



What's COOKING

SOUTH HEALTH
CAMPUS
WELLNESS CENTRE

JANUARY / FEBRUARY / MARCH

Demonstrations

ATCO Blue Flame Kitchen's chef instructor will demonstrate the preparation of three or four dishes in the class theme. At the conclusion of the class, there are small samples to taste.

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 and a warming chicken lentil soup on the menu, this class will help you start 2018 on the right foot.

Thursday, January 18; 7 – 8 p.m. \$25

Swiss Comfort Fare

After a long day of skiing, nothing beats coming home to a belly-warming meal. Our chef instructors will introduce you to hearty après ski meals drawing from French and Swiss alpine traditions. Tuck into our slow cooker beef bourguignon and a rostizza (a pizza with a Swiss rosti crust) with Swiss cheese and speck bacon.

Thursday, February 8; 7 – 8 p.m. \$25

A Taste of Vienna

Because of its location right in between western and eastern Europe, Austria is a melting pot of different cultures, which is reflected in the country's unique cuisine. In this class our chef instructors will recreate the menu of a typical Viennese café, teaching you all about Viennese sausage, cheese and chocolate while sharing recipes for an onion and sausage quiche and a classic Wiener Schnitzel.

Thursday, March 15; 7 – 8 p.m. \$25



THE WELLNESS KITCHEN FACILITY IS LOCATED AT 180003, LEVEL 1 4448 FRONT ST SE
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.

