



What's COOKING

ATCO PARK
LEARNING CENTRE

SEPTEMBER

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.

THAI STREET FOOD FAVOURITES

Many consider Thai cuisine the gold standard of street food, but it's about a lot more than meat on a stick! At this Lunch 'N Learn we'll show you how sweet, spicy and salty Thai flavours come together in recipes for Thai calamari, green curry, and a coconut and lemongrass ice cream.

\$30 | 12 – 1PM | Thursday, September 12

LOUISIANA HOME COOKING

We'll explore the cornerstones of Cajun and Creole cooking, teaching you about classic ingredients like okra and Andouille sausage. You'll also learn how to make a dark roux — an absolute must in Louisiana cuisine. We'll use that know-how to make delicious dishes like hearty gumbo, chicken étouffée, and praline bread pudding.

\$30 | 12 – 1PM | Thursday, September 19

URUGUAYAN COUNTRY CUISINE

As with many other South American countries, the food of Uruguay is heavily influenced by Spanish and other European cuisines, though it also has a distinct flavour of its own. At this Lunch 'N Learn class, we'll focus on the rustic cowboy culture of Uruguay, making dishes like Choripan (chorizo sandwich), empanadas mendocinas, and chaja (layered sponge cake).

\$30 | 12 – 1PM | Thursday, September 26

KIDS COOKING CAMP (Ages 9-12)

PD DAY: STELLAR SCHOOL LUNCHES

Are your kids already sick of what they're packing in their lunches this year? At this PD Day camp we'll help them to put together easy packable lunches and snacks that they'll actually want to eat. They'll love making their own honey oatmeal muffins, chicken wraps and nut-free trail mix cookies.

\$110 | 9AM – 4PM | Friday, September 20

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: CAKES MADE EASY

Do you want to learn how to make your own cakes but aren't sure where to start? At this hands-on class we'll walk you through some basic cake and quick bread recipes, explaining all of the ingredients, equipment, measurements and mixing techniques. You'll learn how to make a vanilla sponge cake, an easy chocolate cake, and a sour cream pound cake, all of which you can take home to impress your friends and family.

\$95 | 10 – 1PM | Saturday, September 7

HANDS ON: BREAD-MAKING 101: HOMEMADE ROLLS

This class will introduce you to the world of rolls and buns. Each participant will learn how to mix, knead, and shape dough. Learn about fermentation and proper baking temperatures when we teach you how to make three different yeast loaves. We will walk you through recipes for French and soft rolls, grain rolls, and breakfast-ready cinnamon rolls.

\$95 | 10AM – 2PM | Saturday, September 28

CHEF'S TABLE: THE SPANISH TABLE

Spanish food is regarded as some of the best cuisine in the world, thanks to a love of combining sweet and savoury flavours and the country's abundance of seafood and other rich ingredients. At this special Chef's Table dinner, we'll treat you to an extraordinary Spanish meal, featuring delicacies like beautifully prepared pork and grilled octopus.

\$95 | 6:30 – 9PM | Saturday, September 28



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

