



# What's COOKING

ATCO PARK  
LEARNING CENTRE

## MAY

### 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)

### FLAVOURS IN A FLASH

Cooking on the fly doesn't need to mean cooking without flavour. Join us in this Lunch 'N Learn where we'll show you how to put together unbelievably tasty meals, like our lemon garlic shrimp, in a matter of minutes.

**\$30 | 12 – 1 PM | Thursday, May 7**

### LONG WEEKEND BBQ

The May long weekend is the official start of summer and the perfect time to fire up that barbecue! At this Lunch 'N Learn we'll show you some easy grilling tricks that will help you enjoy a season of outdoor cooking, with recipes like our heirloom tomato and roasted garlic tart, a grilled zucchini salad, and brined and smoked chicken legs.

**\$30 | 12 – 1 PM | Thursday, May 14**

### HOMEMADE CHINESE TAKEOUT

Satisfy your craving for Chinese takeout by learning how to make fresh and tasty versions of your favourites at home. At this Lunch 'N Learn we'll demo classic dishes like homemade wonton soup, BBQ pork fried rice, and egg tarts, all of which can be easily replicated in your own kitchen.

**\$30 | 12 – 1 PM | Thursday, May 21**

### TASTE OF JAMAICA

The food of Jamaica is marked by fresh ingredients and sweet, juicy, and spicy Caribbean flavours. Get to know this unique cuisine over a lunch of patties with rice and beans, Jerk salmon and a tasty Jamaican bread pudding.

**\$30 | 12 – 1 PM | Thursday, May 28**

### 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: DIY THAI

If you love Thai takeout, you'll love making our favourite Thai recipes at home. At this hands-on class we'll teach you how to work with the spicy, sweet, and sour flavours that make dishes like our shrimp Pad Thai and green papaya salad so special.

**\$75 | 6 – 8 PM | Thursday, May 7**

### SPECIAL EVENT: MOTHER'S DAY MARVELS

This special demo class is for those who want to treat their moms to a day out or learn how to make a special meal for the mother in their lives. We'll be showcasing fresh spring flavours with gorgeous dishes like our asparagus salad, Chicken Ballontine, and orange polenta cake.

**\$50 | 10 – 11:30 AM OR 1 – 2:30 PM | Saturday, May 9**

### HANDS-ON: START YOUR SOURDOUGH

Making your own sourdough bread can be intimidating, but once you get the hang of it, the art of perfecting this traditional bread can become a very rewarding (and delicious) hobby. Our chef instructor will show you how to make and maintain your own starter and shape your dough, which you'll then bake at home in a complementary Bannetone basket.

**\$95 | 10 AM – 2 PM | Saturday, May 23**

### CHEF'S TABLE: MODERN MOROCCO: A TASTE OF MARRAKECH

Moroccan food is about much more than the humble tagine. Join us at this special Chef's Table event and explore the world of Moroccan fine dining. We'll indulge in richly flavoured Moroccan dishes, like pistachio-crust lamb chops and semolina-crust salmon with labneh.

**\$95 | 6:30 – 9 PM | Saturday, May 23**



OUR ATCO PARK FACILITY IS LOCATED AT 5302 FORAND ST. SW CALGARY  
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### HANDS-ON: ALL THINGS CHICKEN

Being able to utilize an entire bird is an incredibly useful skill: it can save money and help you to expand beyond those standard boneless skinless chicken breasts. This hands-on class will teach you how to effectively use a full chicken to make multiple delicious and economical meals.

**\$75 | 1 – 3 PM | Friday, May 29**

### HANDS-ON: CUPCAKES & CREAMS

Have your cupcakes and eat them too! At this interactive class our chef instructor will show you how to make the perfect cupcake batter and delectable creams to make them look and taste even better.

**\$75 | 10 AM– 1 PM | Saturday, May 30**

### 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: SUMMER FAMILY FEAST

Your kids can keep themselves busy on their upcoming PD Day and also learn how to make a meal that will impress the whole family at this fun day camp. Campers will learn how to put together an outdoor summer feast, complete with grilled chicken thighs, citrus salad, and much more.

**\$110 | 9 AM – 4 PM | Friday, May 15**



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