



JULY SUMMER CLASS SCHEDULE AT MARY JANE'S COOKING SCHOOL

2019

VEGAN & VEGETARIAN CLASSES

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

Dates: Tuesday Evenings July 9, 16, 23 & 30

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

Cost: \$200.00. Includes ingredients and supplies

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

To Register: call Mary Jane's Cooking School: 204 775-2522 or email:

mjcookin@mymts.net.

COOKING CLASSES FOR TEENS

In these afternoon classes, tweens and teens will have fun making tasty dishes and snacks, using whole foods. Prepared foods will be eaten at the school and/or taken home.

Dates: Wednesday Afternoons: July 10, 17, 24 & 31.

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

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

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

To Register: call Mary Jane's Cooking School: 204 775-2522 or email:

mjcookin@mymts.net

WORKSHOPS

INDIAN COOKING WITH NANDITA SELVANATHAN

In these workshops with Nandita participants will become familiar with the spices and dishes of India and learn how to prepare a healthy Indian meal and enjoy a wonderful sit down dinner.

Indian Dinner: Butter chicken, Lentil soup and Vegetable Biryani.

Date: Saturday July 13, 2019

Time: 1 - 4:00 p.m.

Cost: \$50:00

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

To Register: call Mary Jane's Cooking School: 204 775-2522 or Nandita at 204 942-3261 or Email:mjcookin@mymts.net.

BAKE A CAKE AND ICE IT TOO

Participants will learn the basics of making several styles of cakes using natural and organic ingredients and simple icings.

Workshop 1: Participants will make a Strawberry Shortcake using the One Bowl Cake Method and an Oatmeal Cake with a Nutty Coconut Topping. **Workshop 2:** Cakes leavened by egg white foam. We will make a chiffon cake with a glazed topping and time permitting a Rolled Sponge Cake

Date: Workshop 1 Saturday July 20. **Time:** 1:00 – 5:00 p.m.

Date: Workshop 2 Saturday July 27. **Time:** 1:00 – 5:00 p.m.

Cost: \$55.00/workshop. Includes all ingredients and supplies

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

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