

Let's Get Cooking



SOUTH HEALTH CAMPUS

September – December 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.

Fall Harvest

Inspired by all the colours and flavours of fall, you will witness the creation of a true harvest feast. We will start with a delicious squash and apple soup, our chef instructor will then demonstrate how to perfectly cook braised pork with cranberry bruschetta.

Thursday, September 14 | 7 – 8 p.m. \$25

Oktober Feast

It's that time of year again to put on your lederhosen and join us for our Oktober Feast! Our chef instructor will walk you through our favourite German recipes starting off with a delightful sauerkraut soup. The chef instructor will then proceed to the scrumptious pork schnitzel drizzled in a creamy mushroom sauce and so much more.

Thursday, October 26 | 7 – 8 p.m. \$25

Substantial Salads

Time to load up on some substantial salads that will leave you thoroughly satisfied and satiated. Start with a great dish that can utilize your favourite leafy green and act as a starter or main course. Then, fill up on a potato salad that is more like a meal with flaked gravlax and loads of aromatic bursts of flavour.

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

Canadian Classics

You'll be a proud Canadian after this class. Our chef instructor will start the day off with an exquisite ham and split pea soup. This will also include a filling bannock biscuit with a heavenly house-made Canadian bacon poutine.

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

Winter Grilling

A little snow can't stop us from grilling! Learn how to roll chorizo-wrapped pork tenderloin and how to cook on the barbecue using indirect heat. Season your ribs with flavourful rubs and a classic barbecue sauce for chicken.

Thursday, December 7 | 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: Mexican

Do you ever just crave fresh Mexican cuisine and can't decide where to go? Now you can learn to make it yourself and never have this problem again! Our chef instructors will be showing you how to create a stuffed pepper with a chili spiced beef. To add to this, you will be including a mouthwatering tomato and avocado salsa with black beans and corn.

Saturday, September 23 | 10 – 11:30 a.m. \$70

Hands-On: Hand Pies Around the World

Greek Spanakopita; its name might be a mouthful to pronounce, but this Greek pie is actually small enough to be eaten as a snack. In this hands on class you will learn how to put together this flavourful pastry that is filled with chopped spinach, onions, scallions, feta cheese, eggs, and seasoning. Moving around the world, you will then learn how to make Jamaican patties; these pies are filled with flavoured meat, carrots, and potatoes, with the option of adding more vegetables.

Saturday, October 14 | 10 – 11:30 a.m. \$70

Hands-On: Homemade Calzones

Ever wondered how to make perfect calzones at home? With this hands on lesson our chef instructors will show you how to make a delightfully chewy pizza dough. You will then roll and fill your own calzone. To finish off your lesson, we will cover making fresh, delicious pizza sauce.

Saturday, November 4 | 10 – 11:30 a.m. \$70

Hands-On: Mexican Fiesta

You'll be hosting fiestas at your place all the time after this hands on Mexican Fiesta lesson. You will start with delicious taco sides such as guacamole, pico de gallo, and refried beans. This will be followed up with a tasty ensalada de noche buena which includes jicama, pineapple, carrots, apples, and cucumbers.

Saturday, December 2 | 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.