

ADULT COOKING CLASSES – JUNE 2018

Oh my, has Spring ever sprung! What gorgeous weather we've been enjoying and the week ahead unveils temperatures teasing of summer climes. Talk about things heating up, you might want to sit down as you read the rest of this note. It is quite an announcement.

Without my usual flowery flare (well, maybe just a little), Tiziana & I wanted to share a potential tectonic shift in the landscape of our lives. Since we have been true empty nesters these past 8 months, it has given us a glimpse into the future of what our lives may be and it has been an impetus to look at our immediate game plan. We've decided to move up our potential exit & migration to Italy and will look to test the real estate market for the sale of our home (and *Fuel for the Soul* HQ) this coming September 2018. Yes friends, you've read this right.

So what does this foreshadow for *Fuel for the Soul*? It means cooking classes will go on hiatus as of Saturday August 18, 2018. We will take a few days to drive our youngest son up to school in Portland and upon our return, get down to the business of "polishing" our home in preparation for its sale. If we are successful in selling our home during September 2018, then it's a *fait accompli* that our almost 8 years of offering cooking classes to the Treasure Valley will come to a halt. However, if by the end of September we are not able to sell the house, we would remove our home from the market and resume cooking classes by mid-October 2018. The next step would be to re-evaluate our plan, which could include looking to re-enter the housing market in the Spring of 2019.

Reality check. This means we could be looking at the last 10 weeks (give or take) of our cooking classes OR it could mean at least a minimum of another 5 months or so of cooking classes. We just don't have a crystal ball to read the tea leaves, thus we'll be remaining rather fluid & flexible to see how our future unfolds. This does mean that current Gift Certificate holders should get on the ball and take every advantage to use their GCs before we close our doors. The time is coming in the not too distant future. While our Gift Certificates never had a definitive expiration date, they were always sold on the basis of remaining valid for as long as the doors of *Fuel for the Soul* remained open. And the doors could be closing within the next few months.

Whew. As you might imagine, putting these thoughts to words is a bit jarring for us as well and a very emotional time. To say the least, we have completely eviscerated any bar by which we measured the potential for our enjoyment of sharing these cooking classes with you. It has truly been a passionate endeavor for both Tiziana & I that far exceeded *Fuel for the Soul* being just a business for us. The complete & utter joy of bringing strangers together to break bread at our table, to bridge the philosophical differences we may hold and solely look to bonding with our fellow sea of humanity for a few hours each night. An island in the sea of divisiveness that seems to smother the benefits of true brotherhood/sisterhood. Our lives have been so richly rewarded by the many friendships that grew out of our little business. It's truly been the fuel for our souls.

Within this context and allowing for a rather abrupt transition, back at "the ranch" we've got a very busy June 2018 on tap with 3 private classes & 11 scheduled cooking classes open to the public. This comes on top of the long awaited return of our younger son from Argentina at the end of the month, when we'll close for the last 10 days of June to focus on this family "re-unification". Thus, as April 2018 is coming to a close, it's time for yet another edition of a *Fuel for the Soul* Cooking Class Schedule. During the 6th month of 2018, we'll feature a line-up of 1 *Thai* cooking class, 2 nights of *Middle Eastern* fare and 8 evenings of Italian cuisine. Our *Guru of Grub* has created a varied slate of menus with lots of new recipes & dishes, along with plenty of culinary creations utilizing Mother Nature's spring & summertime bounty as primary ingredients.

Take a few moments to peruse the following cooking class offerings and then make your plans to come join us during June 2018. If you are new to our e-mail list, are the holders of one of our Gift Certificates 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 several hours of cooking instruction and an evening with merriment around the dining table.



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(Continued)

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 newfound knowledge for your own bag of kitchen tricks from *Fuel for the Soul's* Tiziana Lancedelli, our most lovable kitchen geek. These cooking classes, aka 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 fabulous food & cheer.

Book now to secure your seat in one of the gastronomic adventures offered during June 2018, especially those of you whom are holders of Gift Certificates. Then get ready to relax and let *Fuel for the Soul* be your guide for the evening's culinary sojourn. Thanks for all of your support over these past 7+ years! Boise rocks!!

