



February 2012 Cooking Classes

Explore your own culinary world with Sunset Foods!

We have the knowledge, products, and equipment to educate and entertain you on topics from the simple to the sublime.

Plus, all our recipes include a store aisle shopping guide so after you master new techniques and dishes you can easily find each ingredient to make your at-home cooking experience afterward even more enjoyable.

Cook by yourself or share your station with a friend!

***Stations accommodate one or two people for the same single cost.**

Take home all your creations, and leave the clean-up to us!

Below is a description of classes at our Lake Forest, Libertyville, Long Grove and Northbrook locations.

Mexican Favorites – Saturday February 4th

1:00 pm – 4:00 pm

Lake Forest Cooking Studio

Hands-on; \$65.00 per station*

Recipes from celebrity chefs Rick Bayless and Bobby Flay inspire this South-of-the-Border class. Gather your amigos as we prepare Yucatan Chicken, Sweet Potato Gratin with Chipotle, Devilish Shrimp, Poblano Rice, and Skillet Pineapple Upside-down Cake. Learn festive, casual entertaining, Mexican-style!



Just in time for Valentine's Day...!

Sweet Pairings – Wednesday February 8th

6:30 pm – 8:30 pm

Libertyville Cooking Studio

Demonstration & Tasting; \$20 per person

Back by popular demand... Chocolatier Kevin Roblee from locally based "KOKKU Distinctive Gourmet" will present delicious gourmet chocolates and tempting wines. Learn expert techniques for tasting chocolates originating in France, Spain and the Americas, as well as pairing chocolates with red wines. In addition, Chef Mary Kay Gill will demonstrate a 3-course dessert menu featuring KOKKU's products. You'll leave with knowledge and recipes to create fabulous chocolate delicacies in your own kitchen and pair them with wonderful wines!

French Bistro – Friday February 10th

10:00 am – 1:00 pm

Lake Forest Cooking Studio

Hands-on; \$40 per person

Ooh la la! French epicurean delights will highlight this class. Our menu includes Pork Roulade with Sage & Lemon, Quinoa Pilaf with Dijon Vinaigrette, Oven-Roasted Root Vegetables, and Chocolate Puff Pastry Pinwheels with Almond Filling & Fresh Strawberries. All components will be made in class to finish at home for a no-fuss romantic Valentine's Day dinner. Bon appétit!

His & Hers Valentine's Dinner – Saturday February 11th

10:30 am – 1:30 pm

Lake Forest Cooking Studio

Hands-on; \$70 per station*

Bring your sweetheart and team together to make a "love-ly" dinner. Our menu includes Savory Mushroom Cups, Pork Medallions with Pinot Noir Cherry Sauce, Hasselback Potatoes, Sautéed Baby Artichokes, and Guinness Stout Cupcakes with Chocolate Ganache. All you need to add is candlelight and champagne!

Please turn page for more classes....



February 2012 Cooking Classes – Continued

Veggie Love for Babies & Beyond – Thursday February 16th 6:30 pm – 8:30 pm

Northbrook Cooking Studio

Demonstration & Tasting; \$10 per person

Locally based Square One Organics offers organic super-foods for babies and kids. Founder Denise Henderson will lead a discussion of when and how to successfully introduce vegetables to your baby's diet to promote wellness, train their palate, and provide a foundation for a future of healthy eating for your entire family. Chef Mary Kay Gill will then demonstrate three vegetable-based dishes featuring easy techniques and products readily available at Sunset Foods. You'll leave with knowledge and recipes to make feeding baby and your entire family, easy, delicious and healthy!

Mardi Gras Magic – Saturday February 18th

10:30 am – 1:30 pm

Long Grove Cooking Studio

Hands-on; \$65 per station

Laissez le bon temps rouler! Celebrate Mardi Gras by making the best New Orleans has to offer. Learn the wizardry of Roux, Hollandaise and Poaching. Our menu includes Eggs Sardou (Poached Eggs with Artichoke Bottoms & Creamed Spinach), Monday Beans, Redfish Court Bouillon, and Sticky Toffee Banana Cake.

Knife Skills – Saturday February 25th

10:30 am – 1:30 pm

Lake Forest Cooking Studio

Hands-on; \$40.00 per person

Sharpen your knife skills by learning the proper use of a chef's knife and paring knife. You'll slice, chop, dice, mince, and cut different foods into julienne and chiffonade. Our chefs will instruct you on the selection, care and proper use of cutlery, along with the importance of maintaining a sharp knife. Enjoy the fruits of your labors by creating Avocado & Grapefruit Salad with Pomegranates, Ratatouille with Parmesan Crisps, and Spring Rolls with Asian Dipping Sauce!

Home-Cooked Comfort – Wednesday February 29th

11:00 am – 2:00 pm

Long Grove Cooking Studio

*Hands-on; \$65 per station**

Leap into the kitchen with Mom-inspired favorites using contemporary flavors: Mushroom-Lentil Pot Pies, Fresh Tomato Soup with Spicy Cheese Relish Paninis, Sweet Potato Ravioli with Hazelnut Brown Butter, and Spinach Risotto. Mom will be glad you're eating more vegetables!

We're happy to accommodate PRIVATE CLASSES in our studios. You provide the students and the topics, and we'll provide the instructor and great recipes. Of course, we have plenty of ideas, so don't worry if you need help! Whether you're looking for some time out with friends to explore new wines and cheese, or you want to expand your repertoire and improve your skills, we can assist. Our classes accommodate from six to eight students; for couples cooking, we can host up to eight couples.

If you have questions or wish to sign up, please contact Mary Kay Gill at Sunset Foods.

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Lake Forest Sunset Foods: 825 S. Waukegan Road, Lake Forest, IL 60045, 847/234-8380

Libertyville Sunset Foods: 1451 W. Peterson, Libertyville, IL 60048, 847/573-9570

Long Grove Sunset Foods: 4190 RFD Route 83 (corner of Aptakisic and Route 83), Long Grove, IL 60047, 847/478-8150

Northbrook Sunset Foods: 1127 Church Street, Northbrook, IL 60062, 847/272-7700