

Lexi Cooks

community culinary education

Winter/Spring 2012



Living Gluten Free & Loving It!

Tuesday, February 21, 7:00-8:30pm

Learn about delicious gluten free foods! Class includes tips on how to avoid gluten without sacrificing, adapting favorite recipes, suggestions to satisfy carb cravings, plus handouts and samples of gluten free treats! Taught by Certified Holistic Health Counselor Jordana Halpern Geist.

\$20, \$15 for Co-op owners



Bread Basics

Saturday, February 25, 10am-1pm

Learn how to craft fresh, delicious bread from scratch with Lexington Co-op's own baker Tony Fucina! Mix, proof and bake a versatile sandwich loaf. Try bread in class and take some home to enjoy!

\$30, \$25 for Co-op owners



Indian Basics

Saturday, March 3, 10am-1pm

The basics of Indian cuisine, including roti bread and chutney appetizer and vegetable curry main course. We'll talk spices, ghee, techniques and more with Maryann Bolles, a graduate of the Natural Gourmet Cookery School in Manhattan. Class includes a full lunch.

\$35, \$30 for Co-op owners



ABCs of Vegetarian Cooking

Thursday, March 15, 6:00 - 8:00pm

Receive instruction on building a delicious, satisfying balanced meal, nutritional benefits and cooking techniques for greens, grains, legumes and more, all the essentials of vegetarian cooking! Taught by Maryann Bolles, a Natural Gourmet Cookery School graduate, class includes a full dinner.

\$30, \$25 for Co-op owners

All classes at Artisan Kitchen and Bath, 200 Amherst Street, Buffalo

Register with Lexington Co-op at 807 Elmwood Ave or by calling 886-2667.

Cash, credit card & check payment accepted. **Questions?** Email heather@lexington.coop or call 886-2667