Friday June 1, 2018 - 6:30pm - 9:00pm - Italian Cooking Class

1st Course: Cozze al Vino Bianco

An Italian Summer Favorite Featuring Market Fresh Mussels with a Touch of Beeler's Natural Uncured & Hickory Smoked Bacon, Garlic, Chili Pepper Flakes from Sicilia, Garden Fresh Local Organic Parsley and a Healthy Dose of Dry White Wine for Cooking

2nd Course: Crespelle al Pesto

Oven Baked Freshly Made Savory Crêpes Filled with a Mixture of Our House Béchamel Sauce & a Classic Pesto Genovese Made from Garden Fresh Seasonal Local Organic Basil, Pine Nuts, Garlic, Parmesan Cheese & Extra Virgin Olive Oil from CA & Topped with Freshly Grated Parmesan Cheese

3rd Course: Insalata di Pomodori

A Sardinian Summer Favorite Showcases Vine Ripened Organic Tomatoes Tossed with Red Onions, Garden Fresh Local Organic Mint & Parsley and Organic Lemon Slices Roasted with Sugar & Garden Fresh Local Organic Sage

Dessert: Torta di Ricotta con le Pesche

A Delicate Ethereal Cake Made with Olive Oil & Housemade Fresh Ricotta Cheese Blended into the Batter and Then Baked & Served with a Freshly Made Compote of Seasonal Tree Ripened (NW or ID) Organic Peaches

Saturday June 2, 2018 - 6:30pm - 9:00pm - Middle Eastern Cooking Class

1st Course: Sultat Aljuzur

Moroccan Shredded Organic Carrot Salad with Garden Fresh Local Organic Parsley, Crumbled Creamy Bulgarian Style Feta Cheese from Israel and Our Housemade Spicy Lemon Vinaigrette Made with Harissa

2nd Course: Merguez Burger

This New Recipe Features Freshly Ground Meadowlark Farm (Nampa, ID) Grass Fed Lamb Patties Seasoned with Coriander & Fennel Seeds, Shallots and Smoked Paprika - Then Grilled and Served in Freshly Baked Pita Bread from Baghdad Market in Boise with Harissa Mayo, Lettuce & Market Fresh Organic Tomatoes



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Saturday June 2, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class - CONTINUED*

3rd Course: Morassa Polo

A Traditional Persian Jeweled Rice Dish Dressed with Barberries, Dried Apricots, Salted Pistachios & Toasted Almonds that have been Sautéed Along with Onions, Cinnamon, Cardamom & Turmeric for a True Middle Eastern Treasure

Dessert: Qatayef

Middle Eastern Style Freshly Made Sweet Crêpes Filled with Homemade Fresh Ricotta Cheese, Mascarpone Cheese, Toasted Walnuts, Cinnamon & Allspice - Then Oven Baked and Served with a Drizzle of Our Housemade Local Organic Honey, Rose Water & Organic Lemon Juice Syrup

Sunday June 3, 2018 - CLOSED to Catch Our Breath and for the Observance of Repeat Day (I Said "Repeat Day"), Wonder Woman Day, Children's Awareness Memorial Day, National Cancer Survivor's Day, Chocolate Macaroon Day and the Beginning of National Sun Safety Week, National Lemonade Days & Gay Pride Month

Tuesday June 5, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: Gaspacho Bianco

A Spin on the Traditional Andalusian Dish, Our White Gaspacho is a Blend of Chilled Cucumbers, Seasonal Organic White Grapes, Marcona Almonds, Acme Artisan Bread, Shallots, Garlic, Extra Virgin Olive Oil from California & Sherry Vinegar

2nd Course: Cotolette alla Palermitana

Regional Sicilian Dish with Thin Draper Valley Farms (NW) Natural Chicken Breast Cutlets Baked with Extra Virgin Olive Oil from CA & Housemade Artisan Bread Crumbs Seasoned with Pecorino Romano Cheese & Garden Fresh Local Organic Mint & Parsley, Garlic and Organic Lemon Zest

3rd Course: Panzanella

Classic Tuscan Bread & Vine Ripened 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: Crostata al Limone

An Exquisite Tart Filled with Our Housemade Sweet & Tangy Organic Lemon Curd

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

1st Course: Bruschetta con Melanzane

Toasted Acme Artisan Country Bread with a House Blended Cheese Spread of Homemade Fresh Ricotta Cheese & Creamy Bulgarian Style Feta Cheese from Israel and Topped with Roasted Seasonal Local Organic Eggplant & Garlic

2nd Course: Pesce con Chorizo

Oven Roasted Market Fresh Rockfish Fillets Served with a House Chorizo Vinaigrette Prepared with Chorizo Sausage, Sautéed Organic Red Bell Peppers, Jalapeños, Red/Purple Onions & Sherry Vinegar

3rd Course: Carpaccio di Zucchine

Summer Salad with Thinly Sliced Seasonal Organic Zucchini, Garden Fresh Local Organic Herbs & Organic Avocado Tossed in a House Buttermilk Dressing

Dessert: Crostata al Cioccolato

Rustic Tarte Filled with Housemade Chocolate Ganache - It's the Bomb!



