



the
cooking school
presented by **TOPS**

Cooking Classes

**Farewell Message From The
Manager...Page 8**

**Summer Camp Previews...
Page 5**

**Gluten Free Class...
Page 9**

...and More!



AMHERST 3980 Maple Road/ N. Bailey Phone: 716-515-2000
WEST SENECA 355 Orchard Park Road Phone: 716-517-3006

TOPS COOKING SCHOOL ONLINE - TopsMarkets.com > Departments > The Cooking School
TOPS FACEBOOK PAGE - [Page](#) > click on the Amherst/West Seneca page



Message from the Manager



Spring has finally sprung! Here at the Cooking School we certainly do have spring fever! As this new season approaches, we find ourselves still having to tie our purse strings a little tighter, going out to eat less and less, but still missing those “different and exciting” meals you think only restaurants can offer. Well, think again! Why not come to our adult cooking classes where you can not only taste delicious and different meal offerings, but learn how to make them yourselves! Our Culinary Chefs/ Instructors offer valuable tips and step-by-step directions in all of our classes, along with the recipes for you to take along on your next shopping trip. Our health class menus also help you with healthy meal planning, and offer loads of information on the class topics. Whether it be gourmet dinners, appetizers, cooking for kids, or team building events, the Cooking School has the classes for you. Whether you are a novice cook or a seasoned pro, the Cooking School can offer you new ideas for great taste creations, so come on in, bring a friend, join in the party, and have some fun, where at The Cooking School,

“A Good Cook is Born each Day!”

Grace Hanusin
Regional Cooking School Manager



KID'S CLASSES PAGE 2-6

Round up the Kids and head on down to the Cooking School, where these next classes will have them thinking spring! From Mother's and Father's Day, camps; we have it all from A-Z! The Easter Bunny is coming to have breakfast with you!

Don't forget to register your children early for our Summer Camps, as they fill up quickly! We also have our Monthly Saturday “Dinner and Games” classes until June! Come join in the fun with us and meet new friends!



HEALTHY LIFESTYLE PAGE 9-10

Spring has sprung, the plants are in, and now it's time to take a closer look at the eating habits that can make a big difference in our overall health. We begin by featuring our Family Cooks Together Program, Healthy Heart, Eat Well Stay Fit as well as risk factors for Diabetes. Whether your concern is cholesterol, weight loss, heart health, or just general health, we have the class for you. Join us and get answers from our Dieticians to your most important health-related questions. The Family Cooks AND Diabetes classes are hands on!



ADULT CLASSES PAGE 11-12

Celebrate the arrival of spring with some exciting new classes we know you'll love! Spring veggies are on the menu, as well as the start of BBQ season. If you like to get involved, sign up for one of our Hands-On classes and help bring the meal to the table. By popular demand, all of our Adult classes are now hands-on!

KIDS' KITCHEN

These classes will be held in both schools on the dates listed. Parents are required to inform us of any food allergies at the time of registration. We will try our best to accommodate food allergies with substitutions. We DO NOT use any peanut/ nut products in our recipes UNLESS STATED as in our gift classes, however we do use products that may be made in a factory where those products are made. Children with long hair, please tie it back before class. **Please have child wear sneakers for safety reasons; no open toed/ open heeled shoes/sandals are allowed.** Please tell us if you have any coupons or gift certificates at time of registration, as coupons are not taken with some classes, including all camps. **There is a limit of 6 coupons allowed per year, per family or group.**

Little Chefs

AGES 3-6 WITH PARENT

Instructors: Ashlee Lipka, Amherst
Linda Duncan, West Seneca

Please remember, wear Sneakers; NO sandals/flip-flops allowed in the cooking school for safety.

For children this young, one parent or caregiver per child is allowed to remain in the Cooking School at no additional charge. Because we have limited seating and the classes sell out with waiting lists, we can now only accommodate 1 adult per child, so more Little Chefs can sign up. Please call the day before the class to see if there is room for another adult. Thank you for your understanding.

