

For Immediate Release
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NEWS RELEASE

OCTOBER 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. To see the complete calendar of classes (including sold out classes and private party reservations), visit <https://www.marketbistro.com/CookingSchool/Class/UpcomingClass>. The registration fee for classes range from \$35 to \$65 per person.

Saturday, October 6; 5 to 8 pm

Cooking with Wine

Cooking with wine can make recipes flavorful and extra special. You'll learn a variety of cooking techniques as you create an amazing meal. Served with wine, of course! Recipes include: Roasted Beet Salad with Rosé Vinaigrette, Grilled Salmon in Beurre Blanc, Roasted Artichokes Hearts in White Wine and Garlic Butter, and Poached Pears over Ice Cream.

(Registration: \$60 per person; wine or beer served)

Monday, October 8; 11am to 1 pm

Junior Chef: Homemade Pasta & Ravioli (Ages 9 and up)

Making pasta by hand is easy, fun and delicious. Kids will learn how to mix dough in a "well" and then roll and fill the pasta. It tastes so much better when you make it yourself! Recipes include: Homemade Fettuccine in Fresh Marinara Sauce, and Homemade Cheese Ravioli in a Cheesy Butter Sauce.

(Registration: \$40 per person)

Monday, October 8; 4 pm to 6 pm

Junior Chef: Decorating an Autumn Cake (Ages 9 and up)

We'll start your child off with a premade cake, then we'll make the frosting, add colors and learn how to create a cake work of art. Cakes will be taken home uncut. Cheese pizza will be served. Recipe included: Buttercream Frosting.

(Registration: \$40 per person)

Thursday, October 11; 6 to 9 pm

Chinese Take-Out

Learn how to make your favorite Chinese take-out foods at home. You'll master the knife skills and techniques used by trained Asian chefs. We'll even supply the fortune cookies! Recipes include: Vegetable Egg Rolls with Sweet and Sour Sauce, Crab Rangoon, Kung Pao Chicken, and Asian Coconut Rice. (Registration: \$60 per person; wine or beer served)

Saturday, October 13; 11 am to 12:30 pm

Taste Bud: A Bite of October (Ages 5-8)

October starts off with delicious seasonal flavors, and ends with the biggest dress-up party ever! Little ones are so excited to celebrate everything that October has to offer. Recipes include: Mini Pumpkin Muffins with Orange Glaze, and Jack-o-Lantern Apple Pies. (Registration: \$35 per person)

Wednesday, October 17, 6 to 9 pm

Autumn Pastas

Fresh made pasta is so much fun to make! Learn how to add the flavors of fall to gnocchi and ravioli with these hands-on homemade recipes. Recipes include: Potato Gnocchi with Carbonara Sauce, Spiralized Butternut Squash, and Pumpkin Ravioli with a Brown Butter and Sage Sauce. (Registration: \$60 per person; wine or beer served)

Saturday, October 20, 5 to 7 pm

Junior Chef: Howloween Eats (Ages 9 and up)

Get your young chef into the season of screeches with some frightful kitchen fun. Culinary skills and techniques are taught and a boo-tiful meal is served! Recipes include: Jack-o-Lantern Chicken Pot Pies, Bat Crazy Vegetable Soup, Ghost Berries, and Witches Brew. (Registration \$40 per person)

Wednesday, October 24; 6 to 9 pm

NYS Home.Grown Harvest Dinner

We've incorporated homegrown goodness from New York farmers in each recipe, and New York's Commissioner of Agriculture will be joining us! Recipes include: Roasted Butternut Squash and Apple Bisque, Stuffed Pork Tenderloin with Apple Cranberry Glaze, Roasted Root Vegetables, and Homemade Pumpkin Spice Latte. (Registration: \$60 per person)

Friday, October 26; 6 to 9 pm

Tasty Bites for Halloween Nite

Have a grown-up feast while trick or treaters are ringing at the door. These recipes sound ghoulish but the flavors are wickedly wonderful! Recipes include: New Orleans Voodoo Shrimp Kabobs, Jack-O-Lantern Stuffed Peppers, Bat Crazy Italian Pasta Salad, and Chilling Chocolate Bark. Wine and beer included (adults only) (Registration: \$60 per person)

Saturday, October 27; 5 to 8 pm

German Classics

If you're German or just want to cook like you are, you'll love making these traditional German comfort foods. Lederhosen optional. Recipes include: Cucumber Salad (Gurkensalat), Chicken Schnitzel, Braised

Red Cabbage, and Potato Pancakes with Applesauce.
(Registration: \$60 per person; wine or beer served)

Pre-registration for all classes is required. Register by visiting The Cooking School @ Market Bistro or online at <https://www.marketbistro.com/CookingSchool/Class/UpcomingClass>.

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 134 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 44% 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