



What's COOKING

DOWNTOWN LEARNING CENTRE

MARCH

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.

The Spices of India

Indian flavours can be complex — get to know your way around an Indian spice box with this boldly flavoured Lunch 'n' Learn. Learn how to use ingredients like garam masala, curry leaves, coriander and turmeric to create Indian classics like lamb rogan josh curry, homemade naan bread and an authentic Indian rice pudding for dessert.

Thursday, March 1 or Friday, March 2; 12 – 1 p.m. \$25

A Taste of Vienna

Because of its location right in between Eastern and Western Europe, Austria is a melting pot of different cultures, which is reflected in the country's unique cuisine. In this class our chef instructor 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 8 or Friday, March 9; 12 – 1 p.m. \$25

Beyond Beef: The Wide World of Wellingtons

Most of us know beef wellington — that classic dish consisting of beef carefully wrapped in puff pastry — but did you know that beef isn't the only filling worthy of the wellington treatment? Join us in exploring the world of wellingtons beyond the classic beef. We'll look at pork and prosciutto wellingtons as well as a meatless version with Portobello mushroom and brie.

Friday, March 16; 12 – 1 p.m. \$25

Everyday Italian

Italian cuisine is all about passion and simplicity. Our chef instructors will show you how to prepare authentic dishes with simple ingredients of the highest-quality. Start with insalata, an Italian-style salad, before moving on to hand-crafted pasta served with a rich and meaty Bolognese. For dessert, enjoy a light and creamy panna cotta.

Thursday, March 22 or Friday, March 23; 12 – 1 p.m. \$25

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

Hands-On: Indian

Love Indian cuisine? Get hands on experience making authentic Indian dishes such as vegetable samosas and cucumber raita to take home. Our chef instructors will also walk you through how to make Makhani chicken, also known as butter chicken, as you enjoy some with freshly made naan.

Thursday, March 1; 6 – 8 p.m. \$75

Hands On: Moroccan Flat Breads

Handmade flat breads are a cornerstone of Moroccan cuisine and can be a lot of fun to make at home. Our chef instructors will teach you how to make a pancake-like bread that will be served alongside a traditional chicken chickpea tagine. We'll also make harissa, a deliciously spicy hot pepper paste to complement your Moroccan meal.

Saturday, March 3; 3 – 5 p.m. \$75

Chef's Table: Savouring South France

The southern part of France is famous for its wine, seafood and cheese — all as rich in flavour as the area is in culture. Learn how chefs use French staples like butter, cream and garlic to make irresistible seared scallops and a classic duck confit. **Saturday, March 10; 6:30 – 9 p.m. \$95**

Evening Demonstration: Sushi

Learn how to make an assortment of sushi while sipping on a glass of prosecco. Sit back and relax as our chef instructors walk you through how to properly prepare and season your sushi rice in order to create perfect rolls every time. Learn about different filling options and ingredient combinations as you are served a three course meal.

Thursday March 22; 6 – 7:30 p.m. \$35

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

4 Day Camp: Cook Your Way Around the World

Spend your spring break tasting cuisines from around the world. We'll explore the food and cultural traditions of South America, Europe, Asia and North America, learning about what kids around the globe eat for their breakfast, lunch, dinner and snacks.

Mon., March 26 to Thurs., March 29; 9 a.m. – 4 p.m. \$360



OUR LEARNING CENTRE FACILITY IS LOCATED AT 909 11 AVE SW, CALGARY
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.

