

ADULT COOKING CLASSES – OCTOBER AND NOVEMBER 2017

Ahhhhh. Oh how I love these more “moderate” temperatures of summer. Almost makes you forget about the pain from weeks of triple digit heat! While there is still one more month of summer before the fall season is upon our doorstep, it’s time to be a bit forward looking and tackle the cooking class schedules for October 2017 **AND** November 2017.

Yes, not one, but 2 months of cooking classes released in one fell swoop! You might ask why we’re breaking tradition & releasing 2 full months of classes all at once? Well, our Euro trip is slated for the 2nd half of September & early October, which is the time period during which the November schedule would normally be issued. While I know it creates a VERY long document to cull through, we wanted to get the November classes out now, so as to limit the need to actually work while we’re on holiday/vacation. A novel idea indeed! Less work, more vacation. Brilliant!

This means a total of 21 cooking classes spanning this 2 month period (ten in October & eleven in November), including a wide variety of *Italian*, *Thai* and *Middle Eastern/Persian* cuisine. In the interest of brevity and investing your time in culling through the menus, we’ll skip some of the usual flowery notes. Just know our menus will feature seasonal cooking and a whole lot more COMFORT FOOD as we head into chillier months.

If you are new to our e-mail list or have simply been too busy during the summer months, now would be a good time to saddle up and rejoin us for a class. Never too soon to cozy up to the kitchen bar at our *Fuel for the Soul* HQ. During your 2-1/2 hours or so in the warmth of our abode, you can either opt to 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 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. So you’ll not only experience enlightening cooking instruction, but have time to meet new friends & enjoy a whole lot of merriment around the communal dining table, while feasting on a full 3-5 course meal. Break free from the traditional cooking class format and luxuriate in an evening dedicated to a truly one-of-a-kind cooking class experience.

We hope to share an evening or two with you in our North End HQ for a celebration of great food & cheer. Book now to secure your seat(s) in one or more of these gastronomic adventures offered during October & November 2017. Take a pause for the cause and let *Fuel for the Soul* be your guide for the evening’s culinary sojourn. Buon Appetito!

Thursday October 5, 2017 - 7:00pm - 9:30pm - Private Italian Cooking Class

Friday October 6, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Spaghetti alle Vongole**

A Time Honored Classic Italian Pasta Dish from Napoli and Very Popular Throughout the Surrounding Campania Region & Rome with a Bit of Our Own Spin - Features Spaghetti Pasta with Market Fresh Clams Sautéed in a Garlic & House White Wine Sauce and Tossed with Garden Fresh Organic Cherry Tomatoes & Italian Parsley

2nd Course: **Bocconcini di Pollo con Salsa Verde**

Cubed Chunks of Draper Valley Farms (NW) Natural Chicken Breasts with a Dry Rub of Fennel & Coriander Seeds, Oregano, Garlic and Paprika - Then Skewered & Grilled to Perfection and Served with a House Gremolata Sauce Made with Garden Fresh Local Organic Parsley, Organic Lemon Zest, Preserved Capers & Extra Virgin Olive Oil

3rd Course: **Insalata della Casa**

Seasonal Salad with Market Fresh Organic Mixed Greens & Chef’s Whim Vinaigrette

Dessert: **Torta alle Mandorle con Crema Inglese**

Delicate Almond & Olive Oil Cake Served with a Vanilla Flavored Crème Anglaise



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(Continued)

Saturday October 7, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Orecchiette ai Funghi**

The "Small Ear" Pasta from Puglia, Orecchiette is Tossed with a Medley of Sautéed Mushrooms, Freshly Grated Parmesan Cheese & Garden Fresh Organic Parsley in a Light Cream Sauce

2nd Course: **Sogliole alle Erbe**

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

3rd Course: **Fagiolini con Nocciole**

Market Fresh Organic Green Beans are Blanched and Then Tossed in a Housemade Organic Orange Zest Dressing & Topped with Toasted Hazelnuts

