Summer 2016 Cooking Classes

Please join us for the following classes in the GFS Cooking Classroom. To register for any class, just stop by the Good Food Store Customer Service Desk or call 541-3663.

4-10-30: Chicken Kabobs with Charred Corn Salad
Tuesday, July 5, 6:00 pm, $10
This evening GFS Cooking School Manager Emily Walter demonstrates one of her favorite summer meals. She’ll teach you why chicken thighs are her go-to favorites for great kabobs and how to ensure you won’t be left with burnt or dried-out meat. She’ll also share tips for grilling vegetables, even fresh corn. As with all our 4-10-30 classes you will receive many of her recipe’s ingredients so you can hit the grill and whip up this simple but delicious recipe at home.

Flavors of the World: Summer in Provence
Thursday, July 7, 6:30 pm, $35
Sun-ripened vegetables, fields of fragrant lavender, port-fresh seafood and barrels of olive oil all help explain why some of the globe’s most coveted dishes come from Southern France. Tonight Suzanne Phillips will show you how to prepare a few Provençal classics, demonstrating the traditional cooking techniques that lead to the bold flavors for which the region is famous.

- Tapenade Toasts
- Salade Niçoise
- Bouillabaisse
- Ratatouille
- Meyer Lemon Cake with Lavender Cream

Couples in the Kitchen: Southern Mediterranean Cuisine
Tuesday, July 26, 6:30 pm, $35 / $60 couple
Grab someone special and come learn how to prepare the big, summery flavors of the Southern Mediterranean. Fine Cooking Catering’s Harriet Eichenholz, who owns a home in Greece and at one time had her own restaurant there, will guide each couple through some of her favorite dishes from the region. At the end of the evening guests will gather around a family-style table in true Mediterranean fashion and share a lovely feast that they have all helped prepare.

- Grilled Halloumi with Grilled Summer Vegetables
- Summer Pasta with Zucchini, Ricotta & Basil
- Watermelon, Tomato & Mint Salad
- Greek Gazpacho
- Heirloom Tomato & Cheese Tart
- Cherry Clafouti

Roll Up Your Sleeves: "Hands On" Sushi
Thursday, July 28, 6:30 pm, $35
Sushi is the perfect light, fresh summer food. Join the Good Food Store’s Stephen Hayes to discover how easy it is to master a kitchen skill you can then share with your family and friends. Stephen will demonstrate a host of preparation techniques and tips, plus lead you in the step-by-step assembly of a variety of vegetarian maki. You’ll get to dine on your creations, plus take home your “leftovers” and your own sushi rolling mat as well.

- Sushi: A Bit of History, A Few Terms
- Awaze-Su
- Sushi Rice
- Selecting & Preparing Veggie Sushi Ingredients
- Rolling Sushi

Flavors of the World: Chinese Street Food
Tuesday, August 9, 6:30 pm, $35
Join Chef Derrick Wcislok of Plonk for a stroll through the flavors you might experience on a busy Chinese street corner. You’ll learn to work with Chinese ingredients and cooking techniques that you may have been reluctant to try. And Derrick will help you discover how relatively easy it can be to prepare some foods that can actually feel quite “exotic.” Come taste and learn to prepare a menu you will be excited to make for your family and for your friends down your street.

- Chinese Crepe with Scallion, Cilantro & Chile Sauce
- Steam Buns with BBQ Pork
- Scallion Pancakes
- Glutinous Rice Balls
- Chinese Milk Tea

Please see back for more July & August cooking classes.
Flavors of the World: Summer Supper on the Gulf Coast
Thursday, August 11, 6:30 pm, $35
Chef and caterer Suzanne Phillips was born and raised in the south, in historic Williamsburg, Virginia. And despite the many years she’s lived up north in Montana, she still misses sitting down to a traditional southern meal. Tonight she visits the GFS Cooking School to show you how to prepare just such a meal, though her focus will be on flavors from a little further south than her old home turf. Come taste and learn to create a terrific southern meal and see why Suzanne has quickly become one of the Good Food Store’s favorite guest chefs.

- Shrimp & Grits  - Succotash  - Deviled Eggs  - Baked Greens  - Peach Cobbler  - Sweet Tea

Roll Up Your Sleeves: “Hands On” Cheese Making
Tuesday, August 16, 6:30 pm, $45 (Fee includes a Rick’s Cheese Making Kit, a $19.99 value.)
We are thrilled to have Jennie Gregory, former GFS Cheese Buyer, back in the cooking school. Join Jennie this evening to discover how easy it is to make cheese in your own kitchen. She will show you how to pull your own fresh mozzarella, plus share tips for making fresh ricotta and cottage cheeses. She’ll keep you busy with this evening’s hands-on adventures but she will save time for you to sample a few recipes that feature the cheeses you’ve learned to prepare — savory and sweet dishes demonstrated by GFS Cooking School Manager Emily Walter. You’ll take home your own cheese making kit too.