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Thursday June 7, 2018 - 6:00pm - 9:00pm - Private Middle Eastern Cooking Class

Friday June 8, 2018 - 6:30pm - 9:00pm - Private Italian Cooking Class

Saturday June 9, 2018 - 6:30pm - 9:00pm - Thai Cooking Class

1st Course: **Pla Nueng Chi Eaue**

Market Fresh White Fish Fillets are Oven Roasted After Being Basted with Our Housemade Marinade of Fresh Organic Ginger, Scallions, Garden Fresh Local Organic Cilantro, Garlic, Soy Sauce, Thai Chili Peppers, Freshly Squeezed Organic Lime Juice & Organic Lime Zest

2nd Course: **Tom Gai**

This is NOT the Traditional Thai Soup, But a Newer Recipe for a Fabulous Thai Chicken Stew Featuring Chunks of Draper Valley Farms (NW) Natural Chicken Breasts Cooked with Garlic, Fresh Organic Ginger, Market Fresh Organic Red Bell Peppers, Onions, Thai Chili Peppers, Turmeric, Coconut Milk, Roasted Peanuts & Garden Fresh Local Organic Cilantro

3rd Course: **Tua Yao Pad Prik Pow**

Market Fresh Asian Long Beans Stir Fried with Our Killer Housemade Roasted Chili & Garlic Paste

Dessert: **Banana Flambé**

The Flavors of Siam Collide with Traditional Western Dessert Culture & Tastes Featuring Ripe Organic Bananas Sautéed with Butter, Brown Sugar, Organic Orange Zest & Artisanal Small Batch Island Rum and Served with a Topping of Freshly Whipped Cream

Sunday June 10, 2018 - CLOSED to Catch Our Breath and for the Observance of Race Unity Day, Multicultural American Child Day, Children's Sunday, Abused Women & Children's Awareness Day, Alcoholics Anonymous (Founders) Day, Herbs & Spices Day, Iced Tea Day and Ball Point Pen Day

Tuesday June 12, 2018 - 6:00pm - 8:30pm - Italian Cooking Class - **VEGETARIAN**

1st Course: **Torta Salata**

Savory from Scratch Homemade Rustic Tart with House Roasted/Charred Organic Red Bell Peppers, Caramelized Onions, Garden Fresh Local Organic Thyme and a Creamy Bulgarian Style Feta Cheese from Israel

2nd Course: **Insalata di Sedano**

Crisp Summer Salad with Organic Celery, Medjool Dates, Toasted Almonds & Freshly Shaved Parmesan Cheese - All Tossed in a Zesty House Lemon Vinaigrette
NOTE: 1st & 2nd Courses will be Served Together as One Entrée

3rd Course: **Pasta con Pesto alla Trapanese**

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

Dessert: **Tortine con le Pesche**

Courtesy of the Creative Genius of David Lebovitz, this Winning Summer Dessert Showcases a Moist & Delicate Shortcake Served with a Housemade Seasonal Organic Peach Coulis & Freshly Whipped Heavy Cream



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Wednesday June 13, 2018 - 12:00pm - 2:30pm - Private Italian Lunchtime Cooking Class

Thursday June 14, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: **Insalata con Peperoni**

House Roasted/Charred Organic Red Bell Peppers are Marinated with Garlic, Preserved Capers, Anchovies (Just a Touch for Umami) & Extra Virgin Olive Oil from CA and Served Over a Bed of Market Fresh Local Organic Arugula and Dressed with a Chef's Whim Housemade Vinaigrette

2nd Course: **Pollo alle Erbe**

Draper Valley Farms (NW) Natural Chicken Breasts are Pan Seared to a Golden Brown in a Simple Lemon Sauce and Served with a House Compound Herb Butter (Organic Thyme, Shallots & Garlic)

3rd Course: **Patate al Forno**

Oven Roasted Potatoes are Tossed with Garden Fresh Organic Rosemary, Sea Salt & EVOO from CA

Dessert: **Torta con le Fragole**

A Fabulous Seasonal Dessert Treat Features an Almond Flour & Cornmeal Cake Served with Freshly Whipped Heavy Cream & Market Fresh Seasonal "Vine" Ripened Organic Strawberries

