



PRESENTS

Cooking Class Series

Pasta Making

April 5, 7-9pm

Learn the basics of how to make your own delicious fresh pasta with fun interactive food demos. We will cover cut and filled pastas, handmade gnocchi and a few simple sauce options. Participants will go home with some food for the freezer and recipes to use for later.

Grains Class

April 12, 7-9pm

Learn how to use a variety of grains in simple, delicious and creative ways. We will discuss the significance of whole grains as a staple food, the effect of processing on grains, their nutritional properties and their health benefits. Take home some samples and hopefully some new ideas!

Unusual Vegetables

April 19, 7-9pm

Ever wondered what some of the vegetables in the supermarket can best be used? We will play with and taste a selection of unusual vegetables that can sometimes be overlooked in the grocery store but deserve a place on your plate.

Class fees are \$60 per class or \$150 if you register for all three.

Pre-registration is required please.

Classes are held at the Prince Rupert Curling Club with the bar open if anyone wants a beer or a glass of wine.

Payment can be made at the MuchoCart outside of the Wheelhouse Brewing Company on Thursday, Friday or Saturday, 4-10pm, or by email money transfer.

Contact us at muchogustobc@gmail.com or #604-815-9298 for more info. Interested in organizing a private class for you and your friends or have an idea for a class topic that you really want to see on the schedule? Contact us and get the discussion started !