

What's *Cooking*



October Calendar

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.

Thanksgiving Alternatives

Taking you away from the traditional meal during thanksgiving, this Lunch 'n Learn is our take on Thanksgiving alternatives. Instead of turkey we will teach you how to make an exquisite poached salmon, perfectly cooked asparagus, and delightful boulangerie potatoes.

Thursday, October 5 or Friday, October 6; 12 – 1 p.m. \$25

Pies!

Today we'll teach you to harness the power of puff pastry! Our chef instructor will start off with a savoury beet wellington and a walnut and blue cheese mixed green salad. This will be followed by a filling chicken pot pie, and a sweet, sweet pastry.

Thursday, October 12 or Friday October 13; 12 – 1 p.m. \$25

Mighty Sandwiches

Sandwiches, a classic that has been around for ages! Learn to make a delicious pork melt on a milk and honey bun with pimentón aioli and fontina cheese, a tender corned beef sandwich on sourdough with house-made mustard, and a Nutella whoopie pie for dessert.

Thursday, October 19 or Friday, October 20; 12 – 1 p.m. \$25

Oktoberfest

It's that time of year again, put on your lederhosen join the Blue Flame Kitchen for our October Feast! Our chef instructor will walk you through our favourite German recipes starting off with a delightful sauerkraut soup, followed by scrumptious pork schnitzel drizzled in a creamy mushroom sauce, and so much more.

Thursday, October 26 or Friday, October 27; 12 – 1 p.m. \$25

October Calendar

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: Pies from Around the World

In this hands-on class, you will learn how to put together a variety of appetizing savoury pies that can fit in your hand. The class will feature pies such as Bolivian saltenas, samosas, spanakopita and Nigerian meat pies!

Saturday, October 14; 10 a.m. – 12 p.m. \$75

Hands-On: Get to Know Your Chicken

Get a true hands-on experience and learn how to use every single piece of a chicken! It's economical, it's easy, and it's the best way to maximize flavour. You will make tasteful wings, juicy breasts, crispy thighs, and stock up your fridge with more for later.

Thursday, October 19; 6 – 8 p.m. \$75

Hands-On: Brunch

Here at the Blue Flame Kitchen b-r-u-n-c-h spells delicious! Join our chef instructor as they teach you their take on oatmeal. Next, get salty with a savoury egg technique that you've probably never seen before, the volcano egg. Finish with a sweet and savoury cornbread waffle with maple brown butter hollandaise.

Saturday, October 28; 10 a.m. – 12 p.m. \$95

Chef's Table: Argentina

We're bringing the flavours of Argentina to your plate! The evening will include a delicious fish ceviche, a twist on traditional locro soup, red wine marinated beef tenderloin with patatas bravas and chimichurri, and we'll end with chocotorta!

Saturday, October 28; 6:30 – 9 p.m. \$95

SPECIAL EVENT

Purdys Chocolate

Our fourth-annual Purdys chocolate event has arrived! Don't miss out on this year's creations as our culinary team create mouth-watering dishes using chocolate in ways you never thought possible. Purdys will be in attendance with an assortment of their favourite chocolates and some new creations. Your sweet tooth will certainly be satisfied.

Saturday, October 22; 2 – 4 p.m. \$65