



WINTER / SPRING CLASS SCHEDULE 2018

SUPER SOUPS & STEWS

Warm up to flavourful simmering soups and stews in a series of four classes that feature a variety of vegetables, grains, legumes, herbs and spices. Several styles of soups and stews will be made along with accompanying garnishes. The same classes will be offered in the afternoons and evenings.

Dates: Tuesday evenings January 9, 16, 23 & 30 and Thursday afternoons, January 25 and February 1, 8 & 15

Times: 1:00 to 4:00 pm and 6:00 to 8:30 pm

Cost: \$180.00 for 4 classes. Includes ingredients and supplies.

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

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

Payment: Cash, cheque or [PayPal.Me/mjcookingschool](https://www.paypal.com/merchot/?x=1&from_seller=&to=paypal.com/mjcookingschool)

COOKING CLASSES FOR KIDS

In these after-school classes, children aged 8 to 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: Tuesday Evenings February 6, 13, 20 & 27

Time: 6:00 to 8:30 pm

Cost: \$180.00 for 4 classes. Includes ingredients, supplies and refreshments.

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VEGAN & VEGETARIAN CLASSES

Learn the basics in vegan and vegetarian cooking and make wholesome, tasty main dishes and accompanying sauces and salads. The recipes will highlight the use of legumes, grains nuts and seed and seasonal vegetables. 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 March 6, 13, 20 & 27 and Thursday afternoons March 8, 15, 22 & 29

Time: 6:00 to 8:30 pm and 1 to 4:00 pm

Cost: \$180.00 for 4 sessions. Includes ingredients and supplies.

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

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INDIAN COOKING WORKSHOPS WITH NANDITA SELVANATHAN

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

Date: Monday, January 22 **Menu:** Vegan Indian Dinner

Date: Saturday, March 31 **Menu:** Butter Chicken and Roti

Time: 1 to 4:00 pm

Cost: \$45:00 per workshop

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

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

Payment: Cash, cheque or [PayPal.Me/mjcookingschool](https://www.paypal.com/mjcookingschool)

WINTER FOOD PRESERVATION WORKSHOP SERIES

Take your sauerkraut game to a whole new level with DIY fermentation jars!

Learn about koji, a benevolent fungus used to make miso and soy sauce!

Learn about salt-curing and how to make your own homemade charcuterie!

Learn to brew your own homemade all-grain beer!

Classes will include lessons about the history and biochemistry of these methods as well as plenty of hands-on practice.

For more info about these workshops, please visit www.sarcophagust.com/education.

Dates: Wednesdays, January 24, February 21, March 21 & April 25

Time: 6:30 to 9:00 pm

Cost: \$60.00 per session or \$200 for all 4 workshops. Every class includes take-home product or ingredients.

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

To Register: Call Mary Jane's Cooking School at 204-775-2522, email Anna Sigrithur at annasigrithur@gmail.com or Mary Jane Eason at mjcookin@mymts.net

Payment: Cash, cheque or visit www.sarcophagust.com/education to pay with your credit card

BREAD MAKING WORKSHOPS

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 buns **Workshop 2:** Sour dough bread

Date: **Workshop 1** Saturday, February 17 and **Workshop 2** Saturday, February 24

Time: 10:00 am to 5:00 pm

Cost: \$60.00 per workshop

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

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

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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 traditional Butter cake and a Strawberry Shortcake using the One Bowl Cake Method. **Workshop 2:** Participants will make a Chiffon cake or a rolled Sponge cake (leavened by egg white foam)

Dates: **Workshop 1** April 21, 2018 and **Workshop 2** April 28, 2018

Time: 1:00 to 4:00 pm

Cost: \$50.00 per workshop. Includes all ingredients and supplies.

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

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