


SUNTERRA COOKING CLASSES

COOK, CONVERSE AND COME TOGETHER.



Sunterra Cooking Classes offer something for everyone. Whether your oven is well-loved or used for storage, you know how to roast or have only mastered toast, our classes are sure to impress. And because we know that good food and good wine are simply better together, many of our classes incorporate wine and spirit pairings. Our classes are designed to send you away with skills, inspiration and knowledge so you can recreate your own culinary masterpiece.

To register or to learn more about COMMUNITYtable
call 403.263.9759, or visit us at sunterramarket.com.

COMMUNITYtable
Where food meets function.

January

Cooking Classes at the COMMUNITYtable

L'n'L: Lunch 'n' Learn **SK:** Social Kitchen **PP:** Perfectly Paired **KK:** Kid's Kitchen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4	5 p.m. PP <i>Beer and Wings</i>	6	1 p.m. KK <i>Pizza Party</i>	
8	9	10	5:30 p.m. SK <i>All About Salads</i>	11	12	13	14
15	16	17	5:30 p.m. SK <i>World Kitchen: Global Curries</i>	18	19	20	21
22	23	24				12 p.m. L'n'L <i>Strawberry and Spinach Salad and Sunterra Farms Stuffed Pork Loin</i>	28
29	30	31	5:30 p.m. SK <i>Cooking up Chemistry: Fondue</i>				

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February

Cooking Classes at the COMMUNITYtable

L'n'L: Lunch 'n' Learn

SK: Social Kitchen

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				5 p.m. PP <i>Sparkling Wines and Small Bites</i>		
			1	2	3	4
		5:30 p.m. SK <i>World Kitchen: Mediterranean</i>		Soup Sisters 6 to 9 p.m. soupsisters.org	12 p.m. L'n'L <i>Avocado and Citrus Fruit Salad and Pasta Carbonara</i> 6:30 p.m. SK <i>Cooking up Chemistry: Italian For Two</i>	1 p.m. KK <i>Valentine's Day Treats</i>
5	6	7	8	9	10	11
			5:30 p.m. SK <i>World Kitchen: New Orleans</i>			
12	13	14	15	16	17	18
		Soup Sisters 6:30 to 9:30 p.m. soupsisters.org		5 p.m. PP <i>Tour of South America</i>	12 p.m. L'n'L <i>Minestrone and Shrimp and Chorizo Mac'n' Cheese</i>	1 p.m. KK <i>Wraps and Hyerollers</i>
19	20	21	22	23	24	25
Soup Sisters 5:30 to 8:30 p.m. soupsisters.org		5:30 p.m. SK <i>World Kitchen: Latin American</i>				
26	27	28	29			

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March

Cooking Classes at the COMMUNITYtable

L'n'L: Lunch 'n' Learn **SK:** Social Kitchen **PP:** Perfectly Paired **KK:** Kid's Kitchen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	2	3	
4	5	6:30 p.m. SK <i>Catch of the Day: Shucking Oysters and Cooking with Crustaceans</i>	7	5 p.m. PP <i>White Wine and Shellfish</i>	8	9	10
11	12	13	14	15	16	17	
18	19	6:30 p.m. SK <i>Cucina Italiana: Traditional Italian</i>	21	5 p.m. PP <i>Tour of Australia</i>	22	23	24
25	26	27	28	29	30	31	
Soup Sisters 5:30 to 8:30 p.m. soupsisters.org					12 p.m. L'n'L <i>Chicken and Shrimp Jambalaya and Banana Foster</i> 6:30 p.m. SK <i>Family Cookbook: One Pan Wonders</i>	1 p.m. KK <i>Easter Treats</i>	

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April

Cooking Classes at the COMMUNITYtable

L'n'L: Lunch 'n' Learn

SK: Social Kitchen

PP: Perfectly Paired

KK: Kid's Kitchen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	5:30 p.m. SK <i>Catch of the Day:</i> <i>Seafood 101</i> 3	4	5	6	7
8	9	10	11	5 p.m. PP <i>Wine and Cheese</i>	12 p.m. L'n'L <i>Quinoa Apple Salad and</i> <i>Salmon Fillet with pineapple</i> <i>mango salsa</i> 5:30 p.m. SK <i>World Kitchen:</i> <i>Hawaiian Luau</i> 13	1 p.m. KK <i>Tacos and Burritos</i> 14
15	16	17	18	19	Soup Sisters 12 to 3 p.m. soupsisters.org 20	21
22	23	5:30 p.m. SK <i>World Kitchen:</i> <i>Thai</i> 24	25	5 p.m. PP <i>Tour of Latin America</i>	12 p.m. L'n'L <i>Jerk Chicken and Dirty Rice</i> 5:30 p.m. SK <i>From Our Own Backyard:</i> <i>Cooking with Sunterra Meats</i> 27	1 p.m. KK <i>Pizza Party</i> 28
Soup Sisters 5:30 to 8:30 p.m. soupsisters.org 29	30					

