



## The Loft at Longo's Maple Leaf Square

January – June 2015 Schedule

15 York Street, Toronto

(416) 366-1717

Email: LoftMLS@longos.com

### How to Register:

To register for a class and for more information, call or visit Longo's Personal Touch Service counter. Space is limited so book early to secure your spot.

#### Payment:

Payment may be made at the store by cash, debit, major credit card or Longo's Gift Card. Payment for phone-in registrations must be made by credit card.

#### Refunds:

Refunds are available up to 48 hours before the class begins, either in person or by notifying Longo's by phone. Refunds will not be given for a missed class.

#### Cancellation:

We reserve the right to cancel or postpone a class due to insufficient enrolment or other circumstances.

#### Allergies:

The Loft is not an allergy or peanut free area.

#### Food Sampling:

All classes include a sampling of the dishes prepared in class to be enjoyed in the Loft and a copy of the recipes for you to take home. Food cannot be taken home unless specified in the class description.

#### Class Format:

All classes are demonstration format unless indicated otherwise. Interactive classes allow you to participate in the preparation of some aspects of one or more dishes with the chef and other participants, or as indicated in the class description.

#### \* Wine/Beer Pairings:

Enhance your Loft class with a 6 ounce glass of red or white wine! For an additional \$9 you can sit back and relax as a Loft Team Member pours you a glass of wine to enjoy with your meal prepared by our superb chefs for classes where the option of wine is offered. See the Loft Coordinator for more details. Must be 19 years of age or older. Proof-of-age may be requested.

This Loft brochure is for the Maple Leaf Square location. To view programs for other Loft locations, visit: <http://longos.com/Store/Loft.aspx>

## ADULT CLASSES

Tuesday, January 20, 2015 – 5:30pm – 7:30pm

### Mood-Boosting Foods for Optimum Health and Well-being – Class 1 (Interactive)

Personal Chef and Mood Food Specialist Patricia Muzzi leads this informative series that will provide a mini science lesson about brain function and how nutritious food directly impacts your mental and physical well-being. Learn how to identify and incorporate healthy "mood foods" when preparing breakfast, lunch, dinner and snacks, and gain a hands-on experience of basic essential food preparation.

Class menu includes a sunny citrus smoothie, sweet potato mini sliders topped with mango relish, wild salmon black bean roti wraps, and spiced apple berry quinoa nut crunch. **\$35**

Monday, January 26, 2015 – 5:30pm – 7:30pm

### An Elegant Night Out

This menu is perfect for a date night or a group of friends wanting to share an evening together with an elegant meal. We'll start off with wedges of a mushroom and Asiago tart served with arugula. While enjoying this, Chef Chris Pires will show you how to properly grill a dry-rubbed flank steak, make a sauce from the drippings, and serve this with a butternut squash purée – creamy and delicious with all the right seasonings. We will end the evening with a light cheesecake topped with seasonal fruit compote. The best part is you get to see it all made in front of your eyes so you can create this meal at home for family and friends! **\$30**

*\*Add wine/beer pairings to your class for an additional \$12.*

Tuesday, January 27, 2015 – 12:30pm – 1:30pm

### Gather, Cook & Learn:

#### Game Day Party Ideas

Join us for an afternoon cooking class with our Longo's Loft experts as we show you some game day recipes that will be a touchdown. Keep guests coming back for more with our Gouda chorizo jalapeno peppers, cheddar cheese footballs, teriyaki chicken wings and triple pork sliders. **\$15**

Saturday, January 31, 2015 – 10:00am – 12:00pm

## **Learn to Bake! We Bake for Change (In Support of Free the Children) (Interactive)**

Find out how you can bake a difference through yummy, family-friendly and easy Robin Hood baking recipes perfect for community or school bake sales. Chocolate chip pretzel cookies, chocolate and caramel banana surprises, and more from Robin Hood®! These delicious recipes will be popular at your next bake sale, classroom celebration or family gathering. A Free the Children volunteer will share ideas on how you can bake a difference locally and globally through bake sales. Open to participants aged 12 and over. Ages 6–11 must be accompanied by an adult participant. Fee will be donated to Free the Children. **\$10 per person**

*\*Robin Hood® and international charity Free The Children are teaming up for the WE BAKE FOR CHANGE campaign. Together we can bake a difference! Visit [freethechildren.com/webakeforchange](http://freethechildren.com/webakeforchange) for more information*

