Blue Flame KITCHEN™

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 cooking classes

REFINE YOUR SKILLS AND HAVE FUN

Step into the Blue Flame Kitchen Learning Centre for a culinary experience that's equal parts fun, food, and connection. Our cooking classes invite teams, groups, friends and families to collaborate, learn new skills, and enjoy a shared accomplishment, culminating in a meal everyone helped create. It's a relaxed, engaging way to build camaraderie and create lasting memories.

---

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. Passionate about teaching, sharing their talent and expertise in a relaxed setting.

welcome

EVENTSANDCATERING@ATCOBLUEFLAMEKITCHEN.COM BLUEFLAMEKITCHEN.COM

PRIVATE *classes*

TIME FOR THAI

130 per guest

Dietary Accommodation | GF · DF · V · S

Two iconic Thai curries take centre stage in this flavour-packed class. Participants will prepare vegetarian green curry and red curry chicken stir-fry, served with aromatic jasmine rice. Each guest will be served Thai tea crème brûlée for dessert.

Red Curry Chicken Stir Fry | GF · DF

Vegetarian Green Curry | GF · DF · V· S

Jasmine Rice | not made in class | GF · DF · V

Dessert: **Thai Tea Crème Brûlée**
not made in class | GF · V · E

Themed Drink: **Tsingtao Beer | 10.50 | 330 ml**

Non-alcoholic Cold Beverages: **Complimentary**

ROCK THE WOK

130 per guest

Dietary Accommodation | GF · DF

Discover the art of cooking with a wok in this fast-paced, flavour-packed class. You'll take the stir-frying technique beyond the basics to make some Asian-inspired favourites. Each guest will be served a caramelized pineapple coconut tartlet for dessert.

Nasi Goreng | DF

Kung Pao Chicken | DF

Dessert: **Caramelized Pineapple Coconut Tartlet**
not made in class | DF · V · E

Themed Drink: **Tsingtao Beer | 10.50 | 330 ml**

Non-alcoholic Cold Beverages: **Complimentary**

AL PASTOR AND MORE

130 per guest

Dietary Accommodation | GF · DF

Elevate your taco night by mastering Chicken Al Pastor, a dish with a fascinating blend of Lebanese and Mexican roots. Pair it with bold-flavoured sides that will become staples in your repertoire. Each guest will be served a decadent slice of tres leches cake for dessert.

Chicken Al Pastor | GF · DF

Mexican Rice | demo only | GF · DF · V

"Chorizo" Style Black Beans | GF · DF · V

Pickled Red Cabbage | not made in class | GF · DF · V

Pico de Gallo | GF · DF · V

Dessert: **Tres Leches Cake**
not made in class | V · E

Themed Drink: **Olmeca Altos Margarita | 13 | 5 oz**

Non-alcoholic Cold Beverages: **Complimentary**

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. Themed beverage substitutions may occur based on availability

TASTE OF INDIA

130 per guest

Dietary Accommodation | GF · V

Journey through the rich, aromatic world of Indian cooking and learn the essential techniques behind iconic flavours. You'll discover how to balance bold spices while creating a perfectly seasoned protein dish and refreshing sides. Each guest will be served brown sugar chai spice cake for dessert.

Makhani Gravy | GF · V
Tandoori Chicken | GF
Kachumber Salad | GF · DF · V
Cilantro Chutney | demo only | GF · V
Jeera Rice | not made in class | GF · DF · V
Naan | not made in class | V

Dessert: **Brown Sugar Chai Spice Cake**
not made in class | V · E

Themed Drink: **Bira 91 Blonde Summer Lager Beer | 10.50 | 330 ml**
Non-alcoholic Cold Beverages: **Complimentary**

BAVARIAN CHALET

130 per guest

Take a culinary trip to the Alps as you learn the secrets behind authentic German dishes. Gain hands-on experience in mastering hearty classics and enhancing them with perfectly paired sides. Each guest will be treated to black forest cake for dessert.

Pork Schnitzel | DF
Käsespätzle | V
German Cucumber Salad | GF · V
Braised Red Cabbage with Apples | not made in class | GF · DF · V

Dessert: **Black Forest Cake**
not made in class | V · E

Themed Drink: **Hacker Pschorr Bavarian Lager | 11 | 500 ml**
Non-alcoholic Cold Beverages: **Complimentary**

CIAO ITALY!

130 per guest

Dietary Accommodation | GF · DF

Explore the art of Italian cooking as you prepare ricotta gnocchi from scratch. Pair your handmade pasta with a trio of vibrant sauces and enjoy it alongside our house-made focaccia. Each guest will be served a rich, creamy tiramisu for dessert.

Ricotta Gnocchi | V
Oven Roasted Tomato Sauce | GF · DF · V
Italian Sausage Mushroom Sauce | GF
Basil Almond Pesto | demo only | GF · V · N
Housemade Foccacia | not made in class | DF · V

Dessert: **Tiramisu**
not made in class | V · E

Themed Drink: **Aperol Spritz | 13 | 5 oz**
Non-alcoholic Cold Beverages: **Complimentary**

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. Themed beverage substitutions may occur based on availability

VIETNAMESE FLAVOURS

130 per guest

Dietary Accommodation | GF · N · S

Fresh herbs, bright flavours, and classic Vietnamese techniques come together in this theme. Participants will explore the balance of savoury, sweet, and tangy flavours that define Vietnamese cuisine. Each guest will be served Vietnamese coffee pudding for dessert.

Lemongrass Pork | GF · DF
Chicken and Mushroom Spring Rolls | DF · S
Nước Chấm | GF · DF
Vermicelli Bowl | DF · N

Dessert: **Vietnamese Coffee Pudding**
not made in class | GF · V · E

Themed Drink: **Tsingtao Beer | 10.50 | 330 ml**
Non-alcoholic Cold Beverages: **Complimentary**

HOW TO BRUNCH

130 per guest

Master the art of creating a brunch spread that is as elegant as it is satisfying. From flawlessly timing dishes to perfecting sauces, you'll learn how to create a satisfying morning feast with confidence. Each guest will be served a yogurt fruit parfait for dessert.

Poached Eggs | GF · DF · V
Hollandaise | GF · V
Cabbage and Onion Roasted Hash | GF · DF · V
English Muffin | not made in class

Dessert: **Whipped Mascarpone Yogurt and Fruit Parfait Board**
not made in class

Themed Drink: **Mimosa | 11 | 4 oz**
Non-alcoholic Cold Beverages: **Complimentary**

VEGETARIAN SPICE ROUTE

130 per guest

Dietary Accommodation | GF · DF · V

Discover the vibrant flavours of vegetarian Indian cooking while preparing a selection of dishes inspired by North Indian cuisine and its aromatic spices. Each guest will be served a slice of brown sugar chai spice cake for dessert.

Aloo Gobi | GF · DF · V
Chana Paneer Masala | GF · V
Basmati Rice | not made in class | GF · DF · V
Tamarind Chutney | demo only | DF · GF · V
Naan | not made in class | V

Dessert: **Brown Sugar Chai Spice Cake**
not made in class | V · E

Themed Drink: **Bira 91 Blonde Summer Lager Beer | 10.50 | 330 ml**
Non-alcoholic Cold Beverages: **Complimentary**

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. Themed beverage substitutions may occur based on availability