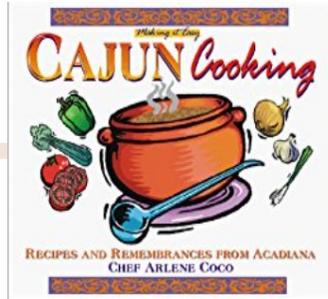




Arlene Coco

Private Cooking Classes and Team Building

# ARLENE COCO • 2019



PUBLICATIONS



PRIVATE CLASSES



FOOD SAFETY CLASSES



CULINARY CONSULTING



ABOUT ARLENE



[ARLENECOCO.COM](http://ARLENECOCO.COM)



## ABOUT ARLENE

Chef Arlene Coco has been cooking professionally for over 30 years and has a portfolio career in the food world.

As a culinary instructor, cookbook author, caterer and chef, her vast experience has taken her to over 19 countries where she has traveled and studied the food ways of numerous cuisines. She shares her passion for food by teaching private cooking classes, food safety classes and coordinating team building cooking events.



### ***Culinary Services***

- Cooking Demonstrations featuring Cajun Culture and Foodways.
- Healthy Cooking instructor for Hands on and demonstration teaching for Senior Centers.
- Freelance Food Writer- Culinary Content, Cookbook author of “Cajun Cooking, Making it Easy”.
- Private and Public cooking classes in the Midwest area.

### ***Micro Business Development Services***

- Strategic Planner Facilitator- Basic training for starting a micro food business- develop a model that can be replicated in other incubators in Wisconsin.
- Catering Consultant- Menu/Recipe renovations and updating, Marketing strategies, Production and delivery logistics for efficiency.
- Grant Writer/ Assessment Facilitator for nonprofit institutions planning to implement healthy and local food initiatives.
- Strategic Planning for Health and Education Facilities that want to incorporate local foods on the menu.
- 3<sup>rd</sup> Party Food Safety inspector for food establishments.
- Food Safety Training instructor for private classes- 2-hour food handler or food managers certification.
- Project Coordinator- Farm to School, Harvest of the Month and Smarter Lunchroom programs- Assessment and implementation of Healthy kids initiative for school districts wanting to move toward scratch cooking. Beginning assessments to sustainable stage coordination services.
- Day in the kitchen with Chef Coco and dinner service- Restaurant and Institutions -Stage with staff - Special Dinner or event with guest chef appearance at the event. I.E. Cajun Dinner or Local foods and fundraiser or annual dinner program.
- Technical Culinary Training / Recipe Development and demonstrating/ Culinary Instructor for school foodservice via community college venues- Classes at the Superior Business Center for Foodservice staff who need hours of continuing education training.



Duluth, Minnesota



Houghton, Michigan



Marquette, Michigan

## FOOD SAFETY CLASSES

Prairie Kitchen Food Safety Training offers



Registered Instructor

Foodservice Sanitation Certification  
and Recertification Classes  
Health Department Approved in Minnesota,  
Wisconsin and Michigan

Initial Certified Food Safety Managers Training  
Course covers critical information to provide safe  
food to your customers.

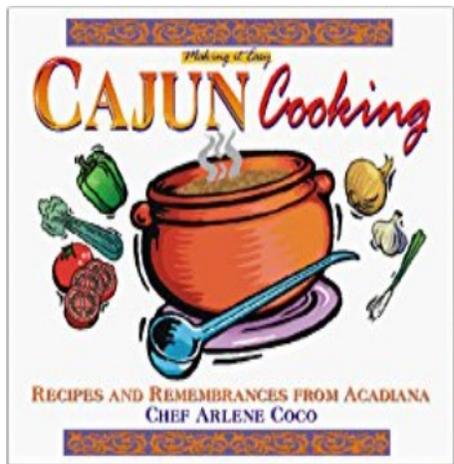
The course fee includes:

- All instructional materials-ServSafe Manager 7th Edition textbook
- Servsafe exam
- Exam certificate and state application

Re-certification course covers the required 4 hour  
class, no test is required. This course fee includes:

- All instructional materials and handouts
- Continuing Education Certificate

Link to Food Safety Classes: [www.arlenecoco.com/registration](http://www.arlenecoco.com/registration)



## PUBLICATIONS

Chef Arlene Coco learned Cajun cooking from the best cook in Baton Rouge . . . her mama. Now she passes these lessons on in a simple, easy-to-read style for the beginning as well as the more adventurous cook. Learn the secrets of preparing a perfect roux, critical in many of the classic Cajun dishes. In addition, here and there among the recipes are little memories of a time when life on the bayou was sweet and simple.