Dessert: **Dolcetti alla Pera**

Individual Cornmeal Tartlets Filled with a Heavenly Compote of Seasonal Tree Ripened Organic Pears (ID or NW) Cooked with Butter & Organic Maple Syrup

Sunday October 8, 2017 - CLOSED to Catch Our Breath and for the Observance of *World Octopus Day, Pierogi Day, National Salmon Day, the Last Day of Oktoberfest in Germany and the Start of Drink Local Wine Week & Earth Science Week*

Wednesday October 11, 2017 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Insalata di Lenticchie e Verdure Autunnali**

A Fabulous New Fall Recipe for a Salad of Lentils Tossed with a Medley of Roasted Chef's Whim Market Fresh Seasonal Organic Fall Vegetables & Caramelized Onions in a Housemade Sherry Vinaigrette and Served Over a Bed of Market Fresh Organic Radicchio

2nd Course: **Arrosto di Maiale al Timo e Burro**

Pan Seared & Oven Roasted Salmon Creek Farms (ID) Natural Pork Tenderloins are Dry Rubbed with Toasted Fennel & Coriander Seeds and Served with a Butter & Fresh Thyme Sauce

3rd Course: **Puré di Patate**

Creamy Mashed Potatoes are Topped with Browned Butter & Fried Organic Sage

Dessert: **Soufflé al Limone**

An Ethereal Sweet & Savory Organic Lemon & Mild Creamy Goat Cheese Soufflé

Friday October 13, 2017 - 6:30pm - 9:00pm - *Middle Eastern/Persian Cooking Class*

1st Course: **Asheh Reshteh**

A Traditional Persian Bean, Herb & Noodle Soup with Organic Chickpeas, Kidney Beans & Lentils, Dried Medley of Organic Herbs, Organic Local Chard, Turmeric, Freshly Squeezed Lemon Juice, Spaghetti Pasta & a Dollop of Labneh Yogurt

2nd Course: **Khoresht Fesenjan**

Classic Iranian Chicken Stew is Slow Cooked with Braised Draper Valley Farms (NW) Natural Chicken, Ground Walnuts, Garlic, Onion, Pomegranate Molasses, Saffron, Turmeric, Tomato Paste & Freshly Squeezed Lemon Juice

3rd Course: **Shirin Polo**

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

Dessert: **Nan-e Nokhodchi**

Traditional Persian Chickpea & Almond Flour Shortbread Cookies (Gluten Free)



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Saturday October 14, 2017 - 6:30pm - 9:00pm - *Thai Cooking Class*

1st Course: Tom Kha Gai

Traditional & Beloved Thai Soup with Coconut Milk, Draper Valley Farms (NW) Natural Chicken Breasts, Kaffir Lime Leaves, Lemongrass, Galanga, Thai Chili Peppers, Lime Juice & Fish Sauce

2nd Course: Gaeng Bah Neua Sahp

Northern Thailand Country Style Curry with Salmon Creek Farms (ID) Natural Pork Tenderloins, Market Fresh Asian Long Beans, Thai Chili Peppers & Garden Fresh Organic Thai Basil

3rd Course: Kao Phat Prik

This New Recipe is for a Spicy Style Stir Fried Jasmine Rice with Garlic, Thai Chili Peppers, Fish Sauce, Palm Sugar and Garden Fresh Organic Thai Basil & Cilantro

Dessert: Tart with Lime Curd

Eastern Meets West in this Classic Western Style Dessert Spun with the Tastes of Siam
A Rustic French Tarte Filled with an Exquisite Housemade Sweet & Tangy Lime Curd

Sunday October 15, 2017 - CLOSED to Catch Our Breath and for the Observance of *Chicken Cacciatore Day, National Cheese Curd Day, I Love Lucy Day, National Grouch Day, Global Handwashing Day, National Cake Decorating Day, International Day of Rural Women, the Last Day of World Rainforest Week and First Day of Freedom of Speech Week*

Wednesday October 18, 2017 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: Zuppa di Lenticchie

Spicy Red Lentil Soup with Homegrown Vine Ripened Organic Tomatoes, Garlic, Organic Rosemary, Bay Leaf & Cayenne Pepper and Served Over a Bed of Lightly Wilted Market Fresh Organic Spinach