Wednesday, February 04, 2015 – 5:30pm – 7:30pm

## **Can Argentina be Chile?**

Popular instructor Chef Jim Comishen transports your palate to the cuisine of Argentina and Chile. First, it's Argentinean churrasco beef steak, with homemade chimichurri sauce over a bed of saffron rice. Next is Chilean red snapper with a coconut, coriander, sweet onion sauce served over a mound of gauchostyle black beans. For dessert, a sweet bread pudding with custard sauce and coconut, rounds off this great evening. **\$30**  
*\*Add wine/beer pairings to your class for an additional \$12.*

Tuesday, February 10, 2015 – 5:30pm – 7:30pm

## **Exotic Curries of India**

Join Sai Chelliah as she makes the art of cooking curries magical tonight. Sai brings you the flavours of India through her exotic curry recipes. The menu features juicy chicken pepper tikka masala served with hot, steaming, cardamom-flavoured rice, the popular Malabar fish curry from the Southern coast and, for vegetarian lovers, cauliflower korma, a coconut-based sauce served with chili garlic naan on the side. Enjoy the evening with many interesting curry tips and a cooling lemon honey lassi. **\$30**  
*\*Add wine/beer pairings to your class for an additional \$12.*

Wednesday, February 18, 2015 – 5:30pm – 7:30pm

## **Mood-Boosting Foods for Optimum Health and Well-being – Class 2 (Interactive)**

Personal Chef and Mood Food Specialist Patricia Muzzi leads this informative series that will provide a mini science lesson about brain function and how nutritious food directly impacts your mental and physical well-being. Learn how to identify and incorporate healthy "mood foods" when preparing breakfast, lunch, dinner and snacks, and gain a hands-on experience of basic essential food preparation.

Class menu includes an avocado power shake, keen leafy green soup topped with Greek yogourt, sage roasted turkey breast served on spelt pasta with creamy zucchini Brazil nut pesto, and no-bake choco-almond butter cups. **\$35**

Monday, February 23, 2015 – 5:30pm – 7:30pm

## **Savoury Samosas**

You will learn how to make savoury samosas with Chef Aruna. Two different types of samosa wrappers with two different fillings: deliciously tangy, spicy vegetarian and savoury ground beef will be taught and enjoyed. You will learn how to bake and deep fry the samosas. There will also be a lesson on Chef Aruna's lip-smacking sweet and tangy tamarind chutney. **\$30**

Tuesday, February 24, 2015 – 12:30pm – 1:30pm

## **Gather, Cook & Learn: One Pot Meals**

Join us for an afternoon cooking class with our Longo's Loft experts as we show you how to put together easy meals without all the dishes. Spend more time with the family with these one pot meals: Chickpea, chorizo and spinach stew, lemon-spiced chicken with navy beans, and Thai coconut noodle soup. **\$15**

Wednesday, February 25, 2015 – 5:30pm – 7:30pm

## **Healthy 30-Minute Winter Meals**

Being a chef and a woman who has always been active yet struggled with her weight, Chef Laura has taken her know-how in the kitchen and flipped some yummy recipes around to make them extra tasty and healthy. Join us to learn how to make a healthy spinach dip, an energizing coconut curry cauliflower with quinoa, spicy Italian beef over noodles, and a plum cheesecake that tastes better than you can imagine. **\$30**

Tuesday, March 03, 2015 – 5:30pm – 7:30pm

## **Cozy Comfort Longo's Dinner**

It's that time of year when we all crave comfort foods. Let Chef Mahy show you some updated classics with a cozy comfort feel. A light, yet creamy broccoli soup and cheddar herb biscuits starts your menu, followed by a butterflied roast chicken and sweet potato gratin. The smell of apples and cinnamon finish off the night with warm apple pie served with vanilla ice cream. So relax and unwind for the ultimate cozy comfort dinner night! **\$30**

Wednesday, March 18, 2015 – 5:30pm – 7:30pm

## **An Evening in Santorini**

Peter Minaki grew up in a Greek household in Toronto but that wasn't enough. He vacationed in Greece each summer, returning with memories and recipes of all the favourite dishes he enjoyed while there. Santorini has been described as the Jewel of the Mediterranean and Chef Peter has come up with a menu that will transport your senses. Learn how to make Santorini tomato fritters - sweet cherry tomatoes and herbs on the inside with a crisp outer layer, and enjoy a winter salad of greens, Saganaki cheese croutons and a 3-citrus dressing. Roast pork in a wine sauce on a bed of Santorini-style yellow split pea puree is the main dish. For a sweet finish, a Greek yogurt brûlée with fruit preserves. **\$30**