Friday June 15, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Risotto al Limone**

Creamy Italian Arborio Rice with Organic Lemon Zest & Freshly Squeezed Lemon Juice, Garden Fresh Local Organic Arugula and a Mild, Soft & Creamy Goat Cheese

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

Oven Roasted Market Fresh White Fish Fillets with Seasonal Vine Ripened Organic Cherry Tomatoes & Chermoula Sauce Inspired by North African Flavors (Garden Fresh Local Organic Cilantro, Chili Peppers, Garlic, Smoked Paprika from Penzeys Spices & a Touch of Cumin)

3rd Course: **Insalata di Carote**

Shredded Organic Carrot Salad with Garden Fresh Local Organic Parsley & Toasted Pepitas Tossed in a Housemade Spicy Vinaigrette Made with Harissa, Garlic, Organic Lemon Juice & Lemon Zest and Extra Virgin Olive Oil from California

Dessert: **Dolce di Ricotta e Rabarbaro**

Garden Fresh Seasonal Local Organic Rhubarb is Cooked Down into a Tasty Compote & Combined with Our Whipped Housemade Fresh Ricotta Cheese & Topped with Toasted Almonds

Saturday June 16, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Melanzane alla Parmigiana**

Mamma Lancedelli's Absolutely Killer Eggplant Parmesan with Fried Garden Fresh Seasonal Organic Eggplant Layered with a Housemade Organic Marinara Sauce, Plenty of Mozzarella Cheese & Garden Fresh Seasonal Local Organic Basil

2nd Course: **Scaloppine al Limone**

Draper Valley Farms (NW) Natural Chicken Breast Piccata - Pan Fried Thinly Sliced Classic Chicken Scaloppini with Preserved Capers, Garden Fresh Local Organic Parsley & a Housemade Delicate Lemon Sauce



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Saturday June 16, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED

3rd Course: **Insalata della Casa**

Seasonal Garden Fresh Organic Mixed Greens, Toasted Pepitas & a House Fried Shallot Vinaigrette

Dessert: **Albicocche e Prugne al Rosé**

Seasonal Delight of Tree Ripened Organic Apricots & Plums Poached in Rosé Wine and Served with Freshly Whipped Heavy Cream & Toasted Sliced Almonds

Sunday June 17, 2018 - CLOSED to Catch Our Breath and for the Observance of Father's Day, World Day to Combat Desertification and Drought, the First Day of National Body Piercing Week, Family Awareness Day, Husband Caregiver Day, Eat Your Vegetables Day, World Tessellation Day, Stewarts Root Beer Day, Apple Strudel Day, Turkey Lovers' Day and World Naked Bike Ride Month

Tuesday June 19, 2018 - 6:00pm - 8:30pm - *Middle Eastern Cooking Class*

1st Course: **Ottolenghi Baby Spinach Salad**

Market Fresh Organic Baby Spinach Tossed with Fried Pita Bread & Almonds, House Lightly Pickled Red Onions, Medjool Dates, Sumac, Chili Flakes, EVOO from CA & Freshly Squeezed Lemon Juice

2nd Course: **Kofta b'siniyah**

Freshly Ground Meadowlark Farm (Nampa, ID) Grass Fed Lamb is Blended with Toasted Pine Nuts, Onion, Garlic, Garden Fresh Local Organic Parsley, Chili Flakes, Cinnamon, Allspice & Nutmeg Served Over a Bed of Freshly Prepared Tahini Sauce with Fresh Squeezed Lemon Juice & Garlic

3rd Course: **Shirin Polo**

Traditional Iranian Sweet Rice with Organic Carrots, Pistachios, Cinnamon Cardamom, Turmeric, Saffron, Organic Orange Zest & Local Organic Honey

Dessert: **Almond Cake with Orange Syrup**

Drawing Once Again from the Genius of Yotam Ottolenghi, This Cake is a Gluten Free Version of Ottolenghi's Incredibly Rich & Moist Almond Torte and Soaked in a House Orange Syrup

Wednesday June 20, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Spaghetti alla Norma**

Classic Sicilian Dish with Spaghetti Pasta, Housemade Organic Tomato Sauce, Fried Market Fresh Seasonal Organic Eggplant, Garden Fresh Local Organic Basil, Plenty of Garlic & a Heap of Freshly Grated Pecorino Romano Cheese

2nd Course: **Filetto di Maiale con Cipolle**

Pan Seared & Oven Roasted Salmon Creek Farms (ID) Natural Pork Tenderloins with a Plethora of Caramelized Onions & Our Homemade Balsamic Vinegar Reduction

3rd Course: **Insalata al Parmigiano**

Salad with Market Fresh Organic Arugula & House Roasted/Charred Organic Red Bell Peppers with Parmesan Cheese Shavings & a House Lemon-Garlic Vinaigrette

Dessert: **Torta al Cioccolato**

This Fabulous New Recipe from the Genius of Yotam Ottolenghi is a Chocolate Layer Cake Featuring One Layer of Firmer Traditional Style Cake & the 2nd Layer More in the Realm of Chocolate Mousse - Need I Say More Than "Bring it On"!?!?