2nd Course: Pesce Spada

Pan Seared Market Fresh Swordfish Steaks are Seasoned with Toasted Fennel Seeds, Fresh Garlic, Freshly Squeezed Organic Lemon Juice & Chef's Whim Chili Peppers

3rd Course: Insalata di Finocchio

Cold & Crisp Thinly Shaved Market Fresh Organic Fennel & Arugula Salad Tossed in a Housemade Shallot & Champagne Vinaigrette with Toasted Pine Nuts

Dessert: Torta di Mele

An Incredible Moist Seasonal Organic Apple, Vanilla & Artisan Rum "Rustic Cake" (More Apples/Less Cake) from the Genius of David Lebovitz - Former Pastry Chef at Chez Panisse in Berkeley, California

Friday October 20, 2017 - 6:30pm - 9:00pm - *Private Middle Eastern Cooking Class*

Saturday October 21, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: Crespelle al Radicchio e Salsiccia

Housemade Savory Au Gratin Crêpes Filled with Sautéed Organic Radicchio, Locally Made Italian Sausage, Creamy Béchamel Sauce & Freshly Grated Parmesan Cheese

2nd Course: Scaloppine ai Funghi

Chicken Scaloppini with Draper Valley Farms (NW) Natural Chicken Breasts Thinly Sliced & Pan Fried with a Medley of Sautéed Mushroom and Served with a Light Cream Sauce & Dusting of Market Fresh Organic Chopped Parsley



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Saturday October 21, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED

3rd Course: **Patate Arrosto**

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

Dessert: **Pane al Cioccolato**

Toasted Acme Artisan Bread Chunks Soaked in Freshly Brewed Espresso from DOMA Coffee Roasting Company in Post Falls, Idaho & a House Artisan Chocolate Rum Sauce and Served Layered with Toasted Almonds & Freshly Whipped Cream

Sunday October 22, 2017 - CLOSED to Catch Our Breath and for the Observance of *Smart is Cool Day, Mother-In-Law Day, Caps Lock Day, International Stuttering Awareness Day, National Nut Day* and First Day of *National Massage Therapy Week* and *Pro Bono Week*

Wednesday October 25, 2017 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Spaghetti alla Carbonara**

Time Honored Classic Italian Pasta Dish from Rome with Spaghetti Pasta, Sautéed Onion, Beeler's Natural Uncured & Hickory Smoked Bacon, Market Fresh Organic Parsley & Freshly Grated Parmesan Cheese All Tossed in a Creamy Egg Based Sauce

2nd Course: **Pollo Arrosto con Cumino**

Oven Roasted Draper Valley Farms (NW) Natural Chicken Thighs (Bone-In/Skin-On) Dry Rubbed with Cumin & Cayenne Pepper and Served with a Housemade Citrus Sauce

3rd Course: **Finocchio Arrosto**

Pan Seared & Caramelized Organic Fennel with Red Onions is Finished by Braising in the Oven with Market Fresh Organic Rosemary, Thyme, Garlic and Butter

Dessert: **Crostata alle Mandorle**

Courtesy of Chez Panisse in Berkeley, California & David Lebovitz, This Tarte with a "Candied Toffee" Filling of Slivered Almonds & Cream is Total Decadence on a Fork!

Thursday October 26, 2017 - 6:00pm - 8:30pm - *Private Italian Cooking Class*

Friday October 27, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Risotto al Radicchio e Salsiccia**

Creamy Italian Arborio Rice with Sautéed Organic Radicchio, Locally Made & Fresh Ground Italian Sausage and Freshly Grated Parmesan Cheese

2nd Course: **Cotolette all Palermitana**

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

3rd Course: **Patate al Forno**

Crispy Oven Roasted Home Fries with Caramelized Onions

Dessert: **Mele al Forno**

Baked Seasonal (NW) Organic Apples with a Housemade Praline Almond Filling



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Saturday October 28, 2017 - 6:30pm - 9:00pm - Italian Cooking Class