Tuesday, March 24, 2015 – 5:30pm – 7:30pm

## **Easy Gourmet Entertaining - Asian Style (Interactive)**

Tonight join Chef Heather as she shows you some fantastic Asian dishes, perfect for entertaining. We begin with spicy beef satay with peanut sauce. Next, enjoy tasty chicken lettuce wraps, perfect for sharing between friends, then a quick shrimp pad Thai. The dishes can be prepped ahead of time and are quick to finish, which means they're perfect for serving to company. Then we will finish up our meal on a sweet note with banana and Nutella spring rolls. **\$35**

Tuesday, March 31, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: Dishes, Lightened Up!**

Join us for an afternoon cooking class with our Longo's Loft experts as we show you how to skip the guilt but not the flavour. We will be making an artichoke and green chili dip, cherry ricotta cheesecake, mini cinnamon apple tarts and healthy fish tacos with chipotle cream. **\$15**

Wednesday, April 01, 2015 – 5:30pm – 7:30pm

### **Mango-Tango - A Fusion of Indian and Thai Cuisine**

This evening is all about balancing the flavours of spicy, salty, sweet and sour. In an interesting fusion of two popular cuisines, Sai Chelliah brings you the magic of flavours that play a prominent role in today's recipes. The menu features fresh papaya mango salad with crunchy peanuts, spiced with Indian spices. This is followed by crispy wonton cups with cashew chicken filling, spicy vegetarian noodles, coconut shrimp curry on a bed of hot, steamed rice and a delicious fruit salad. **\$30**

Wednesday, April 08, 2015 – 5:30pm – 7:30pm

### **Sweet and Savoury Puff Pastry Delights (Interactive)**

Great home parties begin with great appetizers and end with simple, delicious desserts. This interactive class will show you how to make some great appetizers that will keep your guests talking long after the party. We will be using puff pastry – the most sought-after item by pastry chefs all over the world – as our base. Join us in making spicy palmiers, caramelized onion tarts and seasonal fruit strudel. Chef Chris Pires will also talk to the versatility of this pastry and share his ideas with you. You will enjoy tea while sampling your creations. **\$35**

Wednesday, April 15, 2015 – 5:30pm – 7:30pm

### **An Italian Spring Love Affair**

Fresh and vibrant flavours of Italy shape up this romantic spring dinner with Chef Mahy. It starts off with mini strawberry, basil and brie pies. Then you'll enjoy a colourful and creamy pasta primavera (pasta with mixed roasted veggies) alongside succulent sun-dried tomato pesto stuffed shrimp. For the sweet ending, a black forest affogato (chocolate cake chunks, cherries and vanilla ice cream drizzled with hot espresso). Spring dining at its best! **\$30**

*\*Add wine/beer pairings to your class for an additional \$12.*

Tuesday, April 21, 2015 – 5:30pm – 7:30pm

### **Great Thai (Interactive)**

Learn how to make Thai cuisine with flare. Chef Rosemary Lee will show you how to put a great meal together to please the whole family. Learn how to make spicy Thai crab cakes, mahogany fire noodles with chicken and a delicious warm mango chocolate cake. Get ready to have a scrum-delicious dinner that the whole family will enjoy! Eat well and light. **\$35**

Tuesday, April 28, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: Desserts that Travel**

Join us for an afternoon cooking class with our Longo's Loft experts as we share with you dessert recipes that are great to bring to gatherings. We will start off with pecan squares, tasty toffee cheesecake and finish with lemon blueberry tarts. **\$15**

Tuesday, April 28, 2015 – 5:30pm – 7:30pm

### **Easy Energizing Springtime Meals (Interactive)**

It's no mystery that the mind and body are affected by the foods we eat. Understanding which foods have the most positive effect on our health is the key to long-lasting energy and vitality. Join Personal Chef Patricia Muzzi as she leads this highly informative class where you will be making and sampling delicious dishes including herbed asparagus arugula crostini, super green millet stir-fry with avocado pesto, Brussels sprout kale salad with pomegranate, and for dessert, coconut flour crêpes stuffed with blackberries and cashew cream. **\$35**

Wednesday, May 06, 2015 – 5:30pm – 7:30pm

### **Bento Sushi Making (Interactive)**

Learn how to make fresh sushi with Bento's highly trained expert chefs. Master the art of sushi preparation with recipes for the perfect rice and tricks for creating and forming your favourite sushi rolls. You will also get a chance to see an exciting demonstration on how to prepare the more advanced Nigiri sushi. You will not want to miss it! **All attendees receive a sushi mat to use during the class and to take home courtesy of Bento Sushi. \$25**

