



WINTER- SPRING & SUMMER CLASS SCHEDULE AT MARY JANE'S COOKING SCHOOL

2017

COOKING CLASSES FOR KIDS

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

Dates: Thursday evenings February 9, 16 & 23 and March 2, 2017.

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

Cost: \$160.00 for 4 classes

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

BREADMAKING 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 Breads. Bring a bagged lunch. Take home what you bake.

Dates: Workshop 1: Saturday February 25, Workshop 2: March 4, 2017.

Time: 10:00 a.m. to 5:00 p.m. **Cost:** \$50.00 per workshop. **Location:** Mary Jane's Cooking School at 252 Arlington Street.

To Register call 204 775-2522 or email: mjcookin@mts.net

VEGAN & VEGETARIAN SPRING 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 seeds and seasonal vegetables. Participants take home the food they prepare. The same classes will be offered on Wednesday and Thursday.

Dates: Wednesday afternoons: April 5, 12, 19 & 27. **Time:** 1:00 to 4:00 p.m.
Thursday evenings April 6, 13, 20 & 27. **Time:** 6:00 to 8:30 p.m.

Cost: \$160.00. Includes ingredients.

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

WORKSHOP ON INDIAN COOKING WITH NANDITA SELVANATHAN

Learn how to prepare a delicious, wholesome Indian meal. Food is prepared by the participants and enjoyed at the end of the class at a sit down meal. More details to follow.

Date: Saturday, March 25. **Time:** 1 – 4 p.m. **Cost:** \$40

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

BAKE A CAKE AND ICE IT TOO WORKHOPS

Learn the basics of making different cakes for different occasions. A choice of the traditional cake, chiffon cake, sponge cake, bundt cake and more. The first workshop will be making the traditional style cake. If time permits we can make cupcakes too. The second workshop is your choice.

Dates: Saturday May 6 & 13. **Time:** 1-4 p.m. **Cost:** \$40.00

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

SUMMERY SOUPS AND STEWS

Enjoy the flavours of a variety of styles of summery soups and stews made with seasonal vegetables or fruits and fresh herbs. The classes will include making flavourful broths. As time permits participants will make crusty quick bread accompaniments.

Dates: Wednesday afternoons on June 7, 14, 21 & 28. **Time:** 1:00 to 4:00 p.m.

Thursday evenings on June 8, 15, 22 & 29. **Time:** 6:00 – 8:30 p.m.

Cost: \$160.00 for four classes.

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