1st Course: Torta Salata con Spinaci

This is a Fabulous New Recipe for a Savory Housemade "Quiche" with Sautéed Market Fresh Organic Spinach, Caramelized Onions, Imported Swiss Gruyere Cheese & Freshly Grated Parmesan Cheese

2nd Course: Insalata Autunnale

Fall Salad of Market Fresh Organic Radicchio & Fennel with Toasted Walnuts Tossed in a Housemade Sherry Vinaigrette

****NOTE: Both the 1st & 2nd Courses will be Served Together as One Course****

3rd Course: Zuppa di Zucca

A Specialty of *La Mamma* at Rifugio Duca d'Aosta in Cortina d'Ampezzo - A Velvety Cream of Butternut Squash Soup with Organic Leeks, Onions, Potatoes, Market Fresh Organic Parsley & a Touch of Cream - Served Over a Bed of Housemade Buttery Toasted Artisan Bread Crostini Topped with a Parmesan Cheese Au Gratin and Set Adrift in Your Soup Bowl

Dessert: Dolce con Ricotta

Housemade Fresh Ricotta Cheese is Whipped with Sugar & Artisan Rum and Layered with Cookie Crumbles & Chocolate Shavings - Then Topped Off with a Shot of Freshly Brewed Organic/Fair Trade Espresso from DOMA Coffee Roasting Company in Post Falls, ID

Sunday October 29, 2017 - CLOSED to Catch Our Breath and for the Observance of *Internet Day, Hermit Day, Visit a Cemetery Day, National Frankenstein Day, World Psoriasis Day* and the Waning Days of *Vegetarian Month, Sausage Month, Pizza Month, National Caramel Month & National Pork Month*

Wednesday November 1, 2017 - 6:00pm - 8:30pm - Happy Hump Day Italian Cooking Class

1st Course: Ribollita

Traditional Tuscan Hearty Cannellini Bean Soup with Market Fresh Organic Kale, Chard & Savoy Cabbage, Beeler's Natural Uncured & Hickory Smoked Bacon, Bay Leaves, Garlic, Garden Fresh Organic Rosemary and a Drizzle of Artisan Extra Virgin Olive Oil

2nd Course: Brasato di Pollo con Finocchio

Pan Seared Draper Valley Farms (NW) Natural Chicken Thighs (Skin-On/Bone-In) with Fennel Seeds, Garlic, Organic Lemon Zest & Pernod and Served Over a Bed of *Finocchio e Cipolla Rossa* (Caramelized Organic Fennel & Red Onions)

Dessert: Crepe con Crema al Limone

Homemade Fresh Sweet Crepes are Filled with Our Exquisite House Tangy & Sweet Lemon Curd and Freshly Whipped Cream - Simple Decadence on a Plate!

Friday November 3, 2017 - 6:30pm - 9:00pm - Italian Cooking Class

1st Course: Insalata di Spinaci e Caprino Caldo

Market Fresh Organic Spinach Salad Tossed in a Housemade Sherry Vinaigrette with Shallots & Organic Lemon Zest and Topped with a Warm Round of Almond Encrusted Soft & Creamy Mild Goat Cheese



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Friday November 3, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED

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

Oven Roasted Salmon Creek Farms (ID) Natural Pork Loin Served with a House Orange Sauce Infused with Herbs (Garden Fresh Organic Rosemary & Oregano), a Hearty Splash of White Wine & a Dash of Zesty Black Peppercorns

3rd Course: **Patate e Cavoletti**

An Absolutely Scrumptious New Recipe Featuring Potatoes & Market Fresh Organic Brussels Sprouts Pan Fried with Onions, Beeler's Natural Uncured & Hickory Smoked Bacon and a Drizzle of Our House Balsamic Vinegar Reduction

Dessert: **Crema al Cioccolato**

A Rich & Decadent Chocolate Pot de Crème

Saturday November 4, 2017 - 6:30pm - 9:00pm - *Thai Cooking Class*

1st Course: **Som Tom**

Thai Classic Shredded Green Papaya Salad with Market Fresh Organic Cabbage, Garden Fresh Organic Mint, Dry Roasted Peanuts, Freshly Squeezed Lime Juice, Fish Sauce & Tamarind Water

