



# What's COOKING

**ATCO PARK  
LEARNING CENTRE**

## JANUARY

### 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)

### TASTE OF INDIA

Do you love the fragrant flavours of Indian cuisine? At this Lunch 'N Learn class we'll explore all the different ways that Indian spices can be used in traditional dishes like Spinach and Potato Chaat, Malai Chicken Tikka, and Pedha sweets.

**\$30 | 12 – 1PM | Thursday, January 9**

### HAWAIIAN PLATE LUNCH

Have you heard of the famous plate lunches in Hawaii, packed with regional goodies? Learn what makes the plate lunch an island favourite, with recipes for Chicken Teriyaki and Coconut Haupia Cake.

**\$30 | 12 – PM | Thursday, January 16**

### EXPLORING FRANCE: NICE

Nice, the capital of the French Riviera has long been known for its fantastic food and art. Its proximity to the Mediterranean means that Nice's cuisine is full of olive oil, garlic, and other flavours of Southern France. We'll introduce you to this beautiful style of food with recipes for Socca (chickpea flatbread), Daube Niçoise (meat and vegetable stew) and Pan Bagnat picnic sandwiches.

**\$30 | 12 – 1PM | Friday, January 24**

### 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 BACK TO BASICS: KNIFE SKILLS

Get the most out of your kitchen knives by learning the basics of knife care and proper sharpening. Our chef instructors will also show you some basic knife cuts to help you prepare a Minestrone Soup and Panzanella Salad.

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

### HANDS-ON: STUFFED PASTA

Is there anything more comforting than tender pasta stuffed with meat and cheese and covered with a rich sauce? Learn how to make classic Italian pasta dishes at home, like luscious Italian Sausage and Ricotta Ravioli with Tomato and Basil Sauce.

**\$75 | 1 – 3PM | Friday, January 17**

### HANDS-ON BACK TO BASICS: LASAGNA

Lasagna is a favourite comfort food for many, but few of us know how to make a homemade lasagna entirely from scratch. At this hands-on class you'll learn how to make your own pasta, sauce and filling for the ultimate pan of classic lasagna.

**\$75 | 11AM – 1PM | Saturday, January 18**

### HANDS-ON: GAME NIGHT PARTY

Next time you gather around the TV for a big game, treat your friends and family to a feast of classic sports snacks. We'll show you how to make sharable recipes fit for a crowd like Chicken Wing Lollipops, Chipotle Chili, and Beef Queso Dip.

**\$75 | 6 – 8PM | Thursday, January 23**



OUR ATCO PARK FACILITY IS LOCATED AT 5302 FORAND ST. SW CALGARY  
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### **HANDS-ON BACK TO BASICS: WHOLE BIRD BUTCHERY**

Butchering a whole chicken is an essential skill for home cooks who want to take their cooking to the next level. At this class we'll help you to develop the confidence to cut up an entire chicken and then use the pieces to make recipes like Pan Seared Chicken in Lemon Caper Sauce and Braised Chicken Thighs.

**\$75 | 11AM – 1PM | Saturday, January 25**

### **CHEF'S TABLE: ICONIC ITALIAN**

Treat yourself to an exquisite Italian dining experience at our next Chef's Table event. We'll be serving and talking about next-level dishes like our Arancini Al Burro (risotto balls stuffed with ham and cheese) and rich and luxurious Osso Buco.

**\$95 | 6:30 – 9PM | Saturday, January 25**

### **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: SUPER SOUPS & STEWS**

Let your kids learn how to make soup without having to use a can opener! At this PD Day Camp kids will learn how to make their own comforting soups and stews like Barley Minestrone and Indian Spiced Chicken and Potato Stew that are bound to satisfy the whole family.

**\$110 | 9AM – 4PM | Friday, January 31**



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