

## COOKING CLASSES JUST FOR KIDS – NOVEMBER/DECEMBER 2012

We're Back!!! Our education series, *Cooking Classes Just for Kids*, is resuming on a very limited basis now that the fall sports season is in its waning weeks, which means your kids will have a bit more free time to work a cooking class or two into their busy schedules. These SPECIAL cooking classes tailored specifically for kids are resuming just in time for your junior chefs to help out Mom or Dad with the cooking load around the holidays. And this time around we're giving more emphasis to baking classes for our younger pastry chefs, so they can prepare some of the Thanksgiving desserts & Holiday cookies.

We've structured the kids cooking and baking classes as in previous years. However, due to the limited demand for these classes, as a result of busier after school schedules, we'll only do a total of 4 classes in November & December 2012. While past programs have emphasized the cooking classes and Italian cuisine, this fall we'll be offering just one cooking class and it'll be Thai cuisine - as requested by our very own students last year. In addition to the Thai cooking class, we'll have 3 baking classes centered around the Holiday Season.

Set to take place after school, you'll drop off your son or daughter at 3:30pm. The 2 - 2-1/2 hour classes are designed to expose the kids to safe food handling & preparation, as well as a variety of cooking and baking techniques, along with the requisite knife handling skills. Chef Tiziana will guide the kids through kitchen lingo and work to make their experience in the kitchen fun, so as to make cooking/baking neither a daunting prospect nor feel like a chore.

When the cooking class is over at 6:00pm, your junior chefs will not only have prepared two Thai entrees, but they'll bring home enough prepared food to feed a family of 4! All you'll need to do is make some steamed Jasmine rice and voila, dinner for 4 is ready!! If your family numbers are greater than 4, call Chef Tiziana to discuss additional portions & food costs. If it's a baking class, your pastry chef will either be bringing home 2 pies or a boat-load of cookies.

Your job is as simple as just making the reservation and playing chauffeur on the day of class. After you've dropped off your child at 3:30pm, along with the appropriate containers to bring home the fruits of your child's labor, you'll have time to go for a run, get a massage, take a sauna or drop by that yoga class you've been meaning to check out. While you're off taking time for yourself, your young "James or Julia Child" will be having a ball whipping up your culinary treats!!!

Classes are limited to 4 participants to ensure that each child gets plenty of hands-on time. So before they fill up, give Chef Tiziana a call at 208-342-7118 or 208-781-1227 to reserve your space(s). When you call to reserve your particular class, Chef Tiziana will give you information as to what type of containers to send with your child, so your food or baked goods can be packed up & brought home.

### Tuesday November 13, 2012 @ 3:30pm - 6:00pm Cost: \$55.00

**Gai Satay** - Marinated Chicken Grilled on Skewers with Peanut Dipping Sauce & Sweet/Sour Cucumber Relish

**Moo Phat King** - Stir Fried Pork with Fresh Ginger, Mushrooms, Fish Sauce, Garlic & Thai Chilis

### Wednesday November 21, 2012 @ 3:30pm - 6:00pm Cost: \$40.00

*Traditional Pumpkin Pie*

*Cranberry Walnut Pie*

### Wednesday December 5, 2012 @ 3:30pm - 6:00pm Cost: \$40.00

Holiday Cookie Festa Including:

*Traditional Sugar Cookies with Icing*

*Cashew Butter Balls*

*Chewy Chocolate Cookies*



tel / fax	(208) 342-7118
address	1941 N. 18th St. Boise, Idaho 83702

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**(Continued)**

**Thursday December 13, 2012 @ 3:30pm - 6:00pm Cost: \$40.00**

*Holiday Cookie Festa Including:*

*Traditional Sugar Cookies with Icing*

*Cashew Butter Balls*

*Chewy Chocolate Cookies*

For more general information on Cooking Classes Just for Kids, check out our fine print below:

All cooking or baking classes for kids are led by Chef Tiziana Lancedelli and limited to a maximum of 4 children. Cost includes kitchen instruction, recipe preparation, printed recipes and cooked meals for 4 or assorted baked goods to take home.

**To book your seat in an upcoming class, give Chef Tiziana a call at 342-7118 or 781-1227. You can also shoot her an e-mail at [tiziana@fuelforthesoulboise.com](mailto:tiziana@fuelforthesoulboise.com).**

\*All cooking or classes are held at our HQ, located in the heart of Boise's North End at 1941 N. 18th Street – Southwest corner of 18<sup>th</sup> & Dewey Streets

\*Payment for cooking classes can be made by check or cash - Sorry no plastic 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, ID, 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 payable upon your arrival to class.

\*Cooking class payments are Non-Refundable! Should you cancel your reservation after making payment or you are a no-show for any reason, we will not refund class payments as 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 sufficient time and are able to re-sell your cancelled reservation, we will roll-over your payment to another cooking class of your choice held at a future date or refund your payment.

\*We require your budding chef to be a minimum of 10 years old for liability purposes and to ensure they can comfortably & safely work in the kitchen at normal countertop height. In the event you have an emerging chef that is younger than 10 years of age, you can discuss with Chef Tiziana the possibility of a liability waiver.

\*All fresh recipe ingredients are subject to change/substitution based upon availability in local markets.



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