



PRESENTS

Cooking Class Series

Vegan Cooking

January 24, 7-9pm

Class will cover basics of a healthy vegan diet, food combining, substitutes for common ingredients and interactive food demos. Participants will go home with the food they make and the recipes.

Natural Fermentation Basics

February 7, 7-9pm

Class will cover the basic principles and history of fermentation, benefits of fermented foods, and interactive food demos. Participants will go home with ferments to nurture to their finished state and the recipes.

Valentine's Truffle Making

February 13, 7-9pm

Learn the basics of chocolate making with some fun interactive demos. Participants will go home with a nice gift box of truffles to share with their loved ones on Valentine's Day.

Fresh Pasta Making

March 24, 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.

Class fees are \$60 per class or \$200 if you register for all four.

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 down at the Mucho Food Cart outside of the Wheelhouse Brewing Company on Thursday, Friday or Saturday evenings or by phone. Contact us at muchogustobc@gmail.com or #604-815-9298 for more information.