



EARLY WINTER SCHEDULE 2014

SUPER SOUPS

Warm up to hearty and flavourful simmering soups. Using a variety of vegetables, legumes and grains, participants will make vegan/vegetarian soups representing a wide range of food and styles and a vegetable broth that can be used as a soup base for homemade soups. As time permits, participants will also complement the soups with homemade crackers, biscuits, loaves or scones. Bring your own containers and if you want your soups for refrigerator canning, bring your own sealers with snap top lids. (If you forget we will provide).

Dates: Thursday evenings January 16, 23 & 30.

Time: 6:30 to 8:30 p.m. **Cost:** \$40.00 per class

Location: Mary Jane's Cooking School at 252 Arlington Street, just south of Portage Ave.

To register: Call Mary Jane's Cooking School at 203 775-2522 or email mjcookin@mymts.net.

VEGAN/VEGETARIAN COOKING

Learn to make hearty, wholesome and tasty vegan dishes with vegetarian options. Main dish recipes, accompanying sauces and salads will highlight the use of legumes, grains nuts and seeds and seasonal vegetables. Dishes will utilize a variety of herbs, spices and vegan condiments. Participants take home the food they prepare.

Dates: Saturday afternoons February 1, 8, 15 & 22

Time: 1:00 p.m. to 4:00 p.m. **Cost:** \$40.00 per workshop.

Location: Mary Jane's Cooking School at 252 Arlington Street.

To Register call Mary Jane's Cooking School at 204 775-2522 or email: mjcookin@mymts.net