

ADULT COOKING CLASSES – AUGUST 2018

Feeling rather “strange” sitting here and trying to grasp for words to express the emotions arising from the realization that this is the last cooking class schedule I’ll ever be sending out on behalf of *Fuel for the Soul*. And as a lot of you well know, I’m not usually at a loss for words or searching for how to express myself. This situation brings to mind the lyrics from one of Willie Nelson’s songs (*The Party’s Over*):

*Turn out the lights
The party’s over
They say that all
Good things must end
Call it a night
The party’s over.....*

The finality of issuing the August 2018 Cooking Class Schedule is truly bittersweet. While I’m so ready to retire and take on our next adventure in life (who doesn’t want to travel the world!), thinking about the end of classes is truly sad. Not the part of all the behind the scenes business/marketing/financial/computer “stuff”, but the joy of sharing evenings with our clients. From newbies to longtime regulars, the pleasure of breaking bread in class has been nothing but rewarding. Our lives have been so enriched by the variety of folks coming thru our front door over these past 8 years. We’ve made many dear lifelong friends and some folks have become like members of the family. So to all, our most heartfelt thanks!

Realizing most people will probably skip this verbiage, in an effort to “cut to the chase” and secure one final reservation for class, just want to throw out a couple of housekeeping notes. First and foremost, current Gift Certificate holders need to get on the ball and take every advantage to use their GCs before we close our doors in August. The deadline is now upon us, as we’re looking at a closure upon completion of the last class on Thursday August 16, 2018. It’s now or never!

So what’s on tap for August 2018? In addition to the 2 private classes (on the books prior to our decision to move up our exit to Italy), we’ll feature 7 scheduled cooking classes open to the public. Our line-up of events includes 1 *Thai* cooking class, 2 nights of *Middle Eastern* fare and 4 evenings of Italian cuisine. Our *Guru of Grub* has created a varied slate of menus showcasing your favorite recipes & dishes from over the years, along with plenty of culinary creations utilizing Mother Nature’s 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 August 2018. 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 sit back & observe the menu preparation or be an active participant & work 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 are not 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’d be most honored to have you share one final 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 August 2018. Then get ready to relax and let *Fuel for the Soul* be your guide for the evening’s culinary sojourn. Our warmest & most heartfelt thanks to each & every client for all of your support over these past 8 years! Whether you were a multiple times per month guest or someone who came every year or so, you have all made this adventure a very special one for Tiziana & me. Thank you! Grazie!! Shukraan!!! Kob Khun Krup!!!! Gracias!!!! Todah!!!! And instead of saying goodbye, we’ll leave it at a simple “see ya ‘round the bend”. In the words of Ringo Starr, PEACE & LOVE, PEACE & LOVE!



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(Continued)

Wednesday August 1, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Tortini al Pomodoro**

Warm Housemade Scallion Shortcakes Filled with a Whipped Mild & Creamy Goat Cheese, Garden Fresh Local Organic Chives and a Seasonal Vine Ripened Tomato Salad

2nd Course: **Gamberi alla Griglia**

Market Fresh Shrimp are Tossed in a Spicy Housemade Paste of Fresh Organic Garlic, Cayenne Pepper & Paprika from Penzeys Spices, Extra Virgin Olive Oil from California and Freshly Squeezed Organic Lemon Juice and Quickly Grilled (or Oven Roasted) to Perfection & Served Atop the Delectable 3rd Course/Side Dish Featured Below

3rd Course: **Carpaccio di Zucchini**

Always at a Loss as to How to Utilize Your Abundance of Zucchini from the Garden? This Summer Salad Makes Great Use of Thinly Sliced Garden Fresh Seasonal Local Organic Zucchini Tossed in a Homemade Creamy Buttermilk & Garden Fresh Local Organic Herb Dressing Along with Cubed Morsels of Tree Ripened Organic Avocado

Dessert: **Ricotta con le Pesche**

If You've Been Wanting to Make Fresh Ricotta Cheese, Here's Your Chance as We'll Make it in Class! The Fresh Homemade Ricotta Cheese will be Whipped with a Bit of Sugar & Cardamom and Served with an Absolutely Delicious Seasonal Tree Ripened (Idaho/NW) Organic Peach Compote that is Finally Topped with a Sprinkling of Toasted Almonds

