



What's COOKING

ATCO PARK
LEARNING CENTRE

NOVEMBER

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.

PORTUGUESE PLATE

With its Atlantic advantage, use of worldly spices, and Mediterranean influence, Portuguese cuisine has mastered the balance of sweet, spicy, and salty tastes. In this Lunch 'N Learn, take these influences with dishes like piri piri chicken, as our chef instructor demonstrates how the Portuguese use these incredible flavours.

\$30 | 12 – 1PM | Thursday, November 7

BFK COOKBOOK FAVOURITES

We have been creating popular cookbooks for many years that are full of easy to follow, and delicious recipes for the home cook. Join us for this class where our chef instructor will demonstrate some of our favourite recipes, using ingredients like mushrooms, squash, and wild rice.

\$30 | 12 – 1PM | Thursday, November 14

WHEN IN ROME

The city of Rome has long been known for having incredible food, with traditional flavours and classic recipes we will take you through a few of our favourites. In this Lunch 'N Learn our chef instructor will take you on a culinary journey to Rome with dishes like cacio e pepe, mozza stuffed suppli, and gelato.

\$30 | 12 – 1PM | Thursday, November 21

KIDS COOKING CAMP (Ages 9-12)

PD DAY: EASY PEASY ITALIAN

Does your child love Italian food as much as the rest of us? If yes, this is the class for them! This camp is all about classic kid friendly Italian food like pasta, tomatoes, and cheese. Campers will learn how to make hearty Italian meals to warm their bellies, like Bolognese, and lasagna.

\$110 | 9AM – 4PM | Friday, November 1

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.

HANDS-ON: STUFFED PASTA 101

Fresh handmade pasta is good, but fresh handmade stuffed pasta is even better! In this class our chef instructor will equip you with everything you need to know to successfully make your own stuffed pasta. You will create fresh egg pasta, and a ricotta herb filling to make a very tasty tortellini or agnolotti.

\$75 | 3 – 5PM | Saturday, November 2

HANDS ON: DELICIOUS DUMPLINGS

Ever wanted to make your own restaurant style Asian dumplings? Well you're in luck! In this hands-on class our chef instructor will guide you through how to make these tasty restaurant favourites.

\$75 | 6 – 8PM | Thursday, November 14

CHEF'S TABLE: NORDIC JOURNEY

Let us guide you through an exploration of Nordic cuisine defined by locality, seasonality, and simplicity. In this Chef's Table our chef instructor will take you to the heart of Nordic cuisine with dishes like pickled whitefish, Danish roast pork: flæskesteg, and Swedish chocolate cake: kladdkaka.

\$95 | 6:30 – 9PM | Saturday, November 16

HANDS ON: HOLIDAY COOKIE EXCHANGE

Christmas is just around the corner and we think the best gift to give is delectable cookies. In this hands-on class you will make classic cookies that make the perfect gift for family and friends. Our Pastry Chef will guide you through cookie recipes like Swiss gingerbread, chocolate snowballs, and vanilla kipferl.

\$95 | 1 – 4PM | Saturday, November 30



OUR ATCO PARK FACILITY IS LOCATED AT 5302 FORAND ST. SW CALGARY
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.





What's COOKING

ATCO PARK
LEARNING CENTRE

NOVEMBER

KIDS COOKING CAMP (Ages 9-12)

PD DAY: FAMILY FRENZY

Are your kids keen to help out in the kitchen? Let us get them started in this camp all about family cooking! Campers will be taught all about quick and easy meals with an emphasis on family friendly recipes and one-pot dishes.

\$110 | 9AM – 4PM | Friday, November 22



OUR ATCO PARK FACILITY IS LOCATED AT 5302 FORAND ST. SW CALGARY
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.

