

# Flavors of la Francophonie

Spring 2024

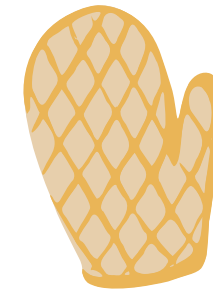


## About Us

Our chefs from France, French-speaking countries around the world, and the US, use French techniques, traditional recipes, and unique teaching styles, to bring the flavors of France and la Francophonie to AFMSP!

## Membership

As a member-driven non-profit organization, we do ask cooking class students to become members of our Alliance Française to take courses with us.

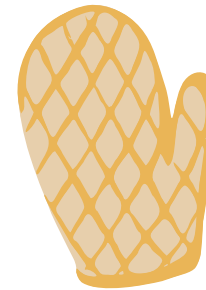


We offer a \$25 cooking class membership that is valid from the date of purchase until the end of the class session during which your cooking class takes place. You may also sign up for one of our other year-long memberships to participate in our cooking classes. You can find more information regarding membership options at [afmsp.org](http://afmsp.org).



*Merci pour votre compréhension !*

## Contact Us



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**af** Alliance Française  
Mpls/St Paul



## Cooking with Raymond - Working with Eggs

Have you ever wanted to learn how to perfect French recipes that use eggs as the main ingredient? Chef Raymond will go through the steps of making Eggs Jeannette, Quiche Lorraine, and Clafoutis aux cerises in this class featuring the egg!

Saturday, April 20  
12 to 2:30 pm  
Cost: \$125

## French Flatbreads: Fougasse and Pissaladière

Join Aurelie for a class on French Flatbreads including: Fougasse and Pissaladière What's called focaccia in Italy is fougasse in Provence. Fougasse, though, is often shaped like a leaf, which is easy to do and very pretty. Often made with bacon and grated cheese as toppings. Sweet, caramelized onions, briny anchovies and olives make the up the topping for Pissaladière, a traditional Provençal tart.

Tuesday, April 30  
6 to 8:30 pm  
Cost: \$125

## Kids Baking Class (Ages 8+) with Aurelie Hyrien

Join Aurelie for a Saturday learning to make classic French cookies including: tuiles aux amandes, chouquettes, & sablés! These recipes will be a fun way for children to get creative in the kitchen together!

Saturday, May 4  
12 to 2:30 pm  
Cost: \$75

## Easy French Desserts with Said Abdelli

Join Said Abdelli, founder of Cook Chez Vous, and frequent teacher of Minneapolis Community Ed cooking classes, to learn the basics of classic French desserts. Recipes will be selected from: Pound Cake - Crème Caramel - Genoise - Flan - Pie Crust. This class is an introduction to some of the basic principles of cooking. Most of the recipes are shown to illustrate a technique, which will help you to create your own dishes.

Monday, May 13  
6 to 8:30 pm  
Cost: \$125

## Cooking with Raymond - Pâte à choux

Pâte à choux or choux pastry is used in a number of different French desserts and appetizers. With only a few ingredients you can make magic happen with just butter, flour, eggs, and water! Learn to make classic Gougères, a variety of Hors d'oeuvres, and delicious Choux à la Crème!

Saturday, May 18  
12 to 2:30 pm  
Cost: \$125

## Basic Cooking Techniques with Said Abdelli

Join Said Abdelli, founder of Cook Chez Vous, and frequent teacher of Minneapolis Community Ed cooking classes, to learn the basics techniques for French cooking! This class is an introduction to some of the basic principles of cooking. The techniques presented are not difficult, they just require a little bit of patience!

Monday, May 20  
6 to 8:30 pm  
Cost: \$125

## Crème Brûlée with Diane & Fritz Ebanda of B'beri Desserts

Join Diane & Fritz Ebanda, owners of B'beri Desserts for a class to learn how to make Crème Brûlée! When you think about a classic French dessert, crème brûlée often comes to mind. With the creamy interior with a crunchy sugary top, it has the perfect balance of flavors and textures. Diane & Fritz will break it down for you so you can take the recipe home and try making it on your own for family and friends!

Saturday, May 25  
12 to 2:30 pm  
Cost: \$125

## One Day Sourdough Bread-Making Workshop with Aurelie Hyrien

Join Aurelie for a one day, sourdough bread making class. She will condense the main steps into a hands-on class, taking you through the bread-making process from stage one to the final product.

Friday, May 17  
12 to 3 pm  
Cost \$125

## Un déjeuner en Provence with Joe & Dotty

Join chefs Joe and Dotty in the kitchen this Spring! Watch and learn as they demonstrate and prepare a classic French meal inspired by Provence in this 2.5-hour long cooking class. You'll walk away with new recipes to share!

Menu  
Soup - Soupe au Pistou  
Salad - Baked melon and smoked ham  
Fish Course - Matelote méditerranée  
Entrée - Magret de canard aux figues et couscous  
Sweet - Crêpes Suzette

Wednesday, May 29  
12 to 2:30 pm  
Cost: \$125

## Togolese Cuisine with Armelle Dede Edoh

Join Armelle Dede Edoh, creator of Savourous, a platform where Armelle shares recipes, stories, and cooking insights, for a traditional Togolese meal! Many of Armelle's recipes are inspired by family ties in Togo, Ghana, and Benin, as well as natural, healthy, and gluten-free ingredients. Learn to make delicious beef & lamb suya and fry plantains.

Wednesday, June 5  
6 to 8:30 pm  
Cost: \$125

## One Day Sourdough Bread-Making Workshop with Aurelie Hyrien

Join Aurelie for a one day, sourdough bread making class. She will condense the main steps into a hands-on class, taking you through the bread-making process from stage one to the final product.

Saturday, June 8  
1 to 4 pm  
Cost \$125

## Cooking with Raymond - Working with Rice

Add variety to your summer cuisine with dishes featuring rice! Chef Raymond will teach you how to make a summer Risotto, perfect for a main dish, or as a side to accompany your summer dinners. You'll also learn to make a beautiful Gâteau de Riz that will stand out at your next summer dinner party!

Saturday, June 15  
12 to 2:30 pm  
Cost: \$125

## Parisienne Flan with Diane & Fritz Ebanda of B'beri Desserts

Join Diane & Fritz for a class to learn how to make Parisienne Flan! Get all the tips and tricks to make the best version of this timeless dessert! After the class, take the recipe home and try making it on your own for family and friends! They will surely be impressed with your patisserie skills!

Saturday, June 22  
12 to 2:30 pm  
Cost: \$125

Register online at [afmsp.org](http://afmsp.org) or call us at 612 332 0436. *Merci!*

 Alliance Française  
Mpls/St Paul

\*Classes will be in French or English dependent on group preference.