SPRING HAS SPRUNG! / BOOK READING

Saturday, April 13, 11am-12:30 pm Amherst
Saturday, April 6, 11am-12:30 pm West Seneca
\$13 per Little Chef

After a long winter, rebirth is springing up everywhere! Flowers are blooming, baby animals are being born and the birds and bugs are coming back! Let's make some edible spring things ourselves! *Peeping Pancakes with Scrambled Eggs, Apple Ladybugs, Baby Lamb Cupcake*

WE LOVE MOMMY'S AND GRANDMA'S! BOOK READING

Saturday, May 11, 11am-12:30 pm
\$13 per Little Chef

Our mommy's/grandma's are like sunshine in the morning, rainbows in the afternoon and shiny stars at night! Let's have fun and show them how much we love them! *Peachy Sun, Graham Cracker Rainbow, Star Shaped Grilled Cheese Sandwich*

LET'S CELEBRATE WITH DADDY GRANDPA! / BOOK READING

Saturday, June 15, 11am-12:30 pm
\$13 per Little Chef

Daddies and grandpas do chores and have fun with us outside, so let's make special foods that reminds us of how we love to be with them in the fresh air and sunshine! *Homemade Corn Dogs, Watermelon Fruit Salad, Lawn Mower Cupcakes*



Future Chefs

AGES 7 & UP

Instructors: Karen Gold - Amherst
Linda Duncan - West Seneca

Children of this age attend the class without an adult, as we teach them independence in the kitchen skills. Parents are required to inform us of any food allergies at the time of registration. We will try our best to accommodate. Classes are held in both schools on the same day. **Please remember, wear Sneakers; NO sandals/flip-flops allowed in the cooking school for safety.**

APRIL IS AWESOME!

Thursday, April 11, 6-8 pm

\$16 per Future Chef

Warm weather is finally here to stay! Let's celebrate Spring by preparing some awesome springtime recipes! *Homemade Carrot Muffins, Flower Mini Quiches, Fruit Salsa and Cinnamon Chips, Cherry Berry Smoothies*



NAILED IT FOR MOM

Thursday, May 9, 6:30-8pm

\$20 per Future Chef

Since these classes are so popular we are continuing and are now faced with a new challenge! This time we are decorating a cake for mom! So bring your ideas and let's give mom something to smile about! ***please bring a box/container to take your cake home in**



DAD'S ARE THE BEST

Thursday, June 13, 6-8pm

\$16 per Future Chef

Since Dad's are our "person" to go to with things that need fixing, let's "fix" some picnic food for him with all the "fixins!" *Corn Dog Mini Muffins, Deconstructed Bacon Cheeseburger Kabobs, Greek Orzo Salad, Best Ever Brownies*



Breakfast with the Easter Bunny!

SATURDAY, APRIL 6

10-11:30 AM • AMHERST

SATURDAY, APRIL 13

10-11:30 AM • WEST SENECA

\$8 per adult, \$7 for Future Chefs ages 7-10, \$5 for Little Chefs ages 3-6 (no children under 3 please). No strollers will fit into the schools.

Easter is coming and so is the Easter Bunny! Hop on into the Cooking School for breakfast and color a hard boiled Easter egg with the Easter Bunny!

Hoppin' Good French Toast with Assorted Toppings, Sunny Sausage, Springtime Yogurt & Fruit Parfait, Hard Boiled Egg to decorate, Coffee, Tea, Juice for children



**PRE-REGISTER
FOR THIS CLASS
NOW!**

SUMMER CAMPS FOR FUTURE CHEFS AGES 7 & UP

Instructors: Ashlee Lipka, Amherst, Linda Duncan, West Seneca
Please remember, wear Sneakers; NO sandals/flip-flops allowed in the cooking school for safety.

SAVE THE DATES FOR THESE FUTURE SUMMER CAMPS

CAMP 1 - KIDS TV COOKING SHOWS

Choose 1 Week

WEEK 1 - Tuesday, July 9- Thursday July 11 10am-1pm

OR

WEEK 2 - Tuesday July 16- Thursday July 18 11am-2pm

Featuring: Cupcake Wars, Chopped, and Master Chef Jr.



CAMP 2 - KITCHEN BASICS

Choose 1 Week

Tuesday August 6- Thursday August 8 10am-1pm

Featuring: Knife Skills, Exploring Cookware and Baking Basics



Kid's Night Out!

6-9 PM AGES 7-14

Instructors: Karen Gold - Amherst, Linda Duncan - West Seneca

Come join us for a special dinner & game night right here in the cooking schools! Each month we will have a special dinner theme that you will help prepare. After eating and helping clean up, we will play selected games. Bring a friend and add to the fun!!

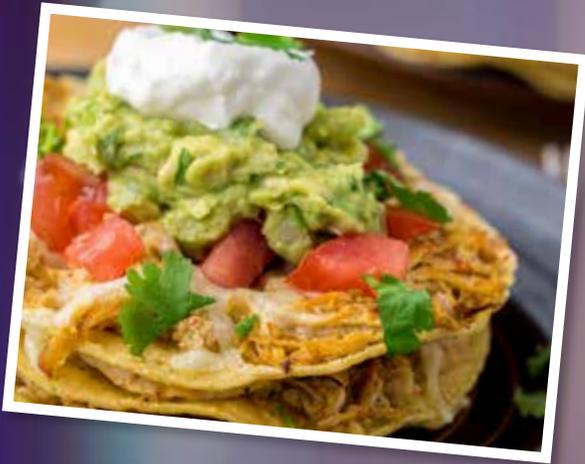
\$30 for one child, \$50 for two children and \$75 for three children (please register all children in your group at the same time to get the discount) No coupons allowed for more than 1 child, as it is already discounted.

