



**FALL AND WINTER CLASS SCHEDULE  
AT MARY JANE'S COOKING SCHOOL**

**2019-2020**

**VEGAN & VEGETARIAN CLASSES**

Learn the basics in vegan & vegetarian cooking and make wholesome, tasty main dishes and accompanying sauces and salads. Focusing on seasonal vegetables, recipes will highlight the use squashes and other vegetables, legumes, grains, nuts and seeds. Gluten-free options are included. Dishes will utilize a variety of herbs, spices and vegan condiments. Participants take home the food they prepare.

**VEGAN & VEGETARIAN AFTERNOON CLASSES**

**Dates:** Tuesday afternoons: September 17 & 24 and October 1 & 8.

**Time:** 1- 4:00 p.m.

**Cost:** \$200.00. Includes ingredients and supplies

**VEGAN & VEGETARIAN EVENING CLASSES**

Thursday evenings September 19 & 26 and October 3 & 10.

**Time:** 6:00 to 8:30 p.m.

**Cost:** \$200.00. Includes ingredients and supplies

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

**To Register:** call Mary Jane's Cooking School: 204 775-2522 or email:  
[mjcookin@mymts.net](mailto:mjcookin@mymts.net).

## **COOKING CLASSES FOR KIDS**

In these after-school classes, children aged 8 - 12 years will learn to make wholesome kid-friendly dishes and snacks. Using whole foods children will learn about good food choices and how to make easy and tasty foods while having fun. Prepared foods will be eaten at the school and/or taken home.

**Dates:** Wednesday Evenings: October 2, 9, 16 & 23.

**Time:** 6:00 to 8:30 p.m.

**Cost:** \$ 200.00 for 4 classes Includes ingredients, supplies and refreshments

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## **INDIAN COOKING**

Join Nandita Selvanathan and learn about the spices and flavours of India and how to prepare an authentic Indian meal followed by a sit-down dinner. The menu features Butter Chicken and Basmati Pulao and Mango Lassi.

**Date:** Saturday December 7.

**Time:** 1 – 4:00 p.m.

**Cost:** \$50.00

## **SUPER SOUPS & STEWS**

Warm up with hearty and wholesome soups. Learn how to prepare a variety of soups and how to highlight the flavours using herbs, spices and natural seasonings. As time permits, participants will also prepare soup accompaniments such as croutons and breadsticks, breads and soup toppings.

**Dates:** Tuesday afternoons : January 7, 14, 21 & 28.

**Time:** 1:00 to 4:00 p.m.

**Dates:** Thursday evenings: January 9, 16, 23 & 30.

**Time:** 6:00 to 8:30 p.m.

## **BASIC COOKING**

Learn to make simple and healthy meals with whole foods. Participants will learn how to prepare vegetables that retain colour and flavour, make casseroles, cook rice and make sauces. The choices of menus and topics will be influenced by the preferences of participants. Prepared foods will be taken home.

**Dates:** Thursday evenings: February 6, 13, 20 & 27  
**Time:** 6:00 – 8:30 p.m.

**Cost:** \$200.00. Includes ingredients and supplies.

## **WORKSHOPS**

### **PICKLE YOUR BEETS**

In this workshop participants will use locally grown organic beets and make delicious pickled canned beets.

**Date:** Saturday October 26.  
**Time:** 1 – 5 p.m.

**Cost:** \$60.00 includes ingredients and sealers.

### **BREAD MAKING WORKSHOPS 2020**

Learn the traditional way of making yeast breads, using wholesome organic flours and experience kneading and shaping bread, rolls and buns. **Workshop 1:** whole grain bread and white flour buns. **Workshop 2:** Whole Grain Sour Dough Bread using prepared starter made with organic rye flour.

**Date: Workshop 1** Saturday February 15. **Time:** 10:00 a.m. – 5:00 p.m.  
**Date: Workshop 2** Saturday February 22. **Time:** 10:00 a.m. – 5:00 p.m.

**Cost:** \$60.00 per workshop

## **FOR ALL CLASSES AND WORKSHOPS:**

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