### Review of book on Amazon:

A gumbo of freshly caught crabs, oysters, and shrimps ... a jambalaya from the Cajun country ... the peppery red beans that Louis Armstrong so loved ... Antoine's famous pompano baked in a paper crescent ... hot puffy rice cakes once hawked on the streets of the Vieux Carre - these are some of the mouth-watering delights that bring travelers flocking to Cajun Country and New Orleans. Combining the culinary traditions of France, Spain, Africa with the Indian gift of New World ingredients, Cajun (Creole) cooking blends and balances these strains to produce its own unique and exciting style. And to cook its authentic dishes you have to be in on the secrets. These secrets are revealed - lavishly and clearly - in Arlene Coco's new cookbook, **Making It Easy: Cajun Cooking**. Now you can master the subtle flavors of Cajun cooking. The deliciously light and crusty New Orleans French bread ... a French Quarter breakfast of eggs Sardou, freshly fried beignets, hot cafe au lait, and bananas flam-bé ... a fabulous main course as served in Louisiana's finest homes, a traditional Acadian pot dinner that provides a festive party dish in which every bit of chicken or meat goes a long way ... and much, much more. Every recipe is written clearly step-by-step along with a shopping list. In some cases substitutes for hard-to-find local ingredients are provided, although perfectionists will be delighted with the excellent list of mail-order sources for fresh crayfish, indigenous spices, and more. But this is more than a collection of superb recipes. The source and lore of various dishes are described in charming commentaries. Loving it, wanting to share and preserve its specialness, Arlene Coco has created a book that brings the true flavors of New Orleans and Southwest Louisiana and the joys of Cajun cooking, to cooks everywhere!

Amazon link: <https://www.amazon.com/Making-Easy-Cooking-Remembrances-Acadiana/dp/1556226497>

### Review:

We recently moved to Central Louisiana, and had always wanted to experience the food typical to Louisiana. Mme. Coco's book is not only full of succulent recipes, but also makes a good read on being raised in Louisiana as a Cajun. The book also has easy to understand recipes, shopping lists, and serves as a great guide book for those who entertain or hold parties at their homes.

Link to buy Arlene's book: [www.arlenecoco.com](http://www.arlenecoco.com)



## PUBLICATIONS

Recipe Design, Food Service Training and Cookbook were made possible through funding from USDA Farm to School, Victory Fund and Healthy Northland.

*Benefits of Farm to School Students are provided with fresh, healthy, minimally processed local food. Students have the opportunity to interact with the farmers that grow the food being served in their cafeteria. Students are introduced to the idea of farming as a career choice. Schools provide new or expanded markets for local farms. The variety and volume of crops produced may increase, creating opportunities for local economic development. Money stays in the local community. Nutrition education is integrated and emphasized across disciplines Schools report an increase of 3-16% in meal participation when farm-fresh food is served. [“Going Local - Paths to success For Farm to School Programs” by Anupama Joshi, Marion Kalb, & Moira Berry]*



Link to free recipe book download and our Farm School Cooking Class video on [www.arlenecoco.com](http://www.arlenecoco.com)

## PRIVATE CLASSES



### About Chef Coco

My private cooking classes are offered in Minneapolis/St. Paul and Duluth, Minnesota.

Teaching cooking classes is my passion and I have been featured on television in Duluth offering recipes that are inspired by nature's bounty.

I am the author of **Cajun Cooking**,

**Making it Easy**, and I am a certified culinary professional who has worked in the culinary world as a chef and caterer for over three decades. My vast experience has taken me to over 19 countries where I have traveled and studied the food ways of numerous cuisines. I have portfolio career in the food world and I never stop learning new techniques to teach my students.



### Sample Class Menus

*Louisiana Cajun French – Let the Good Times Roll!*

*BBQ Shrimp New Orleans Style- no grill needed*

*Acadian Gumbo- the state soup that cooks with Jazz!*

*Muffuletta Salad*

*Chicken and Sausage Jambalaya- Louisiana version of Paella*

*Bread Pudding with Salted Caramel Sauce*

### *Thai Favorites*

*Fresh Shrimp Spring Rolls with Sweet Chili Sauce*

*Chicken Satay with Peanut Sauce*

*Spicy Red Beef Curry*

*Som Tom- Green Papaya Salad with Lime Dressing*

*Classic Pad Thai*

### *Viva Italia!*

*Tuscan Salsa Bruschetta*

*Wild Mushroom Risotto with Truffle Oil*

*Spinach Gnudi pillows with sage butter sauce*

*Chicken under a brick*

*Raspberry Tiramisu*

## MEDIA CONTACT INFORMATION

Arlene Coco

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Arlene Coco

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### **Web/Media Presence**

Website- [arlenecoco.com](http://arlenecoco.com)

Blog- access thru website [www.arlenecoco.com](http://www.arlenecoco.com)

Facebook- Coco's Latest Bite

Twitter- Arlene Coco

Linked In- Arlene Coco

Instagram- Arlene Coco

U-tube- coming soon, in production

### **Books published**

Cajun Cooking Making it Easy

(wordwarepress1997)

MEDIA CONTACT INFORMATION  
(continued)



Arlene Coco

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**Media Presence**

***Superior Telegram***

<http://www.superiortelegam.com/business/announcements/4524985-development-organizations-join-forces-offer-business-workshops>

**FOX 21**

<https://www.fox21online.com/2018/11/12/want-tips-on-how-to-start-your-own-small-business/>

<https://www.fox21online.com/2018/10/18/cranberry-brie-pinwheel-easy-fun-fall-appetizer/>

<https://www.fox21online.com/2018/03/22/torching-bananas-local-cooking-instructor/>