

## **Fall 2010 cooking classes**

### **Fairfield Community place**

#### **Basic canning and food preservation Monday Sept.27 6:30 – 9:30**

If you missed learning from your grandmother, this class is a chance to experience canning. We will choose fruits and vegetables from this bountiful harvest season. Prepare for a hands on class. You will go home with four different canned items, jars provided.

**\$51.00**

#### **Vegetarian Recipes from Africa Monday Oct.4 6:30 – 9:00**

Chef Sonja invites you to learn how to make some appetizing African dishes. The recipes include a Tajine (a Moroccan stew with eggplant, apricots and chickpeas), a West African sweet potato soup and a Moroccan cous- cous salad. Recipes are included. Enjoy a lovely dinner after the lesson.

**\$49.00**

#### **Eating with the Seasons & the Five Flavours Monday Oct.18 6:30 – 9:30 Preparing for the winter months**

Join Chef Sonja of Five Element Cooking and Carola Schleuss, Holistic Nutritionist and founder of Simple Remedies Herbal Solutions.

Preparing seasonal raw food spread, flaxseed cracker, 5 flavour dish, spirulina dessert and Rejuvalac. Learn how to use the flavours to warm raw foods. Learn about pungent/sour/bitter and superfoods. Syllabus and sample tasting. Go home with printed information and recipes. **\$65.00**

#### **East Indian cuisine I Monday Nov. 1 6:30 – 9:30**

In this class we will make some vegetarian recipes from the northern part of India. The menu for this session will include a Carrot green bean and potato subji, Palek paneer curry ( Spinach and Indian cheese ), a Mung bean dahl and either a Cucumber riata or a chutney .Bring your appetite, I'm sure you will want to taste these recipes.

**\$49.00**

**Pot Luck hits    Monday Nov.22  6:30 – 9:30**

Do you find yourself saying; oh I don't know what to make for this potluck? Chef Sonja has some delightful vegetarian options for potlucks. These recipes are relatively quick to make. The menu includes Sweet & sour tempeh, Sesame savoury tofu balls with a miso almond gravy, /walnut & feta spread and a Moroccan quinoa, almond & apricot salad. There will be some hands on in this class. Share a dinner after the lesson.

**\$51.00**

**All classes held in Corrine's kitchen, beside the Gerry oak room at 1335 Thurlow st.  
To register call Fairfield community place - 250- 382-4604**

For more info go to [www.fairfieldcommunity.ca](http://www.fairfieldcommunity.ca)

**Monterey Center (Oak Bay)**

**Nepalese Vegetarian    Thursday Sept.16  6:00 – 8:30**

In this class we will discover how to make a Nepalese Vegetable Curry, Vegetarian Momos (Nepalese version of Tibetan dumplings) and a Tomato cilantro Achar (dipping sauce). These recipes were passed directly to Chef Sonja from a Nepalese cook. Look forward to a delicious meal after the lesson.    **\$48.50**

**Soup, Salad & Entrée    Thursday Oct.21  6:00 – 8:30**

In this class chef Sonja will continue to teach some recipes she has invented. The menu will include red peppers stuffed with quinoa, herbs and adzuki beans with a marmite, cheddar & ale sauce, a lovely Yam leek & almond soup and a Marinated Vegetable & tofu salad. Enjoy a meal after the lesson and bring containers.    **\$49.50**

**Sushi & other Japanese recipes    Thursday Oct. 26  6:00 – 8:30**

Come and learn how to make some joyful Japanese recipes. In this class there will be some hands on Sushi making, a demonstration of a Tofu, shitake teriyaki that Sonja developed while working at The Naam restaurant and an Edamae salad. Bring your appetite an apron and containers in case of leftovers.    **\$49.50**

**African Vegetarian      Thursday Nov. 4      6:00 – 8:30**

Chef Sonja invites you to learn how to make some appetizing African dishes. The recipes include a Tajine (a Moroccan stew with eggplant, apricots and chickpeas), a West African Sweet potato soup and a Moroccan cous- cous salad. Recipes are included. Stay and sample the menu items after the lesson.      **\$48.50**

**Appetizers for all occasions      Thursday Nov.25**

Are you interested in learning how to create tasty appetizers? There will be demonstration and some hands . You are invited you to discover these recipes, Vegetarian momo's, Savory Walnut tofu balls, a Multi seed pate and a Fig & walnut spread. Open to beginners and the experienced. Enjoy some treats or take some home.  
**\$49.50**

