

Let's Get Cooking



SOUTH HEALTH CAMPUS

April – June Calendar

Demonstration Classes

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 will be a small meal.

Sustainable Seafood

Our chef instructor will demonstrate how to prepare seafood caught with sustainable practices that won't break the bank. Some of the items you'll be sampling will include: albacore tuna crudo, mussels in a pistou broth, and pickarel with a lemon herb compound butter.

Thursday, April 6 | 7 – 8 p.m. \$25

Vietnamese Street Food

Explore the rich, flavourful food from the streets of Vietnam; our chef instructor will walk you through how to make Bánh Xèo – savoury Vietnamese crêpes and Vietnamese spicy lemongrass noodle soup.

Thursday, April 20 | 7 – 8 p.m. \$25

Mother's Day Brunch

For all the great moms out there, treat them to a wonderful demonstration and meal. Some of the selections you'll be trying will be: vegetable ribbon salad, steamed salmon in a tomato fennel broth and cream scones.

Thursday, May 11 | 7 – 8 p.m. \$25

Mexican

Learn how make an authentic taco feast complete with homemade tortillas, pico de gallo, guacamole, spicy pickled cabbage, ranchero chicken and a creamy cilantro sauce.

Thursday, May 25 | 7 – 8 p.m. \$25

Spring Soups

We're back by popular demand with another class dedicated to the wonderful world of soups! In this class we'll be tasting 3 different soups: a velvety asparagus soup, a creamed spring pea and leek soup with mint croutons, and a hearty bean and kale soup.

Thursday, June 8 | 7 – 8 p.m. \$25

Father's day

Thank your father for all he has done by preparing his favourite treats! We'll show you how make perfect pretzel bites with a house-made mustard for dipping and how to make fall-off-the-bone ribs.

Thursday, June 15 | 7 – 8 p.m. \$25

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Hands-On Weekend Classes

Our weekend classes are a combination of demonstration and hands-on. Copies of the featured recipes will be distributed. At the conclusion of the class, there will be a small meal.

Hands-On: Chocolate Lovers

A fun class for all the chocoholics out there to indulge your sweet tooth! Our instructor will show you how to make browned butter chocolate chip blondies, hand-rolled chocolate truffles with different toppings and a simple chocolate bark.

Saturday, April 29 | 10 – 11:30 a.m. \$70

Hands-On: A whole new world of Salads

Come learn new ways to liven up your salads. You will learn how to make vinaigrette and cream dressings as well as sharpen your knife skills by preparing a variety of salad garnishes. We'll also show you how to make hearty salads using alternatives to leafy greens.

Saturday, May 27 | 10 – 11:30 a.m. \$70

Hands-On: Father's Day

Treat your dad to a wonderful hands-on cooking event! Work alongside your dad as you learn how to prepare coriander and lime coleslaw, bacon-wrapped pork tenderloin with chorizo, and a skillet chocolate chunk cookie.

Saturday, June 10 | 10 – 11:30 a.m. \$70

South Health Campus Wellness Kitchen is located at 4448 Front Street SE

To register for cooking classes, visit us online at atcoblueflamekitchen.com or call (403) 245-7630.