

# LPK's Culinary Groove

## Class Schedule

### Vegan Baking Basics

**Teachers** *Lesia Kohut*, Owner & Executive Pastry Chef, or *Lani Sopman*, Pastry Chef, both of LPK's Culinary Groove.

#### Class Description

Learn a variety of simple vegan recipes that can either stand alone, or, when mixed and matched, create a delicious and colourful sweet table! Learn how to make **Pastry Cream, Shortbread Varieties, Whipped Coconut Cream, Caramel, and Semisweet Ganache**, 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** Demonstration with some hands on participation.

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

**Duration** 4 hours

#### Dates

Sunday 30 May, 2010 (12pm to 4pm) *Lesia*

Sunday 27 June, 2010 (12pm to 4pm) *Lesia*

Sunday 18 July, 2010 (12pm to 4pm) *Lani*

**Cost** \$160.00 + gst (+ hst as of 1 July, 2010)

SIGN UP

### Introduction to Gluten-free Baking

**Teachers** *Lesia Kohut*, Owner & Executive Pastry Chef, or *Lani Sopman*, Pastry Chef, both of LPK's Culinary Groove.

#### Class Description

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

**Format** Demonstration with some hands on participation.

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

**Duration** 4 hours

#### Dates

Sunday, 16 May, 2010 (12pm to 4pm) *Lani*

Sunday 6 June, 2010 (12pm to 4pm) *Lani*

Sunday 11 July, 2010 (12pm to 4pm) *Lesia*

**Cost** \$160.00 + gst (+ hst as of 1 July, 2010)

SIGN UP

### Introduction to Raw Desserts

**Teacher** *Stacey Burgess* of Live On Chocolate.

#### Class Description

Learn how to make mouth watering, delicious, **low glycemic desserts using organic, raw ingredients, without sugar or any animal products or byproducts**. Former dessert chef of Live Organic Juice Bar, and winner for Best Raw Dessert at the 2009 Totally Fabulous Vegan Bake-off, Stacey Burgess will guide students in 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** Demonstration with some hands on participation.

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

**Duration** 4 hours

#### Dates

Sunday 13 June, 2010 (12pm to 4pm)

Sunday 25 July, 2010 (12pm to 4pm)

**Cost** \$160.00 + gst (+ hst as of 1 July, 2010)

SIGN UP



*Delighting our clients by treating them, our ingredients and our world with love and respect.*

718 Queen Street East (3 doors east of Broadview)  
Toronto, ON M4M 1H2 • 416.461.6440  
[www.lpksculinarygroove.com](http://www.lpksculinarygroove.com)

*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.*