



What's COOKING

EDMONTON KITCHEN

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.

JANUARY

New Year, New You Series

Planned Overs – Light Healthy Meals (SOLD OUT)

Is your New Year's Resolution to eat healthier? Then this is the class for you! Learn how to plan and make healthy meals that you can then turn into delicious planned-over meals the next day.

Saturday January 13, 2018
10:00 a.m. – 1:00 p.m.
\$85 + GST

Healthy Meals Using Your Pressure Cooker or Insta-Pot

Curious about pressure cooking? Try your hand at preparing quick, healthy recipes and a delicious one-pot meal in a pressure cooker. This class is pressure-packed with information to build your confidence using this unique cooking method.

Session 1 (SOLD OUT)

Saturday January 20, 2018
10:00 a.m. – 1:00 p.m.
\$85 + GST

Session 2 (SOLD OUT)

Saturday January 27, 2018
10:00 a.m. – 1:00 p.m.
\$85 + GST

Evening 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.

FEBRUARY

Healthy Meals Using Your Pressure Cooker or Insta-Pot

Curious about pressure cooking? Try your hand at preparing quick, healthy recipes and a delicious one-pot meal in a pressure cooker. This class is pressure-packed with information to build your confidence using this unique cooking method.

Saturday February 3, 2018
10:00 a.m. – 1:00 p.m.
\$85 + GST

Tapas and Wine (SOLD OUT)

Looking for a fun and interactive night out? Join us for homemade tapas and wine tasting. Learn how to make small bites that will compliment and pair nicely with delicious wines.

Friday February 9, 2018
6:00 p.m. – 8:00 p.m.
\$85 + GST

Indian-Inspired Meal

Skip the takeout and learn how to make your own mouth-watering Indian dishes! Join us and prepare naan bread, chutney and some Indian-inspired dishes that you know and love.

Thursday February 22, 2018
5:00 p.m. – 7:00 p.m.
\$65 + GST



OUR KITCHEN FACILITY IS LOCATED AT 10035 105 ST NW, EDMONTON
Contact us at 780 420 7282 or visit atcoblueflamekitchen.com for details.