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Thursday June 21, 2018 Through Sunday June 30, 2018 - CLOSED

We will be putting away the table linens & shuttering *Fuel for the Soul* cooking classes for 10 days, in order to celebrate the Summer Solstice with friends on the Oregon Coast and to welcome home our youngest son from his nearly year-long Rotary Youth Exchange journey to Argentina. Time to catch up on the 10 months apart!

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. As we want to leave as much room in the schedule for cooking classes open to the public, UNTIL FURTHER NOTICE, WE WILL NOT BE BOOKING ANY MORE PRIVATE CLASSES DURING 2018! Cost for all cooking classes includes kitchen instruction/demonstration, recipe preparation, take-home recipe packet & 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*
- *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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Within this context and allowing for a rather abrupt transition, back at "the ranch" we've got a very busy June 2018 on tap with 3 private classes & 11 scheduled cooking classes open to the public. This comes on top of the long awaited return of our younger son from Argentina at the end of the month, when we'll close for the last 10 days of June to focus on this family "re-unification". Thus, as April 2018 is coming to a close, it's time for yet another edition of a *Fuel for the Soul* Cooking Class Schedule. During the 6th month of 2018, we'll feature a line-up of 1 *Thai* cooking class, 2 nights of *Middle Eastern* fare and 8 evenings of Italian cuisine. Our *Guru of Grub* has created a varied slate of menus with lots of new recipes & dishes, along with plenty of culinary creations utilizing Mother Nature's spring & summertime bounty as primary ingredients.

Take a few moments to peruse the following cooking class offerings and then make your plans to come join us during June 2018. If you are new to our e-mail list, are the holders of one of our Gift Certificates 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 several hours of cooking instruction and an evening with merriment around the dining table.



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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 fabulous food & cheer.

Book now to secure your seat in one of the gastronomic adventures offered during June 2018, especially those of you whom are holders of Gift Certificates. Then get ready to relax and let *Fuel for the Soul* be your guide for the evening's culinary sojourn. Thanks for all of your support over these past 7+ years! Boise rocks!!

Friday June 1, 2018 - 6:30pm - 9:00pm - Italian Cooking Class**1st Course: Cozze al Vino Bianco**

An Italian Summer Favorite Featuring Market Fresh Mussels with a Touch of Beeler's Natural Uncured & Hickory Smoked Bacon, Garlic, Chili Pepper Flakes from Sicilia, Garden Fresh Local Organic Parsley and a Healthy Dose of Dry White Wine for Cooking

2nd Course: Crespelle al Pesto

Oven Baked Freshly Made Savory Crêpes Filled with a Mixture of Our House Béchamel Sauce & a Classic Pesto Genovese Made from Garden Fresh Seasonal Local Organic Basil, Pine Nuts, Garlic, Parmesan Cheese & Extra Virgin Olive Oil from CA & Topped with Freshly Grated Parmesan Cheese

3rd Course: Insalata di Pomodori

A Sardinian Summer Favorite Showcases Vine Ripened Organic Tomatoes Tossed with Red Onions, Garden Fresh Local Organic Mint & Parsley and Organic Lemon Slices Roasted with Sugar & Garden Fresh Local Organic Sage

Dessert: Torta di Ricotta con le Pesche

A Delicate Ethereal Cake Made with Olive Oil & Housemade Fresh Ricotta Cheese Blended into the Batter and Then Baked & Served with a Freshly Made Compote of Seasonal Tree Ripened (NW or ID) Organic Peaches

Saturday June 2, 2018 - 6:30pm - 9:00pm - Middle Eastern Cooking Class**1st Course: Sultat Aljuzur**

Moroccan Shredded Organic Carrot Salad with Garden Fresh Local Organic Parsley, Crumbled Creamy Bulgarian Style Feta Cheese from Israel and Our Housemade Spicy Lemon Vinaigrette Made with Harissa

