



# What's COOKING

## ATCO PARK LEARNING CENTRE

### FEBRUARY

#### 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](http://www.atcoblueflamekitchen.com)

#### WINTER ROASTS

Winter is the time to crank up your oven and let your favourite dishes roast while you spend a cozy evening at home. At this Lunch 'N Learn we'll share some tips on how to get a perfect roast while sharing recipes for dishes like Roasted Tomato Soup with Grilled Cheese Crostini, Beef Pot Roast and, for dessert, Tarte Tatin.

**\$30 | 12 – 1PM | Thursday, February 6**

#### MASTERING THE ART OF BRUNCH

Eggs are the cornerstone of any great brunch and at this Lunch 'N Learn we'll teach you some techniques to help you master the art of cooking this humble ingredient. We'll show you how to tackle omelets, poached eggs and how to make classic Hollandaise Sauce.

**\$30 | 12 – PM | Thursday, February 20**

#### RICH RAMEN

Ramen has become a much-loved food from around the world, but other than the packaged stuff, it's something that few of us make at home. Get over any ramen intimidation that you may have at this Lunch 'N Learn, where we'll show you how to make a tasty broth to make ramen at home.

**\$30 | 12 – 1PM | Thursday, February 27**

#### 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: ALL ABOUT CHOUX

Pâte à Choux is a classic French pastry used to make light and fluffy creations like profiteroles and eclairs. At this hands-on class our chef instructors will teach you this unique pastry technique, which involves steaming the moisture out of a wet dough in order to get a puff without any leavening agents. You'll then learn how to turn that dough into sweet and savoury treats like cream puffs, beignets and cheesy Gougères.

**\$95 | 12 – 3PM | Saturday, February 1**

#### HANDS-ON: SWISS FAVOURITES

Swiss cuisine draws on influences from nearby France, Germany and Italy. Learn how to make Swiss classics like Pork Schnitzel with Rosti Potatoes and Gerstensuppe, a traditional Swiss barley soup, at this interactive hands-on class.

**\$75 | 11AM – 1PM | Saturday, February 8**

#### CHEF'S TABLE: DEATH BY CHOCOLATE

Treat yourself to a special post-Valentine's Day Chef's Table dinner centred around the glory of chocolate. We'll be showcasing chocolate in both sweet and savoury menu items like Achiote-rubbed Beef Tenderloin with Dark Chocolate Red Wine Sauce, White Chocolate Parsnip Puree and a Dark Chocolate Almond Cake.

**\$95 | 6:30 – 9PM | Saturday, February 15**

#### HANDS-ON: COMFORT FOOD CLASSICS

Nothing beats the winter blues like a plate of your favourite comfort food. This hands-on class is all about winter comfort classics like Chicken Pot Pie and a homemade French Onion Soup.

**\$75 | 1 – 3PM | Friday, February 21**



OUR ATCO PARK FACILITY IS LOCATED AT 5302 FORAND ST. SW CALGARY  
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### KIDS COOKING CAMPS (AGES 9 – 12)

These all day camps give kids the tools and knowledge for cooking! With a combination of demonstration and hands-on cooking lessons, kids learn a variety of skills such as kitchen safety, and knife skills.

### KIDS PD DAY CAMP: EXPLORE THE AMERICAS

Kids will get a taste of the United States, Mexico and Central America at this hands-on PD Day Camp. Young chefs will learn about the different flavours of each region while making recipes for dishes like Pozole Soup, Cubano Sandwiches, and Patacones (fried plantain).

**\$220 | 9AM – 4PM | Thursday, February 13 & Friday, February 14**



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