2nd Course: **Gaeng Gai Neua**

Chunks of Draper Valley Farms (NW) Natural Chicken Breasts & Market Fresh Organic Winter Squash in a Red Curry Sauce with Coconut Milk, Palm Sugar, Fish Sauce & Fragrant Thai Basil

3rd Course: **Moo Pad King Prod**

****New Menu Item**** - Chunks of Salmon Creek Farms (ID) Natural Pork Tenderloin Stir Fried with Crispy Ginger, Sesame Oil, Fish Sauce, Soy Sauce, White Pepper & Market Fresh Organic Cilantro

Dessert: **Gone Bananas**

The Flavors of Siam Collide with Traditional Western Dessert Culture & Tastes in Another David Lebovitz Ingenious Creation - An Upside Down Banana Cake with Caramel at the Bottom of a Cast Iron Pan Topped with Organic Bananas and Finally the Cake Batter - Perfect Dutch Oven Cake for Your Trip Down the Mae Taeng River in Chiang Mai or Wherever Your Paddles May Take You!

Sunday November 5, 2017 - CLOSED to Catch Our Breath and for the Observance of *Daylight Savings Time Ending at 2:00AM, Stout Day, Love Your Red Hair Day, World Tsunami Awareness Day and Early Days of National Peanut Butter Lovers Month & American Indian Heritage Month*

Wednesday November 8, 2017 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Vellutata di Funghi**

A Rich & Velvety Cream of Mushroom Soup Made with a Medley of Mother Nature's Finest Fungi, Garlic and a Touch of Cream & Marsala Wine - Served with Our Housemade Parmesan Cheese Crostini & Packed with Umami

2nd Course: **Arrosto di Maiale in Crosta**

Oven Roasted Salmon Creek Farms (ID) Natural Pork Tenderloins Coated with a Garden Fresh Organic Herb Pesto (Parsley, Rosemary, Thyme, Garlic & Shallots) and a Crust of Housemade Artisan Bread Crumbs



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Wednesday November 8, 2017 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class* -

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3rd Course: Patate con Caprino

Another New Menu Item Features Red Potatoes that are Simply Boiled & Then Coarsely Smashed and Mixed with Market Fresh Organic Chives and a Creamy Soft & Mild Goat Cheese - Think of This Dish as “Rustic” Creamy Mashed Potatoes!

Dessert: Torta Caprese

An Incredible Rich & Dense Chocolate Almond Torte from the Region of Campania Near Napoli - And if this Delectable Bit of Heaven Didn't Stand Out Enough on Its Own Merits, It's a New Gluten Free Dessert for Your GF Repertoire!

Thursday November 9, 2017 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: Finto Soufflé con Spinaci

A Heavenly Savory Bread Pudding with Layers of Artisan Bread, Sautéed Market Fresh Organic Spinach, Caramelized Onions & Plenty of Melted Fontina Cheese

2nd Course: Trota al Burro

Market Fresh Trout is Quickly Broiled Then Topped with a Compound Butter of Garlic, Organic Lemon Zest & Garden Fresh Organic Chives and Preserved Capers - A Great Recipe Utilizing Locally Sourced Ingredients!

3rd Course: Cavolo Arrosto

This Dish will Forever Change Your Mind About Purple/Red Cabbage - Oven Roasted & Crispy Caramelized Organic Purple/Red Cabbage is Tossed with Extra Virgin Olive Oil from California, Artisan Sea Salt from France & Freshly Ground Black Pepper from Phu Quoc in Vietnam

Dessert: Torta alle Nocciole con Caramello

OMG - This New Addition to Our Cooking Classes Features a Hazelnut Torte Liberally Topped with Our Housemade Artisan Sea Salt Caramel Sauce (SLURRRRRPPPPP!)