**To Register call Monterey Recreation Center : 250- 370- 7300**

**Esquimalt Classes at Eclole Brodeur**

**Basic canning and food preservation      Tues. Sept. 21      6:30 – 9:00**

If you missed learning from your grandmother, then this class is a chance to experience canning. We will choose fruits and vegetables from this bountiful harvest season. Prepare for a hands on class. You will go home with four different canned items, jars provided.  
**\$46.00**

**East Indian cuisine I      Tues. Oct. 5      6:30 – 9:00**

You are invited to this class to spice up your life with the tastes of Northern India.. The menu for this session will include a Carrot green bean and potato subji, Palek paneer curry (Spinach and Indian cheese), a Mung bean dahl and either a cucumber riata or chutney. Bring your appetite, I'm sure you will want to taste these recipes.  
**\$45.00**

**Gourmet West coast Vegetarian    Tues. Oct.19        6:30 – 9:00**

In this class chef Sonja will share some recipes she has invented over the years. These recipes are inspired by local ingredients and the ambience of the west coast. Come and learn how to make a Wild rice & hazelnut casserole, a savoury tofu & vegetable pie and a creamy miso salad dressing. Sample these menu items or take them home

**\$ 47.00**

**Vegetarian Recipes from Africa    Tues. Nov 9        6:30 – 9:00**

Chef Sonja invites you to explore the exciting flavours of Africa. The recipes include a Tajine (a Moroccan stew with eggplant, apricots and chickpeas), a West African sweet potato soup and a Moroccan cous- cous salad. Recipes are included. Stay and have a meal the after the lesson.

**\$ 45.00**

**Appetizers for all occasions    Tues. Nov. 23        6:30 – 9:00**

Are you interested in learning how to create tasty appetizers? There will be demonstrations and some hands on in this class. You are invited you to discover these recipes, Vegetarian momo's, Savoury walnut tofu balls, pumpkin seed & sunflower seed pate a Fig & walnut spread and a Artichoke sundried tomato dip. Open to beginners and the experienced. Enjoy some treats or take some home.

**\$46.00**

**All classes held at The French school in Esquimalt, Ecole Brodeur located at 637 Head street.**

**To register call : 250- 412-8500**

**James Bay community School Center**

**Vegetarian East Indian cuisine II    Wed Oct.6    6:00 – 8:30**

Come and learn more about North East Indian cuisine. Sonja shares some culinary secrets from East Indian chefs she worked with at the Naam Restaurant in Vancouver. The menu will include Chickpea (channa) Curry, baked samosa's, Pakoras and a Mint & cilantro sauce. There will be some

hands on in this class so bring an apron and a couple of containers in case of leftovers. 6:00 – 8:30 **\$43.00**

**Flavourful Vegetarian Soups II Wed. Nov. 3 6:00 – 8:30**

In this class Chef Sonja will continue to teach some interesting soups. One recipe will be a raw creation called a Garden ginger energy soup. The rest of the menu includes a Roasted squash & apple soup, a Chickpea, tahini and tomato soup and a quick bread recipe to go with the soup. Bring your appetite and a couple of containers in case of leftovers. **\$43.00**

**Appetizers for all occasions Wed. Dec. 1 6:00 – 8:30**

Are you interested in learning how to create tasty appetizers? There will be demonstrations and some hands on in this class. You are invited you to discover these recipes, Vegetarian momo's, Savoury walnut tofu balls, pumpkin seed & sunflower seed pate a Fig & walnut spread and a Artichoke sundried tomato dip. Open to beginners and the experienced. Enjoy some treats or take some home. **\$43.00**

**Italian Meal for kids Sat. Nov. 6 9:45 – 12:00**

Chef Sonja has designed this class for kids age 11 to 14 on how to cook a simple meal for their family. As well as informative, this hands on class will be a lot of fun. The menu includes a Veggie spaghetti sauce, a Cesar salad made from scratch and garlic bread. Please bring an apron and cutting board. Enjoy a yummy lunch near the end of the class. **\$34.00**

**To register call : James Bay Community school center : 250-389-1470**  
**For more info visit [www.jamesbaycenter.ca](http://www.jamesbaycenter.ca)**