Please remember, wear Sneakers; NO sandals/flip-flops allowed in the cooking school for safety.

LITTLE BITES

Saturday, April 27, 6-9 pm

Let's start off the warm weather with easy bite sized food that you can eat on the go! *BLT Tomatoes, Oatmeal Energy Bites, Popcorn Chicken Salad, French Toast Muffins, Mini Orange Tarts, Popcorn*



LET'S CELEBRATE CINCO DE MAYO

Saturday, May 4, 6-9 pm

Cinco de Mayo, celebrated on the 5th of May, commemorates the triumph of a small Mexican army over French forces in an 1862 battle, "Batalla de Puebla". The Battle at Puebla took place only 14 years after the United States defeated Mexico in the Mexican-American War. For Americans, it means celebrating with *Mexican food!* *Mini Taco Cups, Cheese & Chicken Tostadas, Cheesecake Taquitos, Mexicali Popcorn*



SCHOOL'S OUT; LET'S PARTY!

Saturday, June 22, 6-9 pm

Let's celebrate the start of summer in the cooking school by whipping up a batch of party dishes that we could prepare all summer long! *BBQ Chicken Tacos, Tater Tots Casserole, Fiesta Corn, Marshmallow Fruit Dip with Assorted Fruit, Popcorn*

Looking for a holiday gift for the person who has everything?

To purchase a gift certificate for an Amherst class/classes call: **515-2000** or to purchase a gift certificate for an West Seneca class/ classes **517-3006**. You choose the price, they choose the classes!

Gift certificates must be purchased at the class location you intend to attend.



ATTENTION VENDORS

This page can be purchased for your company's recipes.

PLEASE CALL GRACE HANUSIN AT (716) 515-2000 FOR MORE INFORMATION

Message from the Manager



It is with mixed emotions that I am retiring from my position as Regional Cooking School Manager. It sure has been a fun ride; I started out as a kids Instructor and for the past 12 plus years, I have worked very hard on developing the Cooking School programs to where they are today. This is like a second home to me and I will miss everyone from the caring staff to the wonderful customers. I have had the pleasure of working with some wonderfully talented Chefs (Scott Donhauser, Avi Altman, Tab Daulton, Amanda Usen to name a few), Dietitians and Instructors throughout the years that have grown my culinary knowledge to the ninth degree!

It has always been my goal to develop programs to give you, the customer, the best possible classes at a cost that you can afford, with cooking themes that appeal to all. I wish the cooking school continued success with the new regional cooking school manager and am looking forward to the next chapter in my life. Please continue to sign up for our wonderful array of classes. God bless!

Your Healthy Lifestyle

Offered at the
AMHERST
Location Only

YOUR HEALTHY LIFESTYLE NUTRITION EXPERTS

We have a staff of Registered Dietitians and nutrition experts who teach all of the Your Healthy Lifestyle classes at the Cooking School.

Marla Ryan, MS, Nutritionist, Natural Medicine
Ann Marie Nowicki, MS, RD
Alyssa Cometto, MS, RD



These great classes taught by nutrition experts are covered in part by select local Health Insurance Companies. (Please call the Cooking School for details). Come join us to learn how to make good lifestyle choices. Included in each class is information and handouts on the class topic, along with a generous sampling of each recipe made. Some classes offer product samples as well.

** Vegetarian Friendly Recipe or Class*

Independent
Health.



EAT TO YOUR HEART'S CONTENT

Ann Marie Nowicki, MS, RD

EXPLORING PROTEIN ALTERNATIVES

Tuesday, April 23, 6-8:30 pm Amherst

\$30 without Insurance

This month's heart related topic is protein and cardiovascular health. Smart protein choices are key to a healthy and strong heart. The registered dietitian will create a meal involving nutritious protein dishes. *Pesto Stuffed Mushrooms**, *Hummus Crusted Chicken*, *Hasselback Sweet Potatoes**, *Lemon Thyme Bars**

