

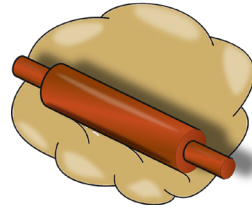


Cooking with Valérie

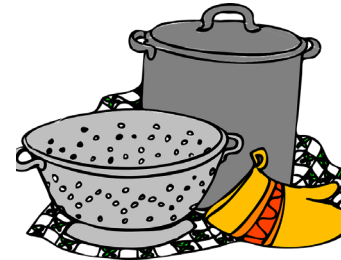
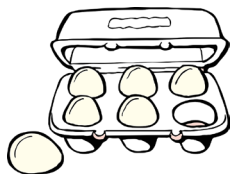
New!

AFMSP is delighted to expand its class offer by proposing cooking classes with Valérie Kohlmayr. Valérie is a French expat who is passionate about culinary arts and simple, healthy everyday home cooking. Register for a three-hour class to focus on a theme or technique or a series of four classes. No French experience required, classes will be led in English and French as appropriate for students.

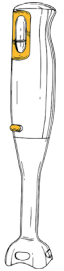
Cooking with Valérie 1:
week of **Septembre 18**
through week of **October 9**



- **Week 1 Dishes from the South of France:** *poulet basquaise* (Chicken with tomatoes and peppers) and a *tian provençal* (vegetable bake).
Mon, Sept 18, 9 am to 12 pm - Thurs, Sept 21, 6 to 9 pm - Sat, Sept 23, 1 to 4 pm.
- **Week 2 Quiches and tartes:** making a *pâte brisée* for a *quiche lorraine* and a *tarte tatin*.
Mon, Sept 25, 9 am to 12 pm - Thurs, Sept 28, 6 to 9 pm - Sat, Sept 30, 1 to 4 pm.
- **Week 3 Seasonal fall cooking:** *risotto aux champignons* (mushroom risotto) and a *gratin de courgettes* (zucchini bake).
Mon, Oct 2, 9 am to 12 pm - Thurs, Oct 5, 6 to 9 pm - Sat, Oct 7, 1 to 4 pm.
- **Week 4 Pâte à choux:** make *gougères* (savory puffs), *chouquettes* (sweet puffs) and mini Paris-Brest (almond cream filled puffs).
Mon, Oct 9, 9 am to 12 pm, Thurs, Oct 12, 6 to 9 pm, Sat, Oct 14, 1 to 4 pm.



Cooking with Valérie 2:
week of **October 23**
through week of **November 13**



- **Week 5 Specialities from Alsace:** *flammenkueche* (cream, onions and bacon tart) followed by a *crème brûlée*.
Mon, Oct 23, 9 am to 12 pm - Thurs, Oct 26, 6 to 9 pm - Sat, Oct 28, 1 to 4 pm.
- **Week 6 Apéro time!** Let's prepare an aperitif: *pruneaux au lard* (prunes wrapped in bacon), *tapenade* (olive spread) *cake salé* (savory cake) and *rillettes de saumon* (salmon spread).
Mon, Oct 30, 9 am to 12 pm - Thurs, Nov 2, 6 to 9 pm - Sat, Nov 4, 1 to 4 pm.
- **Week 7 Dauphine:** bake a *gratin dauphinois* (potato bake) and a *gâteau aux noix* (walnut cake).
Mon, Nov 6, 9 am to 12 pm - Thurs, Nov 9, 6 to 9 pm - Sat, Nov 11, 1 to 4 pm.
- **Week 8 Winter comfort food:** let's warm up with a *soupe à l'oignon* (French onion soup) and a *hachis parmentier* (beef and mashed potatoes bake).
Mon, Nov 13, 9 am to 12 pm - Thurs, Nov 16, 6 to 9 pm - Sat, Nov 18, 1 to 4 pm.

- Two options:
- \$75/class or \$240 for 4 weeks
- Mondays, 9 am to 12 pm OR
- Thursdays, 6 to 9 pm OR
- Saturdays, 1 to 4 pm



Alliance Française
where french culture meets the twin cities
bonjour@afmsp.org | 612 332 0436 | afmsp.org

