



What's COOKING

ATCO PARK
LEARNING CENTRE

APRIL

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.

We've recently implemented a change to our Dietary Restrictions policy. For more information please visit the participation details page at www.atcoblueflamekitchen.com

KOREAN STREET FOOD

Casual Korean cuisine is known for its combination of sweet, spicy, and saltiness — it's the perfect food for a quick lunch or a late night snack. At this Lunch 'N Learn we'll explore the less fancy side of Korean food, focusing on classic kimchi, crunchy Korean Fried Chicken and Hotteok, a popular stuffed pancake.

\$30 | 12 – 1PM | Thursday, April 2

EASTER FEAST

An Easter luncheon is all about Glazed Ham, creamy Potatoes Dauphinoise and, of course, a perfect Hot Crossed Bun. Join us for this special Lunch 'N Learn celebration of all things Easter.

\$30 | 12 – PM | Thursday, April 9

WRAPPED AND CRUSTED

Everything tastes better when it's encased in carbs! At this tasty Lunch 'N Learn our chef instructor will highlight dishes that are wrapped or served in pastry or another kind of dough. Get ready for bread bowl soup, crispy crepes and other beautifully packaged surprises.

\$30 | 12 – 1PM | Thursday, April 16

CALIFORNIA DREAMING

California — particularly Alice Waters' legendary restaurant Chez Panisse — is the birthplace of the farm-to-table movement that has been embraced around the world. Celebrate the beginning of spring at this Lunch 'N Learn dedicated to California cuisine with dishes like Mint and Pea Veloute, Gribiche Sauce, and other seasonal favourites.

\$30 | 12 – 1PM | Thursday, April 23

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.

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HANDS-ON: BREAKFAST FOR DINNER

Who says you can't have breakfast for dinner? It's quick, easy and always delicious. In this class your chef instructor will guide you through those more technical breakfast foods like classic egg dishes and French crepes. Whether you use your skills for breakfast or dinner, whoever you host are sure to be impressed.

\$75 | 6 – 8PM | Thursday, April 2

HANDS-ON: EASTER BAKING

If you yearn for traditional baked Easter treats, this is the class for you! Easter is all about rich breads and sweets fit for a celebration. Learn how to make authentic Hot Cross Buns and other seasonal goodies.

\$95 | 10AM – 2PM | Saturday, April 4

HANDS-ON: PIZZA PARTY

Once you master the art of a do-it-yourself pizza night, you'll never call for delivery again! Join us for this hands-on class where we'll show you how to make a from-scratch pizza dough and sauces and guide you through toppings that complete a perfect pizza.

\$75 | 4 – 6PM | Saturday, April 4

CHEF'S TABLE: GARDENER'S DELIGHT

Celebrate the spring planting season with this special Chef's Table dinner dedicated to the art of gardening! Our chef instructor will share stories of what inspired the planting of our ATCO Park garden as you dine on seasonal spring dishes like Creamed Swiss Chard and a Rhubarb Lunar Cake.

\$95 | 6:30 – 9PM | Saturday, April 25



OUR ATCO PARK FACILITY IS LOCATED AT 5302 FORAND ST. SW CALGARY
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.





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TACO THURSDAY

Is there any food more perfect than a taco? Treat yourself to a Mexican fiesta and learn how to make specialties like Black Bean Taquitos, Pork El Pastor and, for dessert, a classic Tres Leches Cake.

\$30 | 12 – 1PM | Thursday, April 30

EVENING AND WEEKEND CLASSES

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HANDS-ON: MARINADES, BRINES, RUBS & GLAZES

It's almost time to crank up your barbecue for the season — but do you know the differences between the sauces, soaks, and rubs that season your meat? At this hands-on class we'll go through all of these important flavouring techniques while making recipes for dishes like Brined Chicken, Dry-Rubbed Flank Steak, and Glazed Ribs.

\$75 | 6 – 8 PM | Thursday, April 30



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