

# Let's Get Cooking



## SOUTH HEALTH CAMPUS

### February – March 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 are small samples to taste.*

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#### Make Ahead Freezer Meals

*We'll be demonstrating how to make cottage pie, a hearty beef stew with dumplings that can all be prepared ahead of time. When in a pinch, you'll be able to pull these pre-made items out of the freezer for a complete and satisfying dinner.*

**Thursday, February 16 | 7 – 8 p.m. \$25**

#### Wonderful World of Eggs

*The possibilities with eggs are endless! We'll demonstrate how to make an appetizer of Scotch eggs and a B.E.L.T. sandwich on challah bread.*

**Thursday, March 2 | 7 – 8 p.m. \$25**

#### Irish

*Learn how to prepare a traditional Irish feast! Start with a savoury celeriac soup then we'll demonstrate how to get that golden crust on your Shepherd's pie.*

**Thursday, March 16 | 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.*

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#### Hands-On: Mexican

*One of our most popular culinary requests! Working alongside our chef instructors, you will learn how to make a jicama and citrus salad then how to season and build Mexican meatballs stuffed with queso.*

**Saturday, February 25 | 10 – 11:30 a.m. \$70**

#### Hands-On: Pizza

*Ever wondered how to make perfect pizza at home? Learn how to make pizza dough under the guidance of our chef instructors. Then roll and fill your own calzone. Next we'll cover making fresh, delicious pizza sauces and vinaigrettes.*

**Saturday, March 25 | 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](http://atcoblueflamekitchen.com) or call (403) 245-7630.