2nd Course: Merguez Burger

This New Recipe Features Freshly Ground Meadowlark Farm (Nampa, ID) Grass Fed Lamb Patties Seasoned with Coriander & Fennel Seeds, Shallots and Smoked Paprika - Then Grilled and Served in Freshly Baked Pita Bread from Baghdad Market in Boise with Harissa Mayo, Lettuce & Market Fresh Organic Tomatoes



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ADULT COOKING CLASSES - JUNE 2018
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Saturday June 2, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class - CONTINUED*

3rd Course: **Morassa Polo**

A Traditional Persian Jeweled Rice Dish Dressed with Barberries, Dried Apricots, Salted Pistachios & Toasted Almonds that have been Sautéed Along with Onions, Cinnamon, Cardamom & Turmeric for a True Middle Eastern Treasure

Dessert: **Qatayef**

Middle Eastern Style Freshly Made Sweet Crêpes Filled with Homemade Fresh Ricotta Cheese, Mascarpone Cheese, Toasted Walnuts, Cinnamon & Allspice - Then Oven Baked and Served with a Drizzle of Our Housemade Local Organic Honey, Rose Water & Organic Lemon Juice Syrup

Sunday June 3, 2018 - CLOSED to Catch Our Breath and for the Observance of Repeat Day (I Said "Repeat Day"), Wonder Woman Day, Children's Awareness Memorial Day, National Cancer Survivor's Day, Chocolate Macaroon Day and the Beginning of National Sun Safety Week, National Lemonade Days & Gay Pride Month

Tuesday June 5, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: **Gaspacho Bianco**

A Spin on the Traditional Andalusian Dish, Our White Gaspacho is a Blend of Chilled Cucumbers, Seasonal Organic White Grapes, Marcona Almonds, Acme Artisan Bread, Shallots, Garlic, Extra Virgin Olive Oil from California & Sherry Vinegar

2nd Course: **Cotolette alla Palermitana**

Regional Sicilian Dish with Thin Draper Valley Farms (NW) Natural Chicken Breast Cutlets Baked with Extra Virgin Olive Oil from CA & Housemade Artisan Bread Crumbs Seasoned with Pecorino Romano Cheese & Garden Fresh Local Organic Mint & Parsley, Garlic and Organic Lemon Zest

3rd Course: **Panzanella**

Classic Tuscan Bread & Vine Ripened 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: **Crostata al Limone**

An Exquisite Tart Filled with Our Housemade Sweet & Tangy Organic Lemon Curd

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

1st Course: **Bruschetta con Melanzane**

Toasted Acme Artisan Country Bread with a House Blended Cheese Spread of Homemade Fresh Ricotta Cheese & Creamy Bulgarian Style Feta Cheese from Israel and Topped with Roasted Seasonal Local Organic Eggplant & Garlic

2nd Course: **Pesce con Chorizo**

Oven Roasted Market Fresh Rockfish Fillets Served with a House Chorizo Vinaigrette Prepared with Chorizo Sausage, Sautéed Organic Red Bell Peppers, Jalapeños, Red/Purple Onions & Sherry Vinegar

3rd Course: **Carpaccio di Zucchine**

Summer Salad with Thinly Sliced Seasonal Organic Zucchini, Garden Fresh Local Organic Herbs & Organic Avocado Tossed in a House Buttermilk Dressing

Dessert: **Crostata al Cioccolato**

Rustic Tarte Filled with Housemade Chocolate Ganache - It's the Bomb!



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Thursday June 7, 2018 - 6:00pm - 9:00pm - Private Middle Eastern Cooking Class

Friday June 8, 2018 - 6:30pm - 9:00pm - Private Italian Cooking Class

Saturday June 9, 2018 - 6:30pm - 9:00pm - Thai Cooking Class

1st Course: Pla Nueng Chi Eaue

Market Fresh White Fish Fillets are Oven Roasted After Being Basted with Our Housemade Marinade of Fresh Organic Ginger, Scallions, Garden Fresh Local Organic Cilantro, Garlic, Soy Sauce, Thai Chili Peppers, Freshly Squeezed Organic Lime Juice & Organic Lime Zest

2nd Course: Tom Gai

This is NOT the Traditional Thai Soup, But a Newer Recipe for a Fabulous Thai Chicken Stew Featuring Chunks of Draper Valley Farms (NW) Natural Chicken Breasts Cooked with Garlic, Fresh Organic Ginger, Market Fresh Organic Red Bell Peppers, Onions, Thai Chili Peppers, Turmeric, Coconut Milk, Roasted Peanuts & Garden Fresh Local Organic Cilantro

