



**WINTER SPRING CLASS SCHEDULE  
AT MARY JANE'S COOKING SCHOOL**

**2019**

**VEGAN & VEGETARIAN CLASSES**

Learn the basics in vegan & 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.

**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](mailto:mjcookin@mymts.net).

**VEGAN & VEGETARIAN EVENING CLASSES**

**Dates:** Thursday evenings February 14, 21 & 28 & March 7

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

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

**VEGAN & VEGETARIAN AFTERNOON CLASSES**

**Dates:** Tuesday Afternoons: February 19 & 26 & March 5 & 12.

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

**Cost:** \$180.00 Includes ingredients and supplies

## 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: March 6, 13, 20 & 27.

**Time:** 6:00 to 8:30 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 Ave.

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

## WORKSHOPS

### **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 using prepared starter made with organic rye flour.

**Date: Workshop 1** Saturday February 9. **Time:** 10:00 a.m. – 5:00 p.m.

**Date: Workshop 2** Saturday February 16. **Time:** 10:00 a.m. – 5:00 p.m.

**Cost:** \$60.00/per workshop

**Location:** 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).

### **INDIAN COOKING WORKSHOPS 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.

**Vegan Indian Dinner. Chana Masala (chickpeas), Vegetable Pulao and Mango Lassi (Yogurt – based Indian drink).**

**Date:** Saturday February 23. **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 204 942-326 or Email:[mjcookin@mymts.net](mailto: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 Bundt Cake or a traditional Butter Cake and a Strawberry Shortcake using the One Bowl Cake Method. **Workshop 2:** Cakes leavened by egg white foam. We will make a chiffon cake and a Rolled Sponge Cake

**Date: Workshop 1** April 6, 2019. **Time:** 1:00 – 5:00 p.m.

**Date: Workshop 2** April 13, 2019. **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](mailto:mjcookin@mymts.net).

**SPRING LIVER CLEANSE CLASSES** to be added soon.