ANTIOXIDANTS AGAINST HEART DISEASE

Tuesday, May 14, 6-8:30 pm Amherst

\$30 without Insurance

Sometimes sources aren't the most credible when discussing health related nutrient content. The registered dietitian is here to tell you what is credible and what is not when it comes to antioxidant's effects on heart health. *Tzatziki Sauce w/ Pita**, *Mediterranean Couscous Salad with Chickpeas**, *Grilled Chicken*, *Baklava**

CHOLESTEROL AND YOUR HEART**

Tuesday, June 18, 6-8:30 pm Amherst

\$30 without Insurance

The registered dietitian will discuss the crucial role between your cholesterol level and heart disease risk. There are lifestyle methods such as healthy eating and exercise that would help achieve an optimal blood lipid profile. *Cherry Tomatoes Stuffed with Chicken*, *Apple Salad*, *White Bean and Quinoa Burgers**, *Sautéed Broccoli & Kale with Toasted Garlic Butter**, *Honey-Roasted Pineapple with Greek Yogurt**



EAT WELL, STAY FIT

Marla Ryan, MS, Nutritionist/Natural Medicine

GLUTEN FREE COOKING/BAKING*

Tuesday, April 16, 6-8:30 pm Amherst

\$30 without insurance

Eliminating gluten from your diet can be a challenge at first, but understanding what to eat and what not to eat is key. Join us to learn about cooking and baking with gluten-free ingredients! We will discuss the sources of gluten, cross contamination, gluten-free ingredients, reading labels and how to maintain a healthy diet. *Honey and Thyme Cornbread Muffins**, *Tortilla Soup with Red Lentils**, *Grain-Free Tahini Brownies**

WOMANS HEALTH AWARENESS

Thursday, May 2, 6-8:30 pm Amherst

\$30 without insurance

It's never too early or too late to work towards being your healthiest you! Women have some unique nutritional needs, especially in different stages of life. Learn about calories, metabolism, important vitamins and minerals, and nutrition-related health issues that impact women. *Spinach Frittata Muffins**, *Orange-Sesame Chicken Stir-Fry*, *Chocolate-Almond "Cookie Dough" Bites**

THE HERB GARDEN

Tuesday, June 11, 6-8:30 pm Amherst

\$30 without insurance

Join us to learn ways to use herbs and spices in your cooking for an extra boost of nutrients. Herbs and spices such as cilantro, basil, cumin, dill, ginger, turmeric, garlic, rosemary, parsley, and cayenne pepper offer a unique range of health benefits and flavors when used in your favorite recipes! *Crispy Salmon Bites with Dill Sauce*, *Vegetable Fajita Salad with Creamy Avocado Dressing**, *Carrot Cake Cupcakes with Maple-Cream Cheese Frosting**

** Vegetarian Friendly Recipe or Class*



DIABETIC COOKING AND FAMILY COOKS TOGETHER ARE HANDS-ON CLASSES

DIABETIC COOKING (Hands-on)

Ann Marie Nowicki, MS, RD

RISK FACTORS FOR DIABETES

Thursday, April 18, 6-8:30 pm Amherst

\$30 without insurance

In this class we will welcome spring with fresh and delicious recipes. The registered dietitian will discuss pre-diabetes, how to prevent it, and what foods to eat to properly nourish your body. *Chunky Roasted Vegetable Spread**, *Pine Nut-Crusted Cod*, *Sautéed Carrots**, *Pear and Cherry Cobbler**

START YOUR DAY RIGHT; CONQUERING LOW BLOOD SUGAR

Thursday, May 23, 6-8:30 pm Amherst

\$30 without insurance

This month's class is all about healthy breakfasts. We will feature four breakfast ideas appropriate for a diabetic. The registered dietitian will also touch upon hypoglycemia, the dangers surrounding this issue and how we can prevent it. The breakfast items include, *Berry Morning Muffin**, *Cheddar and Zucchini Frittata**, *Knife-and-Fork Breakfast Burrito**, *Berry Smoothie Bowl**

MATH CLASS; BALANCING CARBOHYDRATES AND PROTEIN

Tuesday, June 25, 6-8:30 pm Amherst

\$30 without insurance

This class is about the balance between carbohydrates and protein. Protein can help manage your blood sugar control and is important to try and incorporate protein at all meals. These recipes contain a healthy balance, *Herb Stuffed Cherry Tomatoes**, *Almond Crusted Chicken Strips*, *Steak Fries**, *Raspberry Banana Mousse**

FAMILY COOKS TOGETHER (Hands-on) FAMILY/KIDS 7 & UP

Alyssa Cometto, MS, RD

These classes will be geared to all family members, starting at age 8. Children ages 8 to 16 must be accompanied by an adult. In years past, family time was always spent around the dinner table, where conversations would be personal in nature, where families could feel close to each other. Family life today is all too busy, with less time spent on families eating meals together, more time going to the nearest fast food place. If each family member had a role in getting a healthy meal on the dinner table, there would be more time available to stay home and enjoy the meal together. Let us help you start getting back to family basics, while enjoying the healthy meal that you helped to prepare! **(Please wear closed toed shoes like sneakers; hair must be pulled back if long.)** These classes are covered under the Healthy Lifestyle classes. All Insurance information will be needed for all attending, and will be taken when you reserve the class, along with your credit card information.