Thursday August 2, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: **Gnocchi al Pomodoro**

Ethereal Potato Dumplings (Gnocchi) Scratch Made with Idaho Potatoes & Served with a Housemade Fresh Organic Tomato Sauce & Freshly Grated Parmesan Cheese

2nd Course: **Filetti di Maiale con Rucola**

Salmon Creek Farms (ID) Natural Pork Tenderloin Medallions are Pan Seared with Garden Fresh Local Organic Arugula, Vine Ripened Seasonal Organic Cherry Tomatoes & Bits of German Prosciutto - Then Drizzled with Our Housemade Balsamic Vinegar Reduction

3rd Course: **Insalata con Peperoni**

Our House Roasted/Charred Organic Red Bell Peppers are Dressed with Preserved Capers, Anchovies, Garden Fresh Local Organic Parsley, Extra Virgin Olive Oil from California & Freshly Squeezed Organic Lemon Juice and Then Tossed in a Salad Featuring a Chef's Whim Assortment of Garden Fresh Seasonal Local Organic Greens

Dessert: **Soufflé al Limone e Caprino**

This Organic Lemon & Mild Creamy Goat Cheese Soufflé is the Perfect Balance Between Sweet & Savory - A Truly Unique & Delicious After Dinner Treat!

Friday August 3, 2018 - 6:30pm - 9:00pm - *Thai Cooking Class*

1st Course: **Yam Gop Tiam**

Classic Thai Chicken Salad with Shredded Draper Valley Farms (NW) Natural Chicken Breasts, Thinly Sliced Organic Savoy Cabbage, Garden Fresh Local Organic Mint & Cilantro, Shallots, Lemongrass, Local Organic Kaffir Lime Leaves, Thai Chili Peppers, Fish Sauce, Freshly Squeezed Organic Lime Juice & Toasted Peanuts - All Tossed in a Creamy Coconut Milk Dressing



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Friday August 3, 2018 - 6:30pm - 9:00pm - *Thai Cooking Class* - CONTINUED

2nd Course: **Moo Pa Low**

Malheur River Meats (Vale, OR) Pasture Raised Natural Pork Belly is Cubed & Braised with Asian Five Spice, Local Organic Garlic, Garden Fresh Local Organic Cilantro, Fish Sauce & Soy Sauce

3rd Course: **Kao Phat**

Stir Fried Jasmine Rice with Market Fresh Asian Vegetables (or Chef's Choice of Seasonal Organic Vegetables), Fried Egg, Fresh Organic Garlic, Soy Sauce, Fish Sauce, Thai Chilies, Freshly Squeezed Organic Lime Juice and Garden Fresh Local Organic Cilantro & Thai Basil

Dessert: **Gluyat Chee**

Delicious Ripe Market Fresh Organic Chef's Whim Bananas are Cooked in a Sweet & Salty Coconut Milk Sauce and Topped with a Dusting of Toasted Coconut Flakes

Saturday August 4, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class*

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

Market Fresh Organic Baby Spinach Tossed with Fried Almonds & Freshly Baked Pita Bread from Baghdad Market, House Lightly Pickled Red Onions, Medjool Dates, Sumac from Penzeys Spices, Chili Flakes, Extra Virgin Olive Oil from California & 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 and Formed into Small Oblong "Patties" & Pan Seared (or Possibly Grilled as a Larger Patty) - Served Over a Bed of Freshly Prepared Tahini Sauce with Freshly Squeezed Organic Lemon Juice & Garlic

3rd Course: **Shirin Polo**

Traditional Iranian Sweet Rice Features Long Grain Basmati Rice Enlivened with Organic Carrots, Salted Pistachios, Cinnamon from Penzeys Spices, Cardamom, Turmeric, Saffron (The Persian Herb of the Gods), Organic Orange Zest & Local Organic Honey

