



Cooking Class Schedule Winter 2012

JANUARY

Winter Salads

Monday, January 23 6:30 – 9:00 PM

Chef Alex Rodas

\$80/person

A four season's feast.

Cooking Light But Filling

Tuesday, January 31 6:30 – 9:00 PM

Sean de Carle - \$75/person

Join us for a generous new way to make great, filling food without loading on extra calories!

FEBRUARY

Easy Meals – Short on Time

Tuesday, February 7 6:30 – 9:00 PM

Sean de Carle

\$75/person

Short on time but still want to sit down to a great meal? Meal planning can be easy with these delicious recipes.

Chocolate – Sweet & Savoury!

Thursday, February 9 6:30 – 9:00 PM

Chef Alex Rodas

\$80/person

An entire class of chocolate! Enjoy sweet and savoury dishes based on chocolate and cocoa products.

Valentines Day Dinner

Tuesday, February 14 6:30 – 9:00 PM

Sean de Carle

\$80/person

Season' things up this Valentines for a delicious, sweet and savoury couples only evening!

Hot & Spicy - You'd be Surprised

Thursday, February 16 6:30 – 9:00 PM

Chef Patrick Dunn

\$80/person

A flavourful worldwide experience using more than just a pepper grinder! Delicious, hot and flavourful!

Around the World – New Orleans

Tuesday, February 21 6:30 – 9:00 PM

Sean de Carle

\$75/person or \$165/series (choose 3)

Be inspired to cook the essentials with The Compleat Cook. Celebrate Mardi Gras with NOLA classics in the Cajun/Creole tradition.

Cheese – An Entertaining Idea

Thursday, February 23 6:30 – 9:00 PM

Carie Lee Watters, Springbank Cheese Co.

\$75/person

With cheese as the Star attraction - Have a few friends over or make it the dinner of the year.

Vegetarian – It's Finger Licking Good

Tuesday, February 28 6:30 – 9:00 PM

Sean de Carle

\$75/person

A whole new way of making vegetables the star of your dinnertime.

Flavours of India

Wednesday, February 29 6:30 – 9:00 PM

Indu Sharma & Vijay Kapil

\$75/person or \$220/series of 4

From main dishes to desserts and seasoning blends - our dynamic duo, Indu & Vijay will create delicious dishes inspired by fragrant spices and fresh herbs.

MARCH

Friday Night Date Night - Romantic

Couples Meals

Friday, March 2 6:30 – 9:00 PM

Sean de Carle

\$80/person

Couples that cook together stay together! Bring your special someone to our kitchen and try some delicious food just for two.

Around the World – Germany

Tuesday, March 6 6:30 – 9:00 PM

Sean de Carle

\$75/person or \$165/series (choose 3)

Be inspired to cook the essentials with The Compleat Cook. New and classic dishes from this delicious central European cuisine.

Flavours of India

Thursday, March 8 6:30 – 9:00 PM

Indu Sharma & Vijay Kapil

\$75/person or \$220/series of 4

From main dishes to desserts and seasoning blends - our dynamic duo, Indu & Vijay will create delicious dishes inspired by fragrant spices and fresh herbs.

Around the World – Spain

Tuesday, March 13 6:30 – 9:00 PM

Sean de Carle

\$75/person or \$165/series (choose 3)

Be inspired to cook the essentials with The Compleat Cook. A fresh and abundant cuisine featuring garlic and olive oil.

Weeknight Date Night

Thursday, March 15 6:30 – 9:00 PM

Chef Alex Rodas

\$80/person

Who says weekends have all the fun? A delicious mid-week treat for couples!

Around the World – Tour of South America

Tuesday, March 20 6:30 – 9:00 PM

Sean de Carle

\$75/person or \$165/series (choose 3)

Be inspired to cook the essentials with The Compleat Cook. A mix of world flavours create this highly diverse latin cuisine.

A World of Curry

Thursday, March 22 6:30 – 9:00 PM

Chef Patrick Dunn

\$80/person

Curry dishes are as diverse and unique as their creator. Give your taste buds a workout using the wide array of ingredients for curries from India and Southeast Asia.

Around the World – African Nations & the Mediterranean

Tuesday, March 27 6:30 – 9:00 PM

Sean de Carle

\$75/person or \$165/series (choose 3)

Be inspired to cook the essentials with The Compleat Cook. Incredibly diverse cuisines inspired by African, Asian, European and Middle Eastern flavours.

TO REGISTER PLEASE CALL 403-253-4831 OR 403-278-1220

Please Note classes start at 6:30 PM – doors open at 6:15 PM

Stir Fry – Fast & Fresh

Thursday, March 29 6:30 – 9:00 PM
Chef Patrick Dunn
\$80/person

Along with knife skills and wok cooking techniques, this aromatic class will show off the perfect one-dish meal.

APRIL

Kitchen Essentials – Lamb

Tuesday, April 3 6:30 – 9:00 PM
Sean de Carle
\$75/person or \$220/series of 4

Be inspired to cook the essentials with The Compleat Cook. Learn 'new' classic preparations for special occasions and backyard gatherings!