In order to make these classes affordable for families, the cost without covered Insurance for the Family Cooks classes is \$30 per adult, \$16 per child ages 8-15 yrs.

HEALTHY FAMILIES COOK WITH FOOD LABEL KNOW HOW

Friday, April 12, 6-8:30 pm Amherst

Making the best food choice would be so much easier if interpreting the Nutrition Facts and ingredients label wasn't so confusing! The registered dietitian will walk you through the Nutrition Facts, from Calories to "%DV," and keywords to look for in the ingredients label with these four fresh and easy-to-make spring-time recipes. *Fresh Salsa**, *Easy Chicken Flautas*, *Cilantro-Lime Coleslaw**, *Brownies and Cream Fruit Trifle**

NAVIGATING THE NEW DIETARY GUIDELINES

Wednesday, May 29, 6-8:30 pm Amherst

Nutrition research is always on the move. Join the registered dietitian as she brings you up-to-date with the latest recommendations as you indulge in this Asian-inspired meal. *Veggie Lettuce Wraps**, *Beef and Broccoli*, *Thai Pineapple Fried Rice**, *Fruit Skewers with Dip*

THE POWER OF PRODUCE!*

Friday, June 14, 6-8:30 pm Amherst

Fruits and vegetables are loaded with nutrients your body craves to function at its best. The registered dietitian will discuss all the exciting benefits fresh produce has to offer. Explore the power of produce with these four delicious recipes that are just in time for summertime barbecues. *Bell Pepper Nachos**, *Lemony Pasta Salad**, *Southwestern Pinto Bean Burgers**, *Cheesecake Strawberry Bites**

* Vegetarian Friendly Recipe or Class

Hands-on Adult Classes

The adult classes are designed for adults aged 18 yrs. and up for safety reasons. Any children aged 16 -17 yrs. old may come accompanied by an adult, but may not operate any small appliances. Children aged 16 and under may sign up for the Family Cooks classes with an adult or our Future Chef classes without an adult. Thank you for your understanding.

PLEASE WEAR LOAFER TYPE SHOES/SNEAKERS. Please come with hair pulled back if shoulder length or longer.

SPRING HAS SPRUNG

Culinary Instructor Karen Gold

Tuesday, April 9, 6-8:30 pm Amherst

Tuesday, April 16, 6-8:30 pm West Seneca

\$30 per person

Winter is almost over, the tulips are starting to peek through and sunnier skies are ahead! Join me tonight as we celebrate "Spring" with a colorful meal for your table. Learn some new techniques and ways to "plate" like a pro! *Homemade Yeast Woven Tapestry Bread, Jasmine Rice w/Cranberries, Vineyard Chicken, Rainforest Fruit Salad*

SICILIAN EASTER

Culinary Instructor Susan Vernon

Wednesday, April 17, 6-8:30 pm Amherst

Tuesday, April 9, 6-8:30 pm West Seneca

\$30 per person

Easter in Sicily is a special season of new beginnings and great food! Family gathers around the table to share a meal and reflect on the holiday with thoughts of renewal and joy. Come gather around Susan's table and delight your senses with stories of past Easters and food to be enjoyed by all. *Roasted Fennel with Gorgonzola and Balsamic Drizzle, Sundried Tomato and Goat Cheese Stuffed Chicken Breasts Baked in Filo, Prosciutto Stuffed Hassle Back Golds, Sicilian Lemon Granita*



APRIL SHOWERS; STAY INSIDE AND BRING ON THE FOOD!

