



# What's COOKING

DOWNTOWN  
LEARNING CENTRE

## JANUARY

### Lunch 'n Learn Demonstrations

These noon-hour weekday classes include a light lunch, a demonstration lesson on how to make the dishes you are served, and the featured recipe sheets.

### Eats of Southeast Asia

Take a trip to Thailand, Vietnam, Indonesia and beyond as our chef instructors get you up to speed on the authentic flavours of Southeast Asia. You'll learn how Southeast Asian cuisine manages to strike that perfect balance of sweet, salty and spicy and how ingredients like peanuts, cardamom, ginger and garlic come together in classic dishes like chicken skewers, Vietnamese subs and tasty pineapple fritters.

Thursday, Jan. 11 or Friday, Jan. 12; 12 – 1 p.m. \$25

### Quick and Healthy Weeknight Meals

The holidays are over and we can help you stick to your New Year's eating resolutions with a healthy lunch menu full of the delicious fresh food your body is craving. With a crunchy kale salad, warming chicken lentil soup served with homemade bread and a refreshing fruit and yogurt parfait for dessert, this class will help you start 2018 on the right foot.

Thursday, Jan. 18 or Friday, Jan. 19; 12 – 1 p.m. \$25

### Beyond Borscht: Classic Eastern European Cuisine

Eastern Europe's rich history is evident in its food; dishes that represent warmth and comfort to many Canadians thanks to savoury flavours like thyme, parsley and garlic. Our chef instructor will whip up iconic European cabbage rolls, a hearty stuffed pork loin and a delicious chocolate torte for dessert.

Thursday, January 25; 12 – 1 p.m. \$25

### SCHOOL HOLIDAYS KIDS CAMPS FOR AGES 9 to 12 PROFESSIONAL DEVELOPMENT DAYS

#### Harry Potter and the Kitchen of Secrets\*

Have you ever wondered how to make your own butter beer? Or roast dragon with levitating puffs? Wizards and muggles alike are invited to participate in this class inspired by the culinary delights of Hogwarts, Honeydukes and classic British cuisine. Potion-making skills are a bonus but don't fear, we won't be making or serving Hogwart's haggis.

Friday, January 26; 9 a.m. – 4 p.m. \$70

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### Evening and Weekend Classes

Depending on the class selected, the class will either be a demonstration only or a combination of demonstration and hands-on. Food & beverages are served at each class. Copies of the featured recipes will be distributed.

\*  demonstration class  hands-on class

### Cooking Basics: Stocks, Soups and Vegetable Cuts

Improve your daily cooking by brushing up on some key culinary techniques. Our chefs will guide you through the preparation a classic vegetable and chicken soups that involve fundamental knife and flavour balancing skills. In the process you'll learn how to make basic chicken and roast vegetable stocks, classic and white mirepoix (the vegetable blends used to season soups and sauces) and chicken rice and minestrone soups.

Saturday, January 13; 10 a.m. – 12:30 p.m. \$75

### Cooking Basics: Pasta Perfection

Homemade pasta is the very best kind of pasta and our chef instructors can show you how to make your own fresh pasta from scratch. Learn how to make your own pappardelle and tortellini — we'll also give you tips on the best stuffing and sauces to go with each pasta to create a show-stopping Italian meal.

Saturday, January 20; 10 a.m. – 12:30 p.m. \$75

### Cooking Basics: Gnocchi Know-How

Known by chefs and Italian food enthusiasts as "little pillows of love," homemade gnocchi can be tricky to make, but once you get the hang of it, you'll be in dumpling heaven. Our chef instructors will show you how to make both classic potato and ricotta gnocchi as well as fresh herb tomato sauce and a classic basil pesto, all while helping you bone up on your classic Italian and French cooking skills.

Saturday, January 27; 10 – 12:30 p.m. \$75



OUR LEARNING CENTRE FACILITY IS LOCATED AT 909 11 AVE SW, CALGARY  
Contact us at 403 245 7630 or visit [atcoblueflamekitchen.com](http://atcoblueflamekitchen.com) for details.