Dessert: **Almond Cake with Orange Syrup**

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

Sunday August 5, 2018 - CLOSED to Catch Our Breath and for the Observance of Work Like a Dog Day, National Underwear Day, National Oyster Day, National Kids' Day, Friendship Day, National Doll Day, International Forgiveness Day, Sister Day, the First Day of National Farmer's Market Week and the Last Day of Satchmo Days, Lollapalooza & International Tree Climbing Days

Thursday August 9, 2018 - 6:00pm - 8:30pm - *Middle Eastern Cooking Class*

1st Course: **Fattoush**

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



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Thursday August 9, 2018 – 6:00pm – 8:30pm – *Middle Eastern Cooking Class* - CONTINUED

2nd Course: **Chicken Kofta Patties**

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

3rd Course: **Rice Pilaf**

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

Dessert: **Qatayef**

Oven Baked Middle Eastern Style Freshly Made Sweet Crêpes are Filled with Our Housemade Ricotta Cheese, Mascarpone Cheese, Toasted Walnuts & Cinnamon from Penzeys Spices Served with a Drizzle of Our House Local Organic Honey, Rosewater & Lemon Juice Syrup

Friday August 10, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Pasta al Pesto Trapanese**

From the Province of Trapani in the Western 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 Unique Savory Dish Featuring Spaghetti Pasta Tossed with a Pesto Made from Garden Fresh Seasonal Local Organic Basil, Almonds, Olives, Preserved Capers, Garlic, Housemade Oven Dried Cherry Tomatoes & Freshly Grated Pecorino Romano Cheese

2nd Course: **Petti di Pollo**

Pan Seared & Oven Roasted Draper Valley Farms (NW) Natural Chicken Breasts are Sliced & Served with a Topping of Our House Delicate Creamy Shallot, Butter & Dry White Wine Sauce

3rd Course: **Tortine di Verdura**

Small Towers of Oven Roasted Garden Fresh Seasonal Local Organic Eggplant & Zucchini Layered with Our Homemade Fresh Ricotta Cheese & a Liberal Sprinkle of Mozzarella Cheese and Topped with a House Organic Marinara Sauce & Garden Fresh Seasonal Local Organic Basil

Dessert: **Crostata della Nonna**

La Nonna's (Grandma's) Traditional Northern Italian Dessert Featuring a Buttery "Shortbread" Style Tarte Filled with a Velvety Vanilla Custard & Pine Nuts - OMG!

Saturday August 11, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Melanzane alla Parmigiana**

This is the Last Opportunity to Learn the Secrets of Making Mamma Lancedelli's Absolutely Killer Eggplant Parmesan. It's a Glorious Melding of Fried Garden Fresh Seasonal Local Organic Eggplant Layered with Our Housemade Organic Marinara Sauce, Plenty of Mozzarella Cheese & Freshly Picked Seasonal Local Organic Basil

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

Salmon Creek Farms (ID) Natural Pork Tenderloins are Pan Seared for Browning & Then Oven Roasted with Organic Garlic, Garden Fresh/Homegrown Local Organic Rosemary & Oregano and Our House Sauce of Freshly Squeezed Lemon Juice & Lemon Zest Combined with the Natural Juices/Pan Drippings



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Saturday August 11, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED

3rd Course: **Insalata di Pomodori**

Classic Recipe from Sardinia Features a Salad of Garden Fresh Vine Ripened Local Organic Tomatoes, House Roasted Organic Lemons, Red Onion and Garden Fresh Local Organic Parsley & Fresh Mint with a Dressing of Extra Virgin Olive Oil from Californian & Chef's Whim Selection of Vinegar

Dessert: **Sgroppino al Limone**

A Drinkable Dessert - Think Adult "Slushy" Made with Lemon Sorbet & Prosecco

Sunday August 12, 2018 - CLOSED to Catch Our Breath and for the Observance of Vinyl Record Day, Milkman Day, Middle Child's Day, World Elephant Day, International Youth Day, IBM PC Day, Sewing Machine Day, the End of National Bargain Hunting Week & National Hobo Week and the First Day of Weird Contest Week, National Motorcycle Week & National Resurrect Romance Week

Tuesday August 14, 2018 - 6:00pm - 9:00pm - *Private Dinner for Make A Wish - Idaho*

Thursday August 16, 2018 - 6:00pm - 8:30pm - *Private Italian Cooking Class*

Friday August 17, 2018 - THAT'S ALL SHE WROTE - WE ARE PERMANENTLY CLOSED AND BARRING ANY HICCUP IN PLANS FOR MOVING TO ITALY, COOKING CLASSES WILL CEASE EFFECTIVE TODAY!