Friday November 10, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: Pasta con gli Spinaci

Classic Italian “Fast Food” Pasta Dish Features Short Pasta (i.e. Gemelli, Casarecce or Penne) with Lightly Sautéed Market Fresh Organic Spinach, Garlic, Shallots, Chili Flakes from Sicilia, Extra Virgin Olive Oil from California & Crumbled Bulgarian Style Feta Cheese From Israel

2nd Course: Filetti di Pesce con Puré di Cavolfiore

Oven Roasted Market Fresh White Fish Fillets are Topped with a Rich Walnut Gremolata Made from Extra Virgin Olive Oil from California, Organic Lemon Zest, Market Fresh Organic Parsley & Chef's Whim Organic Herbs, Garlic & Toasted Walnuts and Served Over a Warm Creamy “Pool” of Organic Cauliflower Puree

Dessert: Torta Sbrisolona

VERY Unique Dessert from Mantova - The Italian Capital of Culture for 2016 & a Food Mecca Honored as the 2017 European Capital of Gastronomy - This Rich & Crunchy Tarte is Perfect for the Colder Months Ahead and Made with Almonds, Corn Meal & Organic Lemon Zest



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Saturday November 11, 2017 Through Wednesday November 15, 2017- CLOSED

We'll be Headed to the Central California Coast for a Quick Getaway to Visit Our Older Son Joshua. And in Actuality, While We Love & Miss Our Older Son, the Main Impetus for this Getaway was for Tiziana & Joshua to be able to Run Together in the 15th Annual Monterey Bay Half Marathon on Sunday November 12th.

Thursday November 16, 2017 - 6:00pm - 8:30pm - *Middle Eastern Cooking Class*

1st Course: **Ottolenghi Fattoush**

From the Genius of Sami Tamimi & Yotam Ottolenghi Springs Forth this New Recipe for a Salad with Market Fresh Organic Baby Spinach, Fried Freshly Baked Pita Bread, Medjool Dates, Toasted Almonds, Lightly Pickled Red Onions, Sumac, Chili Flakes from Sicilia, Extra Virgin Olive Oil from California & Freshly Squeezed Lemon Juice

2nd Course: **LaHm al-Xanziir Ottolenghi Style**

Pan Seared & Oven Roasted Salmon Creek Farms (ID) Natural Pork Tenderloins with Market Fresh Organic Cilantro, Mint & Parsley, Local Organic Honey, Fresh Ginger, Garlic, Soy Sauce, Dried Chili Peppers and Freshly Squeezed Organic Lemon Juice

3rd Course: **Rice Pilaf**

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

Dessert: **Fatirat Altifah**

In Plain English, the Dessert is a New Apple Torte Recipe with Tree Ripened Seasonal (Northwest or Idaho) Apples, Fresh Ginger, Candied Ginger & Freshly Grated Organic Lemon Zest

Friday November 17, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Stufato di Fagioli e Farro**

Hearty Italian Cold Weather Stew with Borlotti Beans (aka Cranberry Beans), Garden Fresh Organic Rosemary & Thyme, Freshly Squeezed Lemon Juice and Dried Chili Peppers - Served Over Farro with a Dusting of Chopped Market Fresh Organic Parsley

2nd Course: **Arrosto di Maiale con Bietola**

Oven Roasted Salmon Creek Farms (ID) Natural Pork Loin Rolled & Stuffed with Sautéed Organic Chard, Caramelized Onions, Garlic & Market Fresh Organic Thyme and Served with a House White Wine Sauce

3rd Course: **Patate Dolci**

Oven Roasted Sweet Potato Fries Cooked with Fennel & Coriander Seeds, Artisan Sea Salt and Extra Virgin Olive Oil from California

Dessert: **Torta Caprese**

An Incredible Rich & Dense Chocolate Almond Torte from the Campania Region Near Napoli - And if this Delectable Bit of Heaven Didn't Stand Out Enough on Its Own Merits, It's a New Gluten Free Dessert for Your GF Repertoire!

