



What's COOKING

ATCO PARK
LEARNING CENTRE

OCTOBER

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.

NON-TRADITIONAL THANKSGIVING

Looking for a way to change up your thanksgiving dinner? Our chef instructor will show you how to keep some traditional flavours but use them in a new way. We'll teach you how to amp up your dinner as we cook up savoury baked apples with sausage stuffing, mashed potato puffs with bacon and sour cream, and mascarpone pumpkin pie crepe rollups.

\$30 | 12 – 1PM | Thursday, October 3

THE LAST HARVEST

Take in the last of Alberta's harvests in this Lunch 'N Learn filled with root vegetables and grains. Follow along while our chef instructor guides you through fall's favourite flavours in dishes like chicken a la forestière, squash and barley risotto, and pumpkin cheesecake.

\$30 | 12 – 1PM | Thursday, October 17

COMFORTING SOUPS

Nothing warms you faster than a hot bowl of soup! Our chef instructor will teach you all the ins 'n outs of a great soup, from stock to simple thickening techniques. Cozy up to this Lunch 'N Learn by enjoying roasted tomato soup, quick chicken and orzo soup, and finish the class with decadent chocolate fondue.

\$30 | 12 – 1PM | Thursday, October 24

HEART WARMING ALBERTAN CLASSICS

Step inside our home and feel at ease in this class all about classic Albertan food. Our chef instructor will take you to a familiar place with heart warming home cooking all with prairie ingredients like barley, beef, carrots and more. Relax and enjoy recipes such as hamburger soup, and carrot cake with maple frosting.

\$30 | 12 – 1PM | Thursday, October 31

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: ITALIAN CRAFT: RISOTTO AND ARANCINI

Italian cooking is so much more than just pasta – join us as we take you to back in time to when rice was introduced to Italy. In this class you will learn how to make two iconic Italian rice dishes; risotto, created in Sicily and arancini, created in Lombardy.

\$75 | 3 – 5PM | Saturday, October 5

HANDS ON: THANKSGIVING PREP

Need some help making Thanksgiving dinner? In this class we will set you up for success by guiding you through dishes like sausage stuffing, roasted brussels sprouts, sweet potatoes, and Our Signature Butter Tarts. All for you to take home for the big feast!

\$75 | 6 – 8PM | Thursday, October 10

CHEF'S TABLE: EAST COAST FLARE

Immerse yourself in the Maritimes of Canada with flavours from the Atlantic coast. From lamb to oysters, this Chef's Table is all about fresh seafood and open pastures. Savour each course as our chef instructor takes you on a multi-course journey; wine and beer included.

\$95 | 6:30 – 9PM | Saturday, October 19

HANDS-ON: INTRO TO CHOCOLATE

In this two part class, delve into the world of cocoa. Learn about the ways in which different cultures have taken this luxurious ingredient and made it their own. Our Pastry Chef will teach you two methods of tempering and how to use chocolate in recipes such as chocolate caliente español, mendians, and chocolate tarts.

Part 1: 5:30 – 8 PM | Friday, October 25

Part 2: 12:30 – 3 PM | Saturday, October 26

Price: \$95



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





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KIDS COOKING CAMP (Ages 9-12)

PD DAY: TASTY TACOS

It's time for tacos! In this PD Day camp your budding chef will create all the taco essentials like pineapple salsa, roasted chicken, flour tortillas from scratch, and much, much more. Our chef instructors will equip them with all the skills needed to make fresh tacos.

\$110 | 9AM – 4PM | Friday, October 11



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