

For Immediate Release
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NEWS RELEASE

APRIL CLASSES OFFERED AT THE COOKING SCHOOL @ MARKET BISTRO

(Latham, N.Y.) - The Cooking School @ Market Bistro will offer a variety of classes that range from basic cooking to more advanced recipes and skill levels, including; ethnic foods, quick meals, appetizers, baking and pastry classes. The registration fee for classes range from \$35 to \$60 per person

Sunday, April 2; 11 am to 2 pm

Hands On & Dine: Quintessence: Spring Brunch

These recipes are great for a leisurely weekend brunch whether company's coming, or you're wearing your pajamas. Recipes include: blueberry lemon muffins, spring vegetable frittata, grilled asparagus with salmon and Hollandaise, and mimosa. (Registration: \$60 per student (wine served))

Wednesday, April 5; 6 to 9 pm

Hands On & Dine: Quintessence: Shrimp Scampi

We're teaching another Quintessence favorite by popular demand! Recipes include: shrimp scampi with spinach fettuccine, Quintessential salad, and brownie sundae. (Registration: \$60 per student (wine served))

Thursday, April 6; 6 to 9 pm NEW DATE!!!

Hands On & Dine: Lemon Desserts

Lemons bring back memories of springtime desserts. Which one will become your favorite? Recipes include lemon-chocolate cheesecake truffles, lemon drop cookies, lemon chess pie, lemon-filled cream puffs. (Registration: \$60 per student (wine served))

Tuesday, April 11; 6 to 9 pm

Hands On & Dine: Sushi and More

Sushi means vinegared rice with various ingredients; meat, fish, vegetables, etc. Learn the techniques and make your own. Recipes include: sushi roll, miso soup, and edamame. (Registration: \$60 per student (wine served))

Wednesday, April 12; 6 to 9 pm

Hands On & Dine: Quintessence: German Night

Learn the classic Quintessence German Night recipes, sure to be köstlich (delicious!) Recipes include: sauerbraten with ginger snap gravy, potato pancakes with Granny Smith apple sauce, and braised red cabbage. (Registration: \$60 per student (wine and beer served))

Thursday, April 20; 11 am to 1 pm OR 3 to 5 pm

Jr. Chef: Take Me Out to the Ballgame (ages 9 plus)

The ballpark experience includes eating fabulous, fun fast food. Recipes include: pretzel-wrapped hot dogs, cheese fries, caramelized popcorn and peanuts, and Boston shake. (Registration: \$40 per student)

Friday, April 21; 3 to 4:30 pm

Taste Bud: Take Me Out to the Ball Game (ages 5-8)

The ballpark experience includes eating fabulous, fun fast food. Recipes include: pretzel-wrapped hot dogs, caramelized popcorn and peanuts, and Boston shake. (Registration: \$35 per student)

Friday, April 28; 6 to 9 pm

Hands On & Dine: Mediterranean Feast

The Mediterranean diet emphasizes eating primarily plant-based foods, healthy fats such as olive oil, and herbs and spices for seasoning. Recipes include: Mediterranean salmon en papillote, pan roasted carrots with mint and parsley gremolata, couscous, and lemon olive oil cake. (Registration: \$60 per student (wine served))

Saturday, April 29; 4 to 7 pm

Hands On & Dine: Basic Knife Skills

Great meals start with great knife skills. We'll be chopping lots of fruits and vegetables and create a delicious dinner. Recipes include: Waldorf salad, springtime chicken vegetable soup, chocolate-dipped fruit. (Registration: \$60 per student (wine served))

Pre-registration for all classes is required. Register online at

<https://www.marketbistro.com/CookingSchool/Class/UpcomingClass> or by visiting The Cooking School @ Market Bistro.

Located in the Latham Price Chopper (873 New Loudon Road, Latham, NY 12110), the Cooking School @ Market Bistro is a state-of-the-art kitchen equipped with hands-on cooking stations where attendees can learn to cook or expand cooking expertise. Each station is fully stocked with appliances, knives, and cooking equipment designed to resemble a home kitchen. Both hands-on and demonstration cooking classes are offered, including classes for children. With a wide variety of themes, classes will be taught by a member of Price Chopper's Cooking School Culinary Team, as well as guests such as local chefs, nutrition experts, and cookbook authors.

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About The Golub Corporation: Based in Schenectady, NY, the Golub Corporation owns and operates 136 Price Chopper and Market 32 grocery stores in New York, Vermont, Connecticut, Pennsylvania, Massachusetts and New Hampshire. The American owned, family-managed company prides itself on longstanding traditions of innovative food merchandising, leadership in community service, and cooperative employee relations. Golub's 20,000 teammates collectively own more than 47% of the company's privately held stock, making it one of the nation's largest privately held corporations that is predominantly employee-owned. For additional information, visit www.pricechopper.com