Kitchen Essentials – Salmon

Tuesday, April 10 6:30 – 9:00 PM
Sean de Carle
\$75/person or \$220/series of 4

Be inspired to cook the essentials with The Compleat Cook. Learn how easy it is to buy and prepare delicious salmon in a variety of ways.

Flavours of India

Thursday, April 12 6:30 – 9:00 PM
Indu Sharma & Vijay Kapil
\$75/person or \$220/series of 4

From main dishes to desserts and seasoning blends - our dynamic duo, Indu & Vijay will create delicious dishes inspired by fragrant spices and fresh herbs.

Kitchen Essentials – Duck

Tuesday, April 17 6:30 – 9:00 PM
Sean de Carle
\$75/person or \$220/series of 4

Be inspired to cook the essentials with The Compleat Cook. Demystify this succulent meat and prepare to be impressed.

Kitchen Essentials – Risotto

Tuesday, April 24 6:30 – 9:00 PM
Sean de Carle
\$75/person or \$220/series of 4

Be inspired to cook the essentials with The Compleat Cook. Bring creamy comfort food to a whole new level!

Mediterranean Cruise

Wednesday, April 25 6:30 – 9:00 PM
Chef Kat McKinney
\$80/person

Experience the tremendous European cuisines from the Mediterranean Ocean.

MAY

Welcoming Spring Time

Tuesday, May 1 6:30 – 9:00 PM
Sean de Carle
\$75/person

Are your taste buds leaning toward fresh and lighter fare? Enjoy an array of refreshing new dishes to usher in springtime.

Flavours of India

Thursday, May 3 6:30 – 9:00 PM
Indu Sharma & Vijay Kapil
\$75/person or \$220/series of 4

From main dishes to desserts and seasoning blends - our dynamic duo, Indu & Vijay will create delicious dishes inspired by fragrant spices and fresh herbs.

Bounty from the Sea on the Prairies

Tuesday, May 8 6:30 – 9:00 PM
Sean de Carle
\$75/person

We may not have an ocean nearby but Calgary has an abundance of seafood options. Become your own 'prairie fishmonger'!

Cooking 101

Thursday, May 10 6:30 – 9:00 PM
Chef Alex Rodas
\$80/person

Have trouble boiling water? Not a culinary school grad? Join Calgary's own 'Iron Chef' and become a cooking whiz!

Springtime Soups

Tuesday, May 15 6:30 – 9:00 PM
Sean de Carle
\$75/person

Celebrate Spring with these fantastic fresh soups.

The Perfect Picnic

Thursday, May 17 6:30 – 9:00 PM
Carie Lee Watters, Springbank Cheese Co.
\$75/person

Featuring a world of cheese, feast upon this portable meal, perfect for the park or your own back yard.

Cooking for your Woman!

Tuesday, May 22 6:30 – 9:00 PM
Sean de Carle
\$75/person

Hey guys, the ladies in your life like to eat too! Charm and surprise your sweetheart with a delicious meal!

Knife Skills - How'd the Chefs do it?

Thursday, May 24 6:30 – 9:00 PM
Chef Patrick Dunn
\$80/person

Featuring Henckels knives, join this hands-on class and learn how the Chef's really master their knives. Complimentary Henckels 8' Chef's Knife included in class.

RAW Food

Tuesday, May 29 6:30 – 9:00 PM
Sean de Carle
\$75/person

Nature's Finest – Healthy and vibrant dishes for delicious everyday meals.

Thai Noodles & Salads

Thursday, May 31 6:30 – 9:00 PM
Chef Patrick Dunn
\$80/person

Classic noodle dishes & salads using essential Thai ingredients that are easy on prep, and exploding with flavor.

JUNE

Street Food - Around the World

Tuesday, June 5 6:30 – 9:00 PM
Chef Patrick Dunn
\$80/person

Experience world travel with 'pick-up' food from Thailand, Nepal, Greece, Italy and France.

Audacious Tailgating Cuisine

Tuesday, June 12 6:30 – 9:00 PM
Sean de Carle
\$75/person

Serious about food and serious about game day? Bring your 'A' game for fantastic food and beer pairings.

International Waters

Tuesday, June 19 6:30 – 9:00 PM
Chef Kat McKinney
\$80/person

Take a trip around the world with seafood – Dungeness Crab and Asparagus Crepes anyone?

Fiesta Mexicana Deliciosa

Tuesday, June 26 6:30 – 9:00 PM
Chef Kat McKinney
\$80/person

Authentic Mexican delicacies from Chef Kat and her days as a restaurateur in Mexico.

Stampede

Thursday, June 28 6:30 – 9:00 PM
Chef Marty Carpenter
\$80/person

Make your Stampede party the best ever and feature Alberta beef.

the compleat cook 

Looking for a fun evening with a group of friends or a unique team building opportunity?

We do private classes! Please inquire at 403-253-4831 for more information.

Our classes are great social events too - sign-up early and bring a friend!

Compleat Cook Kitchen

3400 – 114 Ave SE | 403-253-4831

Willow Park Village

10816 Macleod Trail S | 403-278-1220

www.compleatcook.ca