

LPK's Culinary Groove Class Schedule

winter 2012

Vegan Baking Basics

Teacher Lesia Kohut, LPK's Owner & Executive Pastry Chef

Class Description

Learn a variety of simple recipes that can either stand alone, or when mixed and matched, create a delicious and colourful sweet table! Learn how to make **Pastry Cream, Caramel, Whipped Coconut Cream, Ganache, and Shortbread Varieties**, along with baking tips that will help create more beautiful desserts. Recipes and methods will be provided and students will take home an indulgence box at the end of class.

Format Demo and hands on.

What to Bring An apron, a container for your treats.

Duration 4 hours

Dates

22 January, 2012 (Sunday) 10am- 2pm
19 February, 2012 (Sunday) 10am-2pm
18 March, 2012 (Sunday) 10am-2pm

Cost \$130.00 + hst

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Introduction to Gluten-free Baking

Teachers Lesia Kohut, LPK's Owner & Executive Pastry Chef or Lani Sopman, Pastry Chef & Holistic Nutritionist

Class Description

Learn the basics of gluten-free baking using alternative flours and gluten-free ingredients. Recipes offered in class will include **LPK's All-purpose Gluten-free Flour Mix, Chocolate Cake with Chocolate Fudge Frosting, Chocolate Chip Cookies, and Pastry Dough** that may be used for sweet or savoury dishes. Recipes and methods will be provided, and students will take home an indulgence box at the end of class.

Format Demo and hands on.

What to Bring An apron, a container for your treats.

Duration 4 hours

Dates

15 January, 2012 (Sunday) 10am-2pm
26 January, 2012 (Thursday) 6pm-10pm
16 February, 2012 (Thursday) 6pm-10pm
26 February, 2012 (Sunday) 10am-2pm
8 March, 2012 (Thursday) 6pm-10pm

Cost \$130.00 + hst

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Introduction to Raw Desserts

Teacher Stacey Burgess, Live On Chocolate

Class Description

Learn how to make mouth watering, delicious, **low glycemic desserts using organic, raw ingredients, without refined sugar, or any animal products/byproducts.**

Former dessert chef of Live Organic Juice Bar, and winner for Best Raw Dessert at the 2009 Totaly Fabulous Vegan Bake-off, Stacey Burgess will guide students with step by step instruction using equipment and tools that everyone has in the home, along with ingredients that are readily available. Recipes and methods will be provided and students will take home an indulgence box at the end of class.

Format Demo and hands on.

What to Bring An apron.

Duration 4 hours

Dates

31 January, 2012 (Tuesday) 6pm-10pm
5 February, 2012 (Sunday) 10am-2pm (Valentine's theme)
4 March, 2012 (Sunday) 10am-2pm
20 March, 2012 (Tuesday) 6pm-10pm

Cost \$130.00 + hst

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Introduction to Raw "Cooking" - New!

Teacher Stacey Burgess, Live On Chocolate

Class Description

Learn the **basics of raw cooking** with guest teacher **Stacey Burgess** from **Live On Chocolate!** Stacey will show students simple yet effective ways of preparing vegetables, nuts and seeds, along with a number of standard techniques commonly used in raw cooking to create delicious dishes that are satisfying and easy to digest, and leave one energized at the end of the meal. Students will learn how to prepare **sunflower seed pate with flavour variations, sushi rolls with parsnip rice, almond chili stirfry, kale salad, kale chips, and zucchini pasta with tomato sauce.** Recipes and methods will be provided, and students will take home prepared dishes at the end of class.

Format Demo and hands on.

What to Bring An apron, a container for your treats.

Duration 4 hours

Dates

17 January, 2012 (Tuesday) 6pm-10pm
21 February, 2012 (Tuesday) 6pm-10pm
13 March, 2012 (Tuesday) 6pm-10pm

Cost \$130.00 + hst

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Gluten-free Pies & Tarts

Teacher

Lani Sopman, Pastry Chef & Holistic Nutritionist

Class Description

Learn the basics of pie making, savoury and sweet, without gluten! Recipes offered in class will include **LPK's all-purpose vegan and gluten-free pie and pastry dough, how to make a fruit filling, quiche royale, and making individual sweet and savoury tarts** using seasonal, local, organic, and LFP (Certified Local Sustainable) fruit and vegetables from a variety of our friends at the Riverdale, Brick Works, and Leslieville Farmers' Markets. Recipes and methods will be provided, and students will take home an indulgence box at the end of class.

Format Demo and hands on.

What to Bring An apron, a container for your treats.

Duration 4 hours

Dates

9 February, 2012 (Thursday) 6pm-10pm (Valentine's theme)

22 March, 2012 (Tuesday) 6pm-10pm

Cost \$130.00 + hst

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Valentine's Chocolate Lovers' Workshop!

Teacher Lesia Kohut, LPK's Owner & Executive Pastry Chef

Class Description

Just in time for Valentine's Day, a class completely devoted to chocolate worship! Students will have fun **making chocolate works of art** to share with their sweet hearts. **Truffles, chocolate lollies, chocolate bars** and an **edible gift box** are all on the menu! Bring your desire and passion, and leave with a delectable, edible gift your Valentine will adore - almost as much as (s)he adores you!

Format Demo and hands on.

What to Bring An apron, a container for your treats.

Duration 6 hours

Dates

12 February, 2012 (Sunday) 10am-4pm

Cost \$150.00 + hst

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Vegan Indian Cooking for Beginners

Teacher Seema Pabari, Tiffinday

Description

It is very easy to live a vegan/vegetarian lifestyle if you love Indian cuisine! As a lifelong vegetarian, Seema has learned to creatively combine plant-based ingredients with spices and herbs to create delicious vegan dishes that fulfil the body and the soul. Many of her recipes were developed by her mother and grandmother, who were also lifelong vegetarians. Students will learn how to make: **sweet potato curry**, how to **properly cook basmati rice** so it's light and fluffy, how to make **roti** and **stuffed paratha flat breads**, **cilantro** and **tamarind chutneys**, **split mung bean soup** and **bhel chaat**. Students will also learn what the different components of a typical Indian meal are, and how combinations of different types of foods have allowed generations of Indians to live healthy lives as vegetarians and vegans.

Format Demo and hands on.

What to Bring An apron, a container for your treats.

Duration 4 hours

Dates

23 January, 2012 (Monday) 6pm-10pm

29 January, 2012 (Sunday) 10am-2pm

20 February, 2012 (Monday) 6pm-10pm

19 March, 2012 (Monday) 6pm-10pm

25 March, 2012 (Sunday) 10am-2pm

Cost \$130.00 + hst

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To book a class, LPK's requires a 50% deposit, which is non-refundable. The balance is due on or before the day of class. If you have paid, but are unable to attend, you may use the amount paid towards another class scheduled within 6 months of the date of the class for which you are registered. Unless otherwise indicated, classes are geared towards adult students.

Discounts (all classes *except* Chocolate Lovers' Workshop) - book 2 classes at once and pay \$240 for both (save \$20!), book 3 classes at once and pay \$345 for all 3 (save \$45!). Fill a class with 6 students, and everyone in the class pays \$115 (save \$15 each!) - all students must be enrolled at the same time. No cancellations, no exchanges or refunds.

718 Queen Street East (at Broadview) Toronto, Ontario M4M 1H2 • 416.461.6440 • www.lpksculinarygroove.com