



What's COOKING

SOUTH HEALTH
CAMPUS
WELLNESS CENTRE

JANUARY | FEBRUARY | MARCH | APRIL

Evening Demonstrations

These one-hour weekday classes include a light meal, a demonstration lesson on how to make the dishes you are served, and the featured recipe sheets.

HAWAIIAN PLATE LUNCH

A quintessential Hawaiian meal, the Plate Lunch reflects the diverse culture of Hawaii. Believed to have stemmed from the Japanese bento, a take-away style of meal, the Plate Lunch often has various barbecued meats, rice, and Haupia cake (a Hawaiian pudding cake). Feel like a Hawaiian local and enjoy flavours like teriyaki, and coconut in this class all about the Plate Lunch.

\$30 | 7 – 8 PM | Thursday, January 16

FRENCH BRUNCH

French omelets, poached eggs, and crepes? Learn all the tips and tricks on how to execute these French favourites perfectly. Skip the bacon, eggs, and toast routine and host a brunch that'll wow your guests!

\$30 | 7 – 8 PM Thursday, February 20

TASTE OF MOROCCO

One of the most talked about cuisines in the food scene, Moroccan influences are popping up in trendy restaurants everywhere. Let's explore the hype! In this class you will learn about pepper pastes, and herb marinades in recipes like chermoula, a traditional Moroccan sauce, and harira, a traditional Moroccan soup.

\$30 | 7 – 8 PM | Thursday, March 19

CALIFORNIA SPRING

Inspired by Chef Alice Waters and her Californian restaurant Chez Panisse, this class is all about farm to table cuisine. Celebrate spring with farm fresh ingredients like bright asparagus, and savoury cilantro, then learn how to make tasty sauce gribiche.

\$30 | 7 – 8 PM | Thursday, April 23



THE WELLNESS KITCHEN FACILITY IS LOCATED AT 18003, LEVEL 1 4448 FRONT ST SW
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.

