



## LOVE TO BE KNEADED! ATCO BLUE FLAME KITCHEN RELEASES NEW DIGITAL COOKBOOK

CALGARY, Alberta — There's nothing like the aroma of freshly-baked bread! Today, ATCO Blue Flame Kitchen (BFK) released a new digital cookbook that teaches the 'kneaded' skills to confidently tackle a variety of breads, from the rustic to the sophisticated. *Love to be Kneaded* features 10 of BFK's best bread recipes along with foolproof instructions to transform your kitchen into a high-end bakery.

"Who doesn't love fresh, warm bread, right out of the oven?" said Chef J.P. Gerritsen, Supervisor of BFK Culinary Programs. "This cookbook takes the intimidation factor out of baking bread and offers easy tips that will help you unleash your inner baker."

The cookbook responds to bread's recent resurgence in culinary circles, which reflects the 'rising' interest in fermented and other artisanal breads in kitchens across North America. It has never been easier to bake world-class breads at home with a wide variety of flours and alternative grains, and resources available to guide the home baker from beginner to skillful bread enthusiast.

*Love to be Kneaded* features recipes that use the popular slow fermentation method for making doughs such as multigrain boules and enriched breads like brioche, along with links to a series of helpful [how-to videos](#).

For the month of September, *Love to be Kneaded* will also support a very important cause. For a minimum donation of \$5, bakers may download the book at [atcoblueflamekitchen.com](http://atcoblueflamekitchen.com) and see their dollars directly benefit [Breakfast for Learning](#), a program committed to ensuring children in Canada are well-nourished and ready to learn.

"The support received through this fun cookbook will help us continue to provide students in Alberta with healthy meals and snacks needed to fuel their bodies and minds," said Kristen Wilson, Program Coordinator, Breakfast for Learning.

Join the thousands of people who connect with the ATCO Blue Flame Kitchen every day through [atcoblueflamekitchen.com](http://atcoblueflamekitchen.com), social media – [Twitter](#), [Facebook](#), [YouTube](#) and [Pinterest](#) – or by downloading the ATCO Blue Flame Kitchen smartphone and tablet app available for Apple and Android devices at the [iTunes](#) and [Google Play](#) stores.

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### Media Inquiries:

Joanne Ellard  
Supervisor, Marketing  
Communications  
ATCO Blue Flame Kitchen  
Tel. 403-245-7625

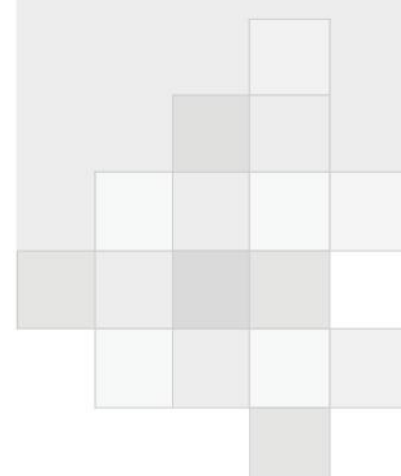
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# News Release

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