THANK YOU BOISE/TREASURE VALLEY FOR ALL OF YOUR SUPPORT OVER THE YEARS. IT'S BEEN AN INCREDIBLE JOURNEY THIS LAST 8 YEARS AND WE SO VERY MUCH APPRECIATE YOU BEING ALONG FOR THE ADVENTURE. SEE YOU IN ITALY!!

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 or North African Inspired cuisine. As we want to leave as much room in the schedule for cooking classes open to the public, 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 prior to your class, we very much appreciate timing your arrival to no more than 10 minutes prior to the start of your class.



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*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

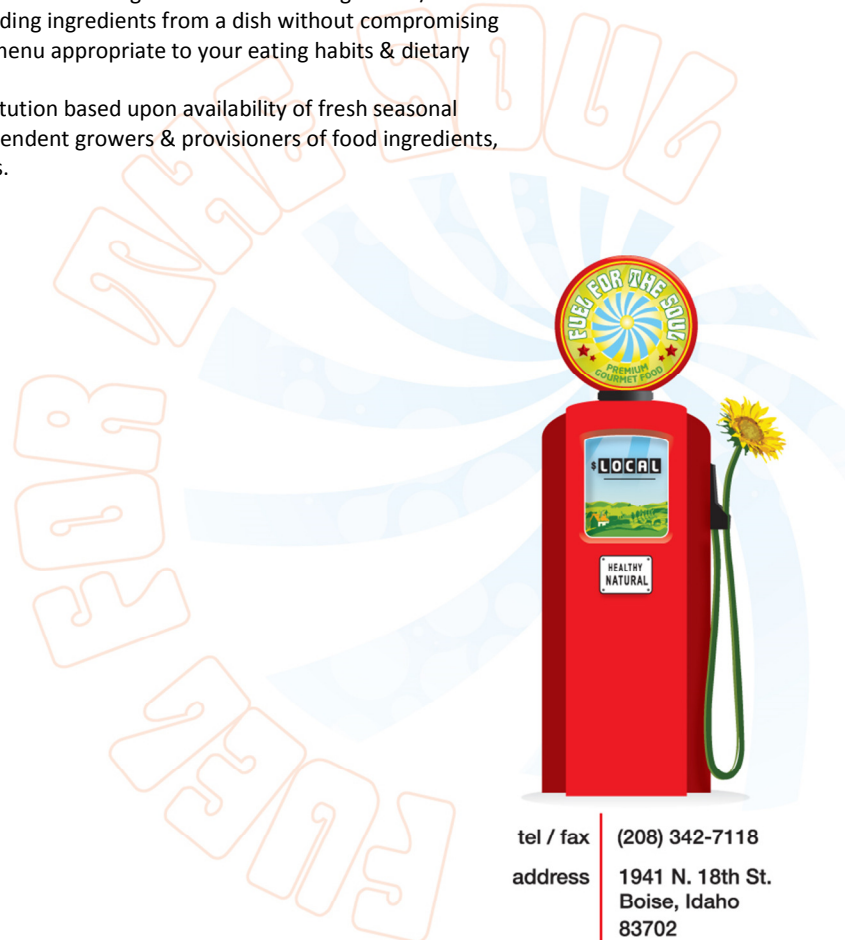
*To secure your spot at the table, please send your check to Fuel for the Soul, 1941 N. 18th Street, Boise, Idaho, 83702 within 4 days of your verbal or e-mailed preliminary reservation confirmation. Reservations not paid in full within 4 days will be released for re-sale, unless prior arrangements have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