Wednesday, May 13, 2015 – 5:30pm – 7:30pm

### **Ciao Tuscany**

Join Culinary Adventurist and Broadcaster Christian Pritchard of ChrisCooking.com on an epic journey back to beautiful Tuscany. The taste sensation begins with vegetable ragu over pappardelle. An insalata of carrot and tuna is incredible! Our secondi is pork loin stuffed with herbs and garlic deglazed in vino bianco with a side of tomato, eggplant and zucchini slightly breaded and baked. The dolci is gelato affogato. Wow . . . Ciao Bella! **\$30**

*\*Add wine/beer pairings to your class for an additional \$12.*

Wednesday, May 20, 2015 – 5:30pm – 7:30pm

### **Gluten-Free Goodness Dinner**

Indulge in a rich menu packed with flavour that will satisfy any food enthusiast – whether gluten-free or not. Your fabulous menu starts with a creamy squash, pear and walnut soup and moves on to black olives and feta stuffed ground beef rolls alongside zesty herbed quinoa with a tahini vinaigrette. To finish off, Chef Mahy will prepare butter- and gluten-free dark chocolate brownies that are sinfully fudgy (you won't believe the secret ingredient), served with vanilla ice cream! **\$30**

Tuesday, May 26, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: Antipasto Platters**

Join us for an afternoon cooking class with our Longo's Loft experts as we take you through some delicious antipasto recipes to jazz up any antipasto platter. We will show you how to make a chili and garlic baked ricotta, red pepper tapenade, artichokes with a caper, parsley dressing, marinated mushrooms, and olive balls. **\$15**

Tuesday, May 26, 2015 – 5:30pm – 7:30pm

### **Light and Healthy Thai (Interactive)**

Do you like spicy Thai food? Chef Rosemary Lee will show you how to make a meal to knock the socks off your guests and family. Learn how to make steamed mussels with Thai basil and lemongrass; roasted salmon with lemongrass, pickled ginger, red onions and mango; and raspberry and blueberry compote with toasted coconut and vanilla ice cream. **\$35**

Tuesday, June 02, 2015 – 5:30pm – 7:30pm

### **Hakka-style Indo-Chinese Fusion**

Two popular cuisines of the world come together in a trend called Hakka-style, and Sai Chelliah will be treating you to this popular cuisine tonight. The mouth-watering menu will include fish pakoras with a chili-Time dipping sauce for starters, followed by chili chicken and garlic shrimp with sweet peppers, served on a bed of steaming egg fried rice. We'll finish with a scrumptious mango ice cream. **\$30**

Tuesday, June 09, 2015 – 5:30pm – 7:30pm

### **Go Gourmet in an Hour or Less**

Elegant, delicious and easy is the name of the game. Begin with a roasted beet and mandarin orange salad with goat cheese and pistachios. Following the delicious salad you will enjoy herb and Panko-crusted halibut on top of a creamy broccoli slaw. Finally Chef Heather will finish with individual sticky toffee puddings and seal the deal with a bourbon caramel sauce. **\$30**

*\*Add wine/beer pairings to your class for an additional \$12.*

Tuesday, June 16, 2015 – 5:30pm – 7:30pm

### **Eating Well for Optimum Health (Information Seminar and Demonstration)**

Eating a well-balanced diet is an important component of a healthy lifestyle and can help prevent some types of diseases, promote healthy aging, and increase energy levels. Join Christina Zavaglia, Registered Dietitian and Certified Diabetes Educator to learn healthy recipes that don't sacrifice flavour. Enjoy a sampling of a heart-healthy chili, tomato and olive baked halibut served over quinoa, and a spinach, strawberry and goat cheese salad. **\$30**

Wednesday, June 17, 2015 – 5:30pm – 7:30pm

### **Brunch Instead of Lunch**

Culinary Adventurist and Broadcaster Christian Pritchard of ChrisCooking.com loves brunch. This menu of Canadian classics is adapted from The Steven & Chris show on CBC by Christian. Wake up to an amazing brûléed grapefruit with minted syrup. A frutti di bocca (mixed fruit) smoothie will blow your mind! A classic Roman cheesy frittata with an arugula salad is amazing. Finally, the ultimate Limoncello crème brûlée French toast will cap off the ultimate brunch! Who needs lunch? **\$30**

Tuesday, June 23, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: Beets**

Join us for an afternoon cooking class with our Longo's Loft experts as we explore the world of beets. We will show you how to make an orange and beet salad perfect for summer entertaining: Roasted beets with feta, quinoa, beet and arugula salad, and to finish, sample some pickled eggs and beets. **\$15**