Culinary Instructor Susan Vernon

Friday, April 26, 6-8:30 pm Amherst

Tuesday, April 23, 6-8:30 pm West Seneca

\$30 per person

April can be the longest month waiting for the weather to break. We often find ourselves stuck indoors watching the rain out the window. Let the raindrops be music to your ears while you whip up some comfort food and sit back and enjoy the relaxation. *Baked French Onion Soup, Roast Beef Panini with Roasted Red Peppers, Caramelized Onions and Mushrooms, served with Horseradish Mayo, Sour Cream and Chive Mashies, Peanut Butter Butterscotch Pizza*

STRETCHIN' YOUR DOLLAR

Culinary Instructor Karen Gold

Tuesday, April 30, 6-8:30 pm Amherst

Friday, April 26, 6-8:30 pm West Seneca

\$30 per person

In today's economy, so many people are trying to cook a great meal inexpensively and knowing how and when to improvise is the secret of good cooking. Join me as we discuss everything from utilizing different cuts of meats to simple ingredients to unexpected combinations in order to best prepare an amazing meal from your very own kitchen! *Old Fashioned Swiss Steak, Stuffed Zucchini, Sweet & Sour Dressing w/Salad, Quick & Easy Surprise Pie*

LET'S CELEBRATE OUR MOMS

Culinary Instructor Susan Vernon

Wednesday, May 1, 6-8:30 pm Amherst

Friday, May 3, 6-8pm West Seneca

\$30 per person

Plan an easy brunch for mom and sit back and enjoy her company. In today's busy world, we scrape to find time with our loved ones. Mother's Day is a time to give her all your time. A great meal prepared by you is a wonderful way to show your love! *Strawberry Fields Salad with Toasted Almonds and Fried Goat Cheese, Bacon, Egg and Cheddar Pizza, Grilled Prosciutto Wrapped Asparagus Drizzled with Fresh Lemon, Sweetened Ricotta with Fresh Berries and Granola*



THIS ONE'S FOR YOU MOM

Culinary Instructor Karen Gold

Tuesday, May 7, 6-8:30 pm Amherst

Friday, May 10, 6-8:30 pm West Seneca

\$30 per person

Tonight's class is dedicated to my mom-the woman who created masterpieces at the table from the simplest ingredients. Allow me share some of her tricks with you that I have learned over the years as we share stories of our mom's. *Fire & Ice Bruschetta, Roasted Veggies in Crispy Potato Nests, Herb Crusted Beef Roast, Pink Party Cake*



SUSAN LOVES MEXICAN!

Culinary Instructor Susan Vernon

Friday, May 17, 6-8:30 pm Amherst

Wednesday, May 15, 6-8 pm West Seneca

\$30 per person

One of Susan's favorite ethnic food is Mexican. Her family has inspired her to think out of the box in creating these recipes. Be prepared to delight your palate and take home the secrets of authentic Mexican. *Pico di Gallo with Homemade Baked Lime Tortilla Chips, Mexican Chicken and Rice Soup with Lime and Avocado, Mexican Lasagna, CHI CHI'S inspired Fried Ice Cream*

IT'S 5 O'CLOCK HAPPY HOUR SOMEWHERE!

Culinary Instructor Karen Gold

Friday, May 31, 6-8:30 pm Amherst

Tuesday, May 21, 6-8:30 pm West Seneca

\$30 per person

Well, it's been a long week at work and the weekend is finally here! Time to call a few friends and get together to celebrate the weekend! You'll see what you can conjure up when cooking with the "bubbly" - Cheers! *Beer Bread in a Bag w/Beer Cheese Dip, Orange/Ale Vinaigrette Dressing on Salad Greens, Stuffed Chicken in Wine Sauce, Mimosa Fruit Salad*

LET'S DO IRISH, WHAT?

Culinary Instructor Susan Vernon

Tuesday, June 4, 6-8:30 pm Amherst

Friday, June 7, 6-8:30 pm West Seneca

\$30 per person

A couple of sweet gals asked Susan to cook an authentic Irish Meal and guess what she did? Fun was had by all and Susan was both student and teacher that day. Join in on the fun and test your culinary skills on this ethnic cuisine that is rather rare in the culinary world. *Sweet and Sour Cabbage, Bangers and Mash, Irish Soda Bread, Baileys Irish Cream Cheese Cake Cups*

BOURBON & BEER

Culinary Instructor Karen Gold

Friday, June 7, 6-8:30 pm Amherst

Tuesday, June 4, 6-8:30 pm West Seneca

\$30 per person

What more could you ask for than cooking an amazing meal that includes both of those ingredients!? If you're looking for some new party recipes or just to spice up your own table – this class is definitely for you! Join me tonight for an evening of fun, easy cooking and always a great time of conversation! *Romesco Dip w/homemade Pita Chips, Roasted Salt Potatoes w/Beer Butter Sauce, BBQ Bourbon Chicken, Bourbon Bread Pudding*

LET'S GRILL IT ALL!

