



What's COOKING

SOUTH HEALTH
CAMPUS
WELLNESS CENTRE

MAY | JUNE

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.

CHINESE TAKE-OUT

Chinese food has quickly become a tasty staple in weeknight meals, usually just a phone call away. Let our Chef Instructor walk you through the skills to perfectly execute dishes like Wonton Soup and BBQ Pork Fried Rice. Impress your family, and make them think you ordered in from your favourite Chinese restaurant, but you actually made it yourself!

\$30 | 7 – 8 PM | Thursday, May 21

FATHER'S DAY BBQ BASICS

Fire up the grill! Father's Day is just around the corner, let our Chef Instructors show you everything you need to know about summer grilling and BBQing for Dad. In this class, you'll learn how to make savoury Cast Iron Rosemary Buns, Carolina BBQ Sauce for amazing ribs, and a Spice Rub to take your BBQ'd meats to a new level. Finish off the class with a tasty Browned Butter Blondie, a delicious end to your summer feast!

\$30 | 7 – 8 PM Thursday, June 18



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.