3rd Course: Tua Yao Pad Prik Pow

Market Fresh Asian Long Beans Stir Fried with Our Killer Housemade Roasted Chili & Garlic Paste

Dessert: Banana Flambé

The Flavors of Siam Collide with Traditional Western Dessert Culture & Tastes Featuring Ripe Organic Bananas Sautéed with Butter, Brown Sugar, Organic Orange Zest & Artisanal Small Batch Island Rum and Served with a Topping of Freshly Whipped Cream

Sunday June 10, 2018 - CLOSED to Catch Our Breath and for the Observance of Race Unity Day, Multicultural American Child Day, Children's Sunday, Abused Women & Children's Awareness Day, Alcoholics Anonymous (Founders) Day, Herbs & Spices Day, Iced Tea Day and Ball Point Pen Day

Tuesday June 12, 2018 - 6:00pm - 8:30pm - Italian Cooking Class - **VEGETARIAN**

1st Course: Torta Salata

Savory from Scratch Homemade Rustic Tart with House Roasted/Charred Organic Red Bell Peppers, Caramelized Onions, Garden Fresh Local Organic Thyme and a Creamy Bulgarian Style Feta Cheese from Israel

2nd Course: Insalata di Sedano

Crisp Summer Salad with Organic Celery, Medjool Dates, Toasted Almonds & Freshly Shaved Parmesan Cheese - All Tossed in a Zesty House Lemon Vinaigrette
NOTE: 1st & 2nd Courses will be Served Together as One Entrée

3rd Course: Pasta con Pesto alla Trapanese

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

Dessert: Tortine con le Pesche

Courtesy of the Creative Genius of David Lebovitz, this Winning Summer Dessert Showcases a Moist & Delicate Shortcake Served with a Housemade Seasonal Organic Peach Coulis & Freshly Whipped Heavy Cream



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Wednesday June 13, 2018 - 12:00pm - 2:30pm - Private Italian Lunchtime Cooking Class

Thursday June 14, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: **Insalata con Peperoni**

House Roasted/Charred Organic Red Bell Peppers are Marinated with Garlic, Preserved Capers, Anchovies (Just a Touch for Umami) & Extra Virgin Olive Oil from CA and Served Over a Bed of Market Fresh Local Organic Arugula and Dressed with a Chef's Whim Housemade Vinaigrette

2nd Course: **Pollo alle Erbe**

Draper Valley Farms (NW) Natural Chicken Breasts are Pan Seared to a Golden Brown in a Simple Lemon Sauce and Served with a House Compound Herb Butter (Organic Thyme, Shallots & Garlic)

3rd Course: **Patate al Forno**

Oven Roasted Potatoes are Tossed with Garden Fresh Organic Rosemary, Sea Salt & EVOO from CA

Dessert: **Torta con le Fragole**

A Fabulous Seasonal Dessert Treat Features an Almond Flour & Cornmeal Cake Served with Freshly Whipped Heavy Cream & Market Fresh Seasonal "Vine" Ripened Organic Strawberries

Friday June 15, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Risotto al Limone**

Creamy Italian Arborio Rice with Organic Lemon Zest & Freshly Squeezed Lemon Juice, Garden Fresh Local Organic Arugula and a Mild, Soft & Creamy Goat Cheese

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

Oven Roasted Market Fresh White Fish Fillets with Seasonal Vine Ripened Organic Cherry Tomatoes & Chermoula Sauce Inspired by North African Flavors (Garden Fresh Local Organic Cilantro, Chili Peppers, Garlic, Smoked Paprika from Penzeys Spices & a Touch of Cumin)

3rd Course: **Insalata di Carote**

Shredded Organic Carrot Salad with Garden Fresh Local Organic Parsley & Toasted Pepitas Tossed in a Housemade Spicy Vinaigrette Made with Harissa, Garlic, Organic Lemon Juice & Lemon Zest and Extra Virgin Olive Oil from California

Dessert: **Dolce di Ricotta e Rabarbaro**

Garden Fresh Seasonal Local Organic Rhubarb is Cooked Down into a Tasty Compote & Combined with Our Whipped Housemade Fresh Ricotta Cheese & Topped with Toasted Almonds

Saturday June 16, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Melanzane alla Parmigiana**

