filled with Sautéed Market Fresh Organic Radicchio & Freshly Made/Locally Ground Italian Sausage and Our Ethereal Housemade Fresh Ricotta Cheese

2nd Course: *Pollo ai Funghi*

Draper Valley Farms (NW) Natural Chicken Breasts Braised with a Medley of Market Fresh Organic Mushrooms & Leeks and Served with a Creamy House Dijon Mustard Sauce

3rd Course: *Patate alla Senape*

Oven Roasted Potatoes Tossed with a Chef's Whim Artisan Mustard, Caramelized Onions, Market Fresh Organic Parsley & Artisan Sea Salt from France

Dessert: *Dolce di Ricotta*

Our Housemade Fresh Ricotta Cheese is Whipped with Sugar & Artisanal Island Rum and Layered with Cookie Crumbles & Dark Chocolate Shavings - Then Topped off with a Shot of Freshly Brewed Espresso from DOMA Coffee Roasting Company in Post Falls, Idaho

Friday February 23, 2018 - 6:30pm - 9:00pm - *Private Italian Cooking Class***Saturday February 24, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*****1st Course: *Crespelle ai Funghi***

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

2nd Course: *Arrosto di Maiale all'Arancio*

Salmon Creek Farms (ID) Natural Pork Tenderloins are Pan Seared for Browning & Then Oven Roasted with Organic Garlic, Garden Fresh Local Organic Rosemary & Homegrown Organic Oregano and Served with a Housemade Orange Sauce

3rd Course: *Insalata Autunnale*

Organic Radicchio & Frisée Salad with Toasted Walnuts, Crumbled Bulgarian Style Feta Cheese from Israel, House Pickled Red Onions & Balsamic Vinegar Reduction

Dessert: *Crostata della Nonna*

La Nonna's (Grandma's) Traditional Northern Italian Dessert Featuring a Buttery "Shortbread" Style Tarte Filled with a Locally Made Huckleberry & Raspberry Jam



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Sunday February 25, 2018 - CLOSED to Catch Our Breath and for the Observance of the Last Week of *Black History Month, Marijuana Awareness Month, Pistol Patent Day, World Sword Swallows Day, Clam Chowder Day & Chocolate-Covered Peanuts Day*

Wednesday February 28, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Risotto al Limone**

This Simple Italian Recipe for a “White” Risotto is Made with Creamy Italian Arborio Rice, Organic Lemon Zest, Freshly Squeezed Organic Lemon Juice and a Creamy Soft & Mild Goat Cheese

2nd Course: **Braciolo di Maiale**

Pan Fried Malheur River Meats (Vale, OR) Natural Pasture Raised Pork Chops Topped with a Housemade Cream of Seasonal Local Organic Butternut Squash, Taleggio (Mild Semi-Soft Cheese) & Chopped Market Fresh Organic Parsley

3rd Course: **Cavoletti di Bruxelles**

Thinly Sliced Organic Brussels Sprouts are Quickly Pan Fried with Caramelized Shallots, Garlic & “Good for Everything” Beeler’s All Natural Uncured & Hickory Smoked Bacon

Dessert: **Ricotta con le Pere**

Freshly Made House Ricotta Cheese Whipped with Organic Maple Syrup & Vanilla Bean - Served with Caramelized Seasonal Tree Ripened (ID or NW) Organic Pear Compote & Toasted Almonds

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

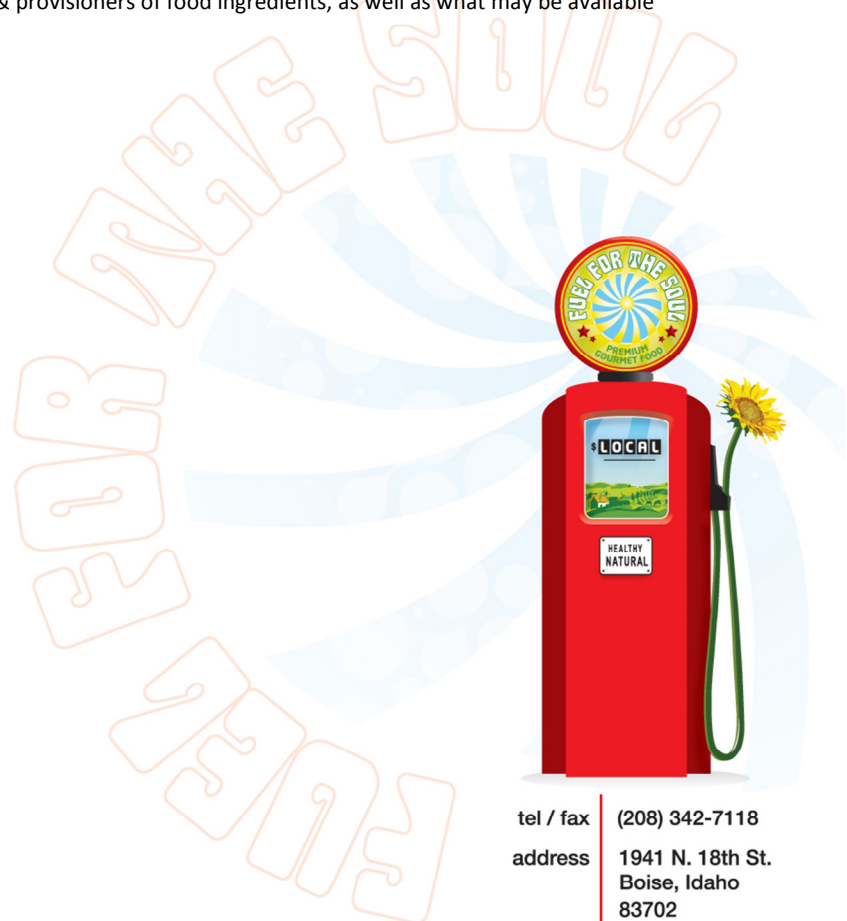


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- *To secure your spot at the table, please send your check to Fuel for the Soul, 1941 N. 18th Street, Boise, Idaho, 83702 within 4 days of your verbal or e-mailed preliminary reservation confirmation. Reservations not paid in full within 4 days will 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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