



# What's COOKING

ATCO PARK  
LEARNING CENTRE

## JUNE

### 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)

### READY, SET, GRILL!

The time has come to get that barbecue ready for a summer of grilling! This Lunch 'N Learn will arm you with some new recipes like flour tortillas with grilled tomatillo salsa and grilled pineapple with bourbon sauce to inspire you throughout barbecue season.

**\$30 | 12 – 1PM | Thursday, June 4**

### SOUTHERN COMFORT

With classics like rubbed pork chops, creamed corn, and strawberry pretzel pie, the food of the American South is synonymous with comfort. We'll enjoy the best of the region and also share some tips on how folks in the sizzlin' South stay cool over the summer.

**\$30 | 12 – PM | Thursday, June 11**

### SINGAPORE HAWKER FARE

Singapore hawker centres are basically food courts that offer affordable but delicious meals representing a wide range of cuisines. At this Lunch 'n' Learn will explore some of the foods common to hawker culture, including an irresistible Hainanese chicken rice.

**\$30 | 12 – 1PM | Thursday, June 18**

### MEDITERRANEAN MARVELS

The countries that sit on the Mediterranean Sea are known for their unique growing conditions that produce unbelievable olive oil, tomatoes, chickpeas and other premium ingredients. At this Lunch 'n' Learn we'll explore the best flavours of the Mediterranean with dishes like Shawarma roasted chickpeas and Mediterranean salmon in parchment.

**\$30 | 12 – 1PM | Thursday, June 25**

### 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: SIMPLE SUMMER ITALIAN

Many of us dream of long outdoor summer meals in Tuscany — at this hands-on class we'll help you to realize that Italian fantasy right here at home. Learn how to make fresh summer pasta topped with a blistered cherry tomato and lemon sauce, with a fennel and dill salad on the side.

**\$75 | 10 AM – 12 PM | Saturday, June 6**

### CHEF'S TABLE: ALOHA FROM HAWAII

Regional Hawaiian Cuisine is the perfect confluence of eastern and western influences. At this special Chef's Table event we'll enjoy the very best of gourmet Asian food, with plenty of fresh island flavours.

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

### HANDS-ON: SUMMER SALADS & SANGRIA

Our favourite summer meals often consist of a salad and jug of sangria on the patio. Learn how to use your knife skills to make two perfectly summery salads (which you can take home for dinner) and a unique sangria to sip on throughout the class.

**\$75 | 1 – 3PM | Friday, June 12**

### HANDS-ON: GIFTS FOR DAD

If the Dad in your life is impossible to buy for, let us help you make some Father's Day gifts in the kitchen. We'll focus on gifts for the griller, with tasty items like BBQ sauce, steak rum and chimichurri.

**\$75 | 3 – 5 PM | Saturday, June 13**



OUR ATCO PARK FACILITY IS LOCATED AT 5302 FORAND ST. SW CALGARY  
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### SPECIAL EVENTS

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#### FATHER'S DAY GRILLING EXTRAVAGANZA

BBQ season has arrived, get ready to grill! Our yearly BFK grilling extravaganza is back to get you primed for summer BBQing. Bring your dad to grill, season and eat a BBQ dinner all while learning tips and tricks from our own BFK chefs. Discover everything you ever wanted about BBQ, with class demonstrations, hands-on stations, and grilling guidance, you won't want to miss it! This class sells out every year, so get your tickets early!

**\$95 | Saturday, June 20 | 11 AM – 1:30 PM OR  
3 – 5:30PM**

#### GRILL MASTER DINNER

Join our BFK chefs as they walk you through a night of all things BBQ. In this demonstration event, all your grilling questions will be answered and all top chef grilling secrets will be revealed. Not only will you be given many tips and tricks of a grill master, but there will be plenty of food to taste, smell and eat! Following the demo, you will be served an "elevated" BBQ dinner. From appetizer to dessert, the true versatility of the grill will be on display.

**\$75 | 6 – 9 PM | Saturday, June 27**



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