Mamma Lancedelli's Absolutely Killer Eggplant Parmesan with Fried Garden Fresh Seasonal Organic Eggplant Layered with a Housemade Organic Marinara Sauce, Plenty of Mozzarella Cheese & Garden Fresh Seasonal Local Organic Basil

2nd Course: **Scaloppine al Limone**

Draper Valley Farms (NW) Natural Chicken Breast Piccata - Pan Fried Thinly Sliced Classic Chicken Scaloppini with Preserved Capers, Garden Fresh Local Organic Parsley & a Housemade Delicate Lemon Sauce



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Saturday June 16, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED

3rd Course: **Insalata della Casa**

Seasonal Garden Fresh Organic Mixed Greens, Toasted Pepitas & a House Fried Shallot Vinaigrette

Dessert: **Albicocche e Prugne al Rosé**

Seasonal Delight of Tree Ripened Organic Apricots & Plums Poached in Rosé Wine and Served with Freshly Whipped Heavy Cream & Toasted Sliced Almonds

Sunday June 17, 2018 - CLOSED to Catch Our Breath and for the Observance of Father's Day, World Day to Combat Desertification and Drought, the First Day of National Body Piercing Week, Family Awareness Day, Husband Caregiver Day, Eat Your Vegetables Day, World Tessellation Day, Stewarts Root Beer Day, Apple Strudel Day, Turkey Lovers' Day and World Naked Bike Ride Month

Tuesday June 19, 2018 - 6:00pm - 8:30pm - *Middle Eastern Cooking Class*

1st Course: **Ottolenghi Baby Spinach Salad**

Market Fresh Organic Baby Spinach Tossed with Fried Pita Bread & Almonds, House Lightly Pickled Red Onions, Medjool Dates, Sumac, Chili Flakes, EVOO from CA & Freshly Squeezed Lemon Juice

2nd Course: **Kofta b'siniyah**

Freshly Ground Meadowlark Farm (Nampa, ID) Grass Fed Lamb is Blended with Toasted Pine Nuts, Onion, Garlic, Garden Fresh Local Organic Parsley, Chili Flakes, Cinnamon, Allspice & Nutmeg Served Over a Bed of Freshly Prepared Tahini Sauce with Fresh Squeezed Lemon Juice & Garlic

3rd Course: **Shirin Polo**

Traditional Iranian Sweet Rice with Organic Carrots, Pistachios, Cinnamon Cardamom, Turmeric, Saffron, Organic Orange Zest & Local Organic Honey

Dessert: **Almond Cake with Orange Syrup**

Drawing Once Again from the Genius of Yotam Ottolenghi, This Cake is a Gluten Free Version of Ottolenghi's Incredibly Rich & Moist Almond Torte and Soaked in a House Orange Syrup

Wednesday June 20, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Spaghetti alla Norma**

Classic Sicilian Dish with Spaghetti Pasta, Housemade Organic Tomato Sauce, Fried Market Fresh Seasonal Organic Eggplant, Garden Fresh Local Organic Basil, Plenty of Garlic & a Heap of Freshly Grated Pecorino Romano Cheese

2nd Course: **Filetto di Maiale con Cipolle**

Pan Seared & Oven Roasted Salmon Creek Farms (ID) Natural Pork Tenderloins with a Plethora of Caramelized Onions & Our Homemade Balsamic Vinegar Reduction

3rd Course: **Insalata al Parmigiano**

Salad with Market Fresh Organic Arugula & House Roasted/Charred Organic Red Bell Peppers with Parmesan Cheese Shavings & a House Lemon-Garlic Vinaigrette

Dessert: **Torta al Cioccolato**

This Fabulous New Recipe from the Genius of Yotam Ottolenghi is a Chocolate Layer Cake Featuring One Layer of Firmer Traditional Style Cake & the 2nd Layer More in the Realm of Chocolate Mousse - Need I Say More Than "Bring it On"!?!?



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Thursday June 21, 2018 Through Sunday June 30, 2018 - CLOSED

We will be putting away the table linens & shuttering *Fuel for the Soul* cooking classes for 10 days, in order to celebrate the Summer Solstice with friends on the Oregon Coast and to welcome home our youngest son from his nearly year-long Rotary Youth Exchange journey to Argentina. Time to catch up on the 10 months apart!

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. As we want to leave as much room in the schedule for cooking classes open to the public, UNTIL FURTHER NOTICE, WE WILL NOT BE BOOKING ANY MORE PRIVATE CLASSES DURING 2018! Cost for all cooking classes includes kitchen instruction/demonstration, recipe preparation, take-home recipe packet & 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*
- *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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