Saturday November 18, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Ravioli di Zucca**

Ethereal Housemade Fresh Ravioli Pasta Filled with Organic Butternut Squash and Dressed with Browned Butter, Fried Sage & Freshly Grated Parmesan Cheese

2nd Course: **Gamberetti con Salsa Verde**

Oven Roasted Plump Juicy Market Fresh Shrimp Topped with a Housemade Pesto from Garden Fresh Organic Parsley, Garlic, Extra Virgin Olive Oil from California & Dried Chili Peppers from Sicilia



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Saturday November 18, 2017 - 6:30pm - 9:00pm - *Italian Cooking Class* - CONTINUED

3rd Course: *Insalata di Cavolo Rosso*

If Oven Roasting Purple/Red Cabbage Doesn't Change Your View of This Veggie, This New Salad Recipe Certainly will do so! Organic Purple/Red Cabbage with Creamy Bulgarian Style Feta Cheese from Israel, Medjool Dates, Toasted Sesame Seeds & Market Fresh Organic Parsley Tossed in a Housemade Lemon Vinaigrette

Dessert: *Crema al Caffè*

Coffee Custard (Creaminess Like Crème Brule) Made with Super Dank Espresso from DOMA Coffee Roasting Co. in Post Falls, Idaho & Served with Freshly Whipped Cream

Sunday November 19, 2017 Through Friday November 24, 2017- CLOSED FOR THANKSGIVING

Saturday November 25, 2017 - 6:30pm - 9:00pm - *Private Italian Cooking Class*

Sunday November 26, 2017 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: *Spaghetti con Sugo di Noci*

Spaghetti Pasta is Tossed with a Light Cream Sauce, Toasted Walnuts, Fried Garlic & Market Fresh Organic Parsley - A New Recipe from the Homeland Shared with Us by Some Friends

2nd Course: *Arrosto di Maiale Ripieno alle Erbe*

Another New Recipe from Italian Friends, This Dish Features Oven Roasted Salmon Creek Farms (ID) Natural Pork Loin Rolled & Stuffed with a Housemade Organic Herb Pesto, Green Olives, Organic Lemon Zest & Freshly Grated Pecorino Romano Cheese

3rd Course: *Finocchio Gratinato*

Braised Organic Fennel is Roasted Au Gratin in the Oven with Cream and a Crunchy Artisan Bread Crumble Seasoned with Garlic, Fennel Seeds, Garden Fresh Organic Rosemary, Dried Chili Flakes from Sicilia & Freshly Grated Parmesan Cheese

Dessert: *Torta della Zia Carla*

Almost Flourless Ethereal Chocolate Cake from Aunt Carla on the Shores of Rimini, Italia

Wednesday November 29, 2017 – 6:00pm – 8:30pm – *Happy Hump Day Italian Cooking Class*

1st Course: *Insalatina Tiepida*

Warm Market Fresh Organic Baby Spinach Salad with Thin Egg Omelet Strips, Bacon Flambé with Beeler's All Natural Uncured & Hickory Smoked Bacon and Parmesan Cheese Shavings Tossed with EVOO & Drizzled with Our Balsamic Vinegar Reduction

2nd Course: *Arrosto di Maiale Ripieno ai Funghi*

Oven Roasted Salmon Creek Farms (ID) Natural Pork Loin Rolled & Stuffed with a Sautéed Mixed Mushroom Ragout, Toasted Walnut, Market Fresh Organic Thyme & Rosemary and Garlic - Served with a Housemade Marsala Wine Sauce

3rd Course: *Patate al Forno*

Oven Roasted Potatoes are Tossed with a Liberal Amount of Freshly Grated Parmesan Cheese & Finished with Grated Organic Lemon Zest

Dessert: *Torta di Mele*

Upside Down Apple Tart with Caramel at the Bottom of Our Finex Cast Iron Pan, Then Seasonal Tree Ripened (NW) Organic Apple Slices & Finally the Cake Batter A Perfect Dutch Oven Cake for Your Next River Trip! **If You are Looking to Purchase a 10" or 12" Finex Cast Iron Pan, We Now Have Them in Stock**



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(Continued)

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

2017 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
- *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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