Blue Flame KITCHEN™

welcome

about us

ALBERTA'S ICONIC BLUE FLAME KITCHEN

Blue Flame Kitchen has been offering cooking education and culinary resources to Albertans for over 90 years, with roots dating back to 1929. Originally focused on teaching homeowners how to cook with new gas appliances, Blue Flame Kitchen now teaches you new skills and recipes in our hands-on cooking classes.

our youth cooking classes

INSPIRE YOUR CHEF IN THE MAKING

Cooking isn't just about food, it's about confidence! When young chefs learn culinary skills, they gain a sense of accomplishment, explore new flavours, and discover the joy of creating something from scratch. With Blue Flame Kitchen, young chefs practice following instructions, working together, and expressing creativity, all while having fun and building skills they can use for life.

meet our chefs

BRINGING TASTES OF THE WORLD TO YOUR TABLE

Our talented Red Seal Chefs bring over 200 years of collective culinary experience. From Michelin-starred restaurants to world-renowned hotels, our chefs have earned their credentials in the most notable destinations. They are passionate about teaching, sharing their talent and expertise in a relaxed setting.

Youth classes

AIN'T NO PARTY LIKE A PIZZA PARTY!

65 per guest

Dietary Accommodation | DF · V

Get hands-on with the art of making pizza from scratch. Together, participants will make, roll and shape herb-infused dough to create a delicious shared sheet pan pizza. They'll then turn fresh ingredients into a beautiful salad and finish it with a homemade balsamic vinaigrette bursting with flavour.

Herb and Garlic Pizza Dough | V

Margherita or Pepperoni Sheet Pan Pizza | V

Italian Salad | GF · V

Balsamic Vinaigrette | GF · DF · V

MIGHTY MEATBALL SUBS!

65 per guest

Dietary Accommodation | GF · DF · V

Get ready for a deliciously fun cooking adventure! Participants will learn to make and assemble their very own Mighty Meatball Subs — a comforting classic that's simple, tasty, and exciting to build from scratch.

Italian Beef Meatballs | GF · E

Herbed Garlic Butter | GF · V

Basic Tomato Sauce | not made in class | GF · DF · V

Italian Salad | GF · V

Balsamic Vinaigrette | GF · DF · V

LETTUCE GET COOKING!

65 per guest

Dietary Accommodation | GF · DF

Learn how to create delicious and flavourful pork lettuce wraps by combining Asian-style salad and tangy Tamari mustard dressing. These satisfying, simple recipes make the perfect quick and healthy meal for any day of the week.

Asian-Style Pork Lettuce Wraps | GF · DF

Asian-Style Salad | GF · DF · V

Tamari Mustard Dressing | GF · DF · V

FAJITA FIESTA!

65 per guest

Dietary Accommodation | GF · DF

From seasoning and roasting chicken and vegetables to rolling flour tortillas and creating lime cilantro sauce, this Tex-Mex cooking class is designed to teach essential skills and inspire confidence in the kitchen.

Baking Sheet Chicken Fajita | GF · DF

Flour Tortillas | DF · V

Creamy Lime Cilantro Sauce | GF · V

GF | gluten friendly **DF** | dairy free **V** | vegetarian **N** | contains nuts **S** | contains soy **E** | contains eggs **CS** | contains sesame

Pricing subject to service charge of 20%, and GST. Prices are subject to change. Assorted cold beverages are complimentary with each theme.

Cake Menu

	6 INCH *Basic/Rosette* serves 6-8		8 INCH *Basic/Rosette* serves 12-20		¼ SHEET *Basic/Rosette* serves 20-30		½ SHEET *Basic/Rosette* serves 30-50	
Classic Vanilla with vanilla custard filling or buttercream filling | V · E	45	50	65	70	70	80	150	170
Chocolate Cake with chocolate ganache filling or buttercream filling | V · E	45	50	65	70	70	80	150	170
Red Velvet Cake with cream cheese frosting filling or buttercream filling | V · E	45	50	65	70	70	80	155	175
Marble Cake with chocolate ganache filling, vanilla custard filling or buttercream filling | V · E	45	50	65	70	70	80	155	175
Strawberry Shortcake with strawberry jam & whipped topping | V · E	50	55	70	75	75	85	175	185
Coconut Cake with vanilla custard filling or buttercream filling | V · E	50	55	70	75	75	85	175	185
Gluten Free Coconut Cake with vanilla custard filling or buttercream filling | GF · V · E	55	60	75	80	80	90	180	190

DESIGN OPTIONS
Basic

Balloons: hand piped coloured balloons perfect for birthday celebrations finished with sprinkles

Celebration: simple shell border with sprinkles added

Trim & Writing Only: simple shell border with custom writing

Flavour Matching: decor is designed to match the flavour of the cake

DESIGN OPTIONS
Rosette

Rosette: rosette swirl piping all over the cake for a classic look

Vintage Piping : elegant vintage style piping featuring ruffles, drop lines and layered borders

Custom Additons: for any other ideas please inquire

Don't see the flavour you want? Contact us and we can create something custom!

GF | gluten friendly **DF** | dairy free **V** | vegetarian **N** | contains nuts **S** | contains soy **E** | contains eggs **CS** | contains sesame

Pricing subject to service charge of 20%, and GST. Prices are subject to change.