Culinary Instructor Susan Vernon

Wednesday, June 12, 6-8:30 pm Amherst

Friday, June 21, 6-8:30 pm West Seneca

\$30 per person

Summertime is Susan's favorite season as she loves to grill. If she can make it happen; it will be grilled! It takes a little imagination and creativity, but the result will leave your guests WOWED! *Grilled Lemonade, Grilled Watermelon Salad with Feta, BBQ Sticky Asian Meatballs, Grilled Pound Cake with Fresh Berries and Whipped Cream*

GRILLIN' & CHILLIN'

Culinary Instructor Karen Gold

Thursday, June 20, 6-8:30 pm Amherst

Tuesday, June 18, 6-8:30 pm West Seneca

\$30 per person

Days are sunny, temps are warm, and the grill is ready for a party! It's time to invite some friends over, heat up the coals and start grillin'! Join Karen in the Cooking School as we learn new tricks that will have your friends thinking you're the new "Grill Master" of the summer! *Roasted Red Pepper Tomato Salsa, Texas Baked Beans, Honey Grilled Chicken Skewers, Grilled Peaches w/Blueberry Sauce on Pound Cake*

SCHOOLS OUT FOR SUMMER

Culinary Instructor Susan Vernon

Friday, June 28, 6-8:30 pm Amherst

Wednesday, June 26, 6-8:30 pm West Seneca

\$30 per person

No more homework, no more books! No more teachers' dirty looks! So that famous song goes. What better way to celebrate the beginning of summer vacation, than to throw a party with the kids and grandkids too! *BBQ Chicken Skewers with Homemade Blue Cheese Dip, Stuffed Potato Salad, S'mores Brownies, Fresh Fruit Punch*



Meet Our Chefs & Instructors

REGIONAL COOKING SCHOOL MANAGER GRACE HANUSIN

Grace is our Regional Cooking School Manager. She is located at Tops Cooking School in Amherst, NY. Her culinary background includes working as a line cook, Kitchen Mgr. and Sous Chef in many area restaurants. In 1995, she placed second in the New York Division of The National Beef Cook off Contest, with her Beef and Barley Mulligan recipe. Her Onion Soup recipe was featured in the Buffalo News by Janice Okin, food critic. Grace has appeared on local TV shows and events, and does live cooking demos, while promoting the Cooking School. She coordinates with Instructors/companies and writes the calendar each quarter, schedules the classes, manages and supervises day to day operations of the Cooking Schools in Amherst and West Seneca as well.

COORDINATOR NOREEN MALLIA

Noreen is our Cooking School Coordinator for the West Seneca Cooking School. She comes to us with a background in restaurant operation, with 29 years' experience. Noreen and her husband Sal owned Sal Franco's Restaurant in Orchard Park, where Noreen worked in various positions. Noreen schedules the customers and manages day to day operations of the cooking school in West Seneca.

KIDS INSTRUCTOR LINDA DUNCAN

Being a mother of 5 has given Linda lots of experience with children. Linda teaches the kid's classes, Scout programs and birthday parties in West Seneca. She also teaches the special needs population.

CULINARY & KIDS INSTRUCTOR KAREN GOLD

Karen has appeared on the Martha Stewart Show as a result of winning 1st Place for Polish Placek at the Buffalo Polish Heritage Festival. She's gone on to win additional 1st, 2nd, and 3rd place ribbons for various other Polish dishes. She was selected as The Buffalo News Cook of the Month for preparing authentic Mexican cuisine which she learned while living in South Texas for 23 years. Karen has won numerous other blue, red, and white ribbons at the Erie County Fair in canning and double crust pies. Karen teaches adult classes, the future chef classes, birthday parties and Scouts in Amherst.

KIDS INSTRUCTOR ASHLEE LIPKA

Ashlee is a Family and Consumer Science teacher in the Sweet Home Middle School. She also has a background in the Culinary Arts. Ashlee will be teaching birthday parties, the Little Chef classes as well as the kid's winter, spring and summer camps in Amherst.

CULINARY INSTRUCTOR SUSAN VERNON

Susan comes from a long line of family cooks. Although second generation Italian, Susan is a self-proclaimed food explorer. She seeks out different cooking techniques from all the different cultures of the world. Her motto is anything can be prepared with the proper technique and ingredients. Susan teaches hands on adult classes.



Class Registration

Registration is Easy and Convenient!