Tuesday, June 23, 2015 – 5:30pm – 7:30pm

### **Simply Fresh 30-Minute Meals**

Tonight popular Chef Jim Comishen takes all the hard work out of preparing fresh, homemade recipes that are sure to please the whole family. We start with a colourful green bean Caprese-style salad with grape tomatoes, mini bocconcini and sweet roasted peppers. An elegant tomato-basil bisque finished with fresh cilantro and Asiago cheese follows. For the main it's a beautiful rack of lamb with a cracked peppercorn crust and an olive tapenade served with Greek-style couscous. Thirty minute meals never tasted so good. **\$30**

## **TEEN CLASSES**

Monday, January 12, 2015 – 6:30pm – 8:00pm

### **Gather, Cook & Learn for Teens: Pizza (Interactive)**

All teens love pizza but do they know how to make a delicious, healthy one on their own? Our Longo's Loft expert will help give them the skills to prepare them for their next stage in life. In this class, we will be creating three savoury pizzas and a dessert pizza. Your teens will never have to order in pizza again! **\$15**

Monday, February 9, 2015 – 6:30pm – 8:00pm

### **Gather, Cook & Learn for Teens: Family Dinner Time (Interactive)**

Allow your teen to take the reins of the kitchen for a night and cook a meal for the family. Our Longo's Loft expert will take your teen through a full course meal of stuffed chicken breasts, garlic mashed potatoes, roasted asparagus and a simple salad. Prepare your teen for the future while reaping the benefits at home while they are still with you. **\$15**

Monday, April 13, 2015 – 6:30pm – 8:00pm

### **Gather, Cook & Learn for Teens: Snack Time (Interactive)**

Do your teens come home from school hungry and looking for a snack? Do they invite friends over only for you to prepare the food for them? Help your teen discover the joys of cooking with our Longo's Loft experts. In this class, we show your teen how to prepare healthy and easy hors d'oeuvres, perfect for after-school snacks. They'll be the most popular host/hostess around. **\$15**

Monday, May 11, 2015 – 6:30pm – 8:00pm

### **Gather, Cook & Learn for Teens: Baking 101 (Interactive)**

Help your teen discover the joy of baking with our Longo's Loft experts. In this class, we will explore the world of desserts and give your teen the skills they need to satisfy their sweet tooth. We will make cupcakes, brownies, cookies and tarts. **\$15**

# PARENT & TODDLER CLASSES

Spend some quality time with your toddler while we combine the worlds of food and play. Children ages 1 and up can attend with a parent, grandparent or other loved one. Learn new kitchen skills and eat delicious food while spending quality time together. **\$10 per adult per class (accompanied by one toddler)**

**Thursday, January 22, 2015 – 11:00am – 12:30pm**

Let's roll up our sleeves as we create chocolate play dough, monkey bread and chocolate pudding.

**Thursday, February 19, 2015 – 11:00am – 12:30pm**

Lady bug pancakes, apple pizzas and blueberry hand pies.

**Thursday, March 26, 2015 – 11:00am – 12:30pm**

Today we tackle your sweet tooth with vanilla sprinkle cookies, surprise cookies and a cupcake!

**Thursday, April 16, 2015 – 11:00am – 12:30pm**

Let's roll up our sleeves to create tasty meatballs, baked zucchini chips, and sugar cookie cut outs.

**Thursday, May 21, 2015 – 11:00am – 12:30pm**

Let's have some fun making a fruit smoothie, honey bread, and no bake chewy Oreo bars.

# LOFT LOCATIONS:

## **Aurora:**

650 Wellington Street East, Aurora  
(905) 726-7928  
LoftAurora@longos.com

## **Bathurst:**

9306 Bathurst Street, Vaughan  
(289) 304-9520  
LoftBathurst@longos.com

## **Boxgrove:**

98 Copper Creek Drive, Markham  
(905) 209-7655  
LoftBoxgrove@longos.com

## **Burloak:**

3455 Wyecroft Road, Oakville  
(905) 825-8989  
LoftBurloak@longos.com

## **Leaside:**

93 Laird Road, Toronto  
(416) 421-6806  
LoftLeaside@longos.com

## **Maple Leaf Square (MLS):**

15 York Street, Toronto  
(416) 366-1717  
LoftMLS@longos.com

## **Milton:**

1079 Maple Avenue, Milton  
(905) 875-1186  
LoftMilton@longos.com

## **Richmond Hill:**

10860 Yonge Street, Richmond Hill  
(905) 770-7029  
LoftRichmondhill@longos.com

## **South East Oakville:**

469 Cornwall Road, Oakville  
(905) 338-1255  
LoftSeoakville@longos.com

## **Weston:**

9200 Weston Road, Woodbridge  
(905) 850-6161  
LoftWeston@longos.com