



What's COOKING

EDMONTON
KITCHEN

SEPTEMBER

EVENING CLASSES

The class will be a combination of demonstration and hands-on. Food & beverages are served at each class. Copies of the featured recipes will be distributed.

HANDS-ON: BABA'S FAVOURITES – PEROGIES AND CABBAGE ROLLS

Channel your inner Ukrainian or Polish grandmother with this hands-on class, focusing on the fine art of cabbage roll- and perogy-making. We'll teach you how to make everything—including the perogy dough—from scratch. Your creations will be freezer-ready, just like baba used to do.

\$65 | 6 – 8PM | Thursday, September 19

HANDS-ON: VEGAN 101

Vegan food doesn't have to be overly complicated. In fact, plant-based eating can be a lot of fun if you let yourself get creative. At this hands-on class, we'll teach you how to make tasty vegan dishes like our zucchini boats and a dairy- and egg-free Really Wacky Chocolate Cake.

\$65 | 6 – 8PM | Thursday, September 26

WEEKEND CLASSES

The class will be a combination of demonstration and hands-on. Food & beverages are served at each class. Copies of the featured recipes will be distributed.

HANDS-ON: INSTANT POT INDIAN FOOD

Your Instant Pot or pressure cooker is more versatile than you may realize! Join us at this hands-on class to learn how to make delicious Indian curries—like butter chicken and lamb rihogan josh—in a snap with the convenience of pressure cooker technology.

\$85 | 10AM – 1PM | Saturday, September 28



OUR KITCHEN FACILITY IS LOCATED AT 10035 105 ST NW, EDMONTON
Contact us at 780 420 7282 or visit atcoblueflamekitchen.com for details.