We are able to take payment over the phone using your credit card. To register for a cooking class at either our Amherst TOPS or- West Seneca TOPS, please note the following:

To register by phone:

- Call the TOPS Cooking School in Amherst at 716-515-2000 or the TOPS Cooking School in West Seneca at 716-517-3006. Please call the school where you want to register at.
- You must provide a credit card number and expiration date to register by phone using your credit card. Card cannot be debit/credit unless you will have sufficient money in your account **2 business days** before your class — card must have a VISA/MasterCard/American Express/Discover logo. Please have your credit card ready when calling. PLEASE DO NOT LEAVE YOUR CREDIT CARD INFORMATION ON OUR VOICEMAIL. We will call you back promptly for your payment information.
- Please register for classes by calling The Cooking School during business hours. Registration is easy. Just call The Cooking School that you want to attend or stop by during the day when shopping, and we will be glad to register you. We discourage paying for classes ahead of time in the event the class is not held. Your credit card will not be charged until **2 business days** before the class. If you wish to pay by cash the day of the class, please tell us when registering so your credit card is not charged. You must come in before the class starts to pick up your registration form and take it up to the service desk to pay. Pre-registration for all classes is recommended at least five days in advance, as the class may be full or canceled for low attendance after that time.

We discourage walk-ins, as the class may have been already cancelled due to low attendance or already filled. We purchase ingredients based on the number of registered participants and may not have enough ingredients prepared for added customers. Accepting walk-ins are at the discretion of the Instructor. You will have to pay before the class starts if the Instructor can fit you in. Please call a few days ahead during business hours to pre-register to avoid being turned away, especially with the kid's classes.

Both schools are handicapped accessible.

Cancellation Policy

- If you cannot attend a class, you may send a substitute in your place, except for Your Health classes. The substitute must have approved health insurance coverage given to us before the class or you will be charged in full for the class.
- TOPS reserves the right to change any menu or instructor or to cancel any class at their discretion. The Cooking School will make every attempt to notify students of cancellations. Please document your reservations, as we do not call you unless the class is cancelled. We ask for a confirmation call back to us in that case. We have no control over walk-ins.
- In order to better prepare for our classes and to better serve our customers, we now require **3 business days** advance notice if you cannot attend a class, as your credit card will be charged the next day. No refunds will be made after that time. Just call The Cooking School and leave your name and the date of the class you are canceling. We will call to confirm. We regret any inconvenience this may cause. Cancelling a class at the last minute may put us in a position to cancel the entire class if we have less than 6 customers.

Coupons

A maximum of 6 coupons are allowed per family party/person per year. You MUST tell us that you have a coupon **AT THE TIME OF REGISTRATION**, so we can register you and charge your card accordingly which is 2 business days before the class. You must pay by credit card if you have a coupon for the adult classes, and the coupon must be brought in the day of the class, in order to get the discount. If you forget your coupon, you will be charged the full price. Thank you for your cooperation and understanding.

Register Early!

Some classes fill quickly and others may not be held due to low registration. We have no control over walk-ins if the class has been cancelled.



General Information and Etiquette

In hands-on participation classes, students should wear casual clothing and comfortable shoes. You may not wear open-toe shoes or sandals. This is for your protection and safety. We provide full-length bib aprons for use during class.

For health and safety reasons any food prepared in the cooking school must be eaten in class with the exception of take home classes as stated. Thank you for your understanding.

Please silence all cell phones when classes are in session. Please keep talking to a minimum so that others may hear the instructors during class. Small children are not allowed in adult classes.

If you need to use your cell phone, please exit The Cooking School while talking. We appreciate your cooperation as we strive to give you the best classes possible.

Grace Hanusin
Regional Cooking School Manager
3980 Maple Road / N. Bailey
Amherst, NY 14226
716-515-2000

Noreen Mallia
Cooking School Coordinator
355 Orchard Park Road
West Seneca, NY 14224
716-517-3006



the cooking school
presented by **Tops**

BIRTHDAY PARTIES

AT THE COOKING SCHOOL ARE

FUN!

Trying to plan your child's birthday party?
Let us do the work for you!
Call today for more information and to book your party.



ATTENTION SCOUT LEADERS!



TOPS Cooking Schools offer an approved Scout cooking program, that has been revised in accordance with the new scout program.

What a fun way to work toward your cooking badges!



Please Call the Cooking Schools at 515-2000 for additional program information.

Looking for a gift for the person who has everything?

To purchase a gift certificate for an Amherst class/classes call: **515-2000** or to purchase a gift certificate for an West Seneca class/classes **517-3006**. You choose the price, they choose the classes!

Gift certificates must be purchased at the class location you intend to attend.



PART TIME ASSISTANT POSITIONS

TOPS Cooking Schools have flexible part time assistant positions open in our Amherst and West Seneca Cooking schools. Must be available some days/ early evenings/weekends. Food prep/ service experience a plus



Please call Grace Hanusin, at 515-2000 for more info and to schedule an interview.