



What's COOKING

SOUTH HEALTH
CAMPUS
WELLNESS CENTRE

SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER

Evening Demonstrations

These one-hour weekday classes include a light meal, a demonstration lesson on how to make the dishes you are served, and the featured recipe sheets.

MOROCCAN FEAST

Moroccan cuisine is steeped in centuries of tradition, influenced by the many cultures that surround this beautiful North African country, all of which make for some truly delicious food. Join us to learn about Moroccan flavours and cooking techniques as we make a classic Moroccan Harira (lentil soup) and Couscous Tfaya (couscous topped with caramelized onions and raisins).

\$30 | 7 – 8 PM | Tuesday, September 24

COMFORTING SOUPS

Nothing warms you faster than a hot bowl of soup! Cozy up to this class by understanding the ins and outs of creating delicious soups. Follow along with our chef instructor while enjoying roasted tomato soup, quick chicken and orzo soup, and then finish off the class with decadent chocolate fondue.

\$30 | 7 – 8 PM \$30 | 7 – 8 PM Thursday, October 24

WHEN IN ROME

The city of Rome has long been known for having incredible food; using traditional flavours we will take you through a few of our favourite, classic recipes. In this class our chef instructor will take you on a culinary journey to Rome with dishes like potato gnocchi and Cacio e Pepe using fresh pasta.

\$30 | 7 – 8 PM | Wednesday, November 20

CHRISTMAS BRUNCHING

The Christmas season means it time for wonderful food, and that includes an indulgent, decadent brunch to enjoy with family on Christmas morning. In this class our chef instructor will show you how to creatively incorporate Christmas flavours into brunch classics, like eggnog French toast, and so much more.

\$30 | 7 – 8 PM | Wednesday, December 4



THE WELLNESS KITCHEN FACILITY IS LOCATED AT 18003, LEVEL 1 4448 FRONT ST SW
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.