- A Cheese Monger’s History  - Preparation & Sanitation  - Caprese Salad with Fresh Mozzarella  - Herb Spread with Fresh Cottage Cheese  - Italian Ricotta Lemon Cookies

4 - 10 - 30: Moroccan Carrot Salad with Beluga Lentils & Spicy Roasted Sweet Potatoes
Thursday, August 18, 6:00 pm, $10
Never underestimate humble foods: garden carrots, Montana lentils and the unassuming sweet potato. Tonight Emily Walter, GFS Cooking School Manager, will show you how to create a “Buckda Bowl”—a great big bowl piled high with great big flavor. Even the non-vegetarians in your house will find this a filling dinner entrée, a satisfying blend of textures, spices and flavors. Speaking of textures, Emily will teach you how to cook — and not overcook — the lentils for the salad and prove not every salad must start with a nest of greens. Every guest will take home a reusable GFS shopping bag too, filled with many of the ingredients you’ll need to prepare this salad at home.

Confidence in the Kitchen: Summer Pies, Tortes & Galettes
Tuesday, August 23, 6:30 pm, $25
When it’s hot outside, we usually don’t want to stand around an even hotter kitchen. Tonight Jade Tojgerson of the Good Food Store Bakery Department will show you how to prepare elegant summer desserts that, despite their rich flavors, don’t require lots of time in that hot kitchen. Jade will demonstrate her quick pie crust, plus share a bonus recipe that’s perfect for a summer pie class — a simple, cooling sorbet. Come prepared for a relaxing demonstration class: sit back, take a few notes and sample five sweet summer treats.

- Flathead Cherry Pie  - Peach & Basil Galette  - Lazy Lemon Pie  - Chocolate Raspberry Truffle Torte  - Plum & Cardamom Sorbet

Roll Up Your Sleeves: “Hands On” Kimchi
Thursday, August 25, 6:30 pm, $35
Hee Kyeong You, or “HK” as she’s fondly known in the cooking school, is very serious about her kimchi. So serious, in fact, that she imported a special refrigerator in which to ferment her spicy cabbage. HK’s passion for high quality kimchi is shared by many native South Koreans, who annually eat some 40 pounds of this fermented cabbage and vegetable side dish. Tonight HK will demonstrate her well-tested recipe and share tips for how to keep your kimchi fresh and crunchy, even if you don’t have a separate refrigerator for it. You’ll learn the cultural and culinary history of kimchi, discover its medicinal qualities, and take home a jar of kimchi which you’ll prepare with HK and your classmates.

- Kimchi: A Bit of History, A Few Terms  - Selecting & Preparing Kimchi Ingredients  - Kimchi Spice Blends  - Kimchi Jun

Flavors of the World: Quick Curries
Tuesday, August 30, 6:30 pm, $35
It may be hard to imagine quickly preparing a curry from scratch, but tonight Theo Smith will show you how. Theo, chef/owner of Masala, will demonstrate some tricks he has perfected and shared with the staff at his popular new restaurant. Theo’s shortcuts help speed the creation of his favorite curries, somehow without sacrificing flavor or depth. One lesson from tonight’s instruction will be how to grind, prep and store complex combinations of spices, fresh herbs and of course, chiles. They’re all key to the flavor of Theo’s curries and efficiently preparing them is one secret to keeping his curries quick.

- Pappadams with Kuchumber  - Vegetable Biryani  - Kheema Matar  - Butter Paneer  - Raita & Chile Chutney

Good Food Store Cooking Classroom Information
General Class Information: Most classes in the GFS Classroom are demonstration style and last one-and-a-half to two hours, unless otherwise noted. Printed recipes are provided. Participants often tell us they wish they’d skipped dinner before attending class because you will be served a tasting of prepared recipes. Doors open 10 minutes prior to class. Seating is on a first-come, first-served basis. Instructors may need to alter menus due to seasonal availability of ingredients. GFS cannot accommodate guests bringing children under age 10 to class. Children over the age of 10 are welcome to attend class at the full price of admission. For “Kids in the Kitchen” classes, appropriate age for attendees is specified in class description. Registration: You may sign up for classes at the GFS Customer Service Desk (406-541-3663). Payment is due at time of registration. Cash, check or credit cards are accepted. Class size is limited. GFS reserves the right to cancel a class due to insufficient enrollment. If a class is cancelled, registered guests will be contacted by phone and given the option of transferring the fee to another class or receiving a refund. Cancellation: All cancellations must go through the GFS Customer Service Desk, either in person or you may call us at 406-541-3663. Cancellations made at least 48 hours prior to the class will be eligible for a full refund. Cancellations made less than 48 hours in advance are not refundable unless the class is sold out. AND we are able to fill your spot with someone on the waiting list. You may choose to send someone in your place if you are unable to attend. Sold Out Classes: To be added to the waiting list of a sold out class, either visit or call the GFS Customer Service Desk at 406-541-3663. If spaces become available, those on the waiting list will be contacted by phone. Make sure you have a daytime phone number that aids us in reaching you. Calls will be made in the order of waiting list sign-ups, but fill in registrations will be accepted on a first-come, first-served basis.