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Cooking Classes at the COMMUNITYtable

Kid's Kitchen (approx. one hour)

Teaching kids how to make wholesome meals is one of the most important skills we can give them. Spark their culinary curiosity with our interactive kids cooking classes. While you shop, they'll cook up some fun while learning quick and easy tips to make meals that bring the family around the kitchen table.

This class is for kids' up to 12. Parents are welcome to stay.

\$14.99 per person

**Classes can also be booked for birthday parties or special celebrations (inquire for additional details).*

Lunch 'n' Learn (approx. 45 minutes)

Our Lunch 'n' Learn cooking class is your lunch hour well-spent. Our market chefs will demonstrate, prepare and serve two satisfying lunch recipes while sharing cooking tips, expertise and inspiration. These classes are a great way to team build with your co-workers or relax with friends while gaining delectable, edible education.

\$15.99 per person

Perfectly Paired (approx. one hour)

Enjoy market favourites expertly paired with wine and spirits by our chefs and sommelier. This class will give you the tools to pair wines and spirits to bring out the best in your food. It's the perfect end to a day.

This class is held at the MARKETbar Chef Demonstration Bar.

\$24.99 per person

Social Kitchen (approx. three hours)

Join us for a dynamic culinary experience as our Red Seal Chefs prepare a meal for you to enjoy. In this instructional and interactive demonstration class, our Red Seal Chef will provide you with the skills, recipes and pairing tips to recreate your own culinary masterpiece at home. This class includes take-home recipes, tastings and a buffet-style meal of four to five recipes.

Bar service is available for additional drink purchases.

\$49.99 per person

Private Cooking Classes

The COMMUNITYtable is available for customizable private cooking classes and event bookings, for both personal and business use. Classes include appetizers, take-home recipes and a buffet-style dinner of your group's own unique creation. It beats a night at the movies or a meeting in the boardroom.

\$59.99 per person

You can host any of our cooking classes privately with as few as 12 people.

Private Room Bookings

- *Min. four hour room charge: \$200*
- *Each additional hour: \$50*
- *Full day charge (until 5 p.m.): \$300*
- *Use of audiovisual: \$30*

Prices do not include GST.

Class Themes

All About...

Learn the ins and outs of how to turn something simple into something spectacular. From soups and sauces to breakfast and baking, our chefs will have you cooking like a champ.

Art of Entertaining

Learn how to entertain like the pros, with ease, flare and downright delicious food. You'll no doubt win the popularity contest – but we are not responsible for partygoers that refuse to leave.

Catch of the Day

A class to impress you and your guests, hook, line and sinker. Ahoy!

Cooking up Chemistry

These classes are a great date alternative for the couple who has just met, or the pair that finishes each other's sentences. Or, if nights on the couch are getting a little lonely, get the cooking skills you need to woo and wow.

Cucina Italiana

Make Mama proud and please the crowds by mastering the art of Italian cooking. You will come saying "delicious" and leave saying "delizioso."

From Our Own Backyard

Discover the flavours and products from our own backyard. From spices to cheeses and meats to produce, there's no shortage of tasty, local goods to make your feast proudly Canadian.

Family Cookbook

Whether you're a family of one (not including Snowball, Max or Scout) or raising a small army, these classes will help you whip up meals that are simple, comforting and so good they're family cookbook contenders.

The Outdoor Kitchen

This class will help you master outdoor cooking. After you might just find yourself raising your tongs in victory when you win neighbourhood favourite.

World Kitchen

Embark on a culinary taste trip to learn about cooking styles and tastes from around the globe. World travel without the jet lag.

Equipped with a full kitchen and audiovisual equipment, the COMMUNITYtable is also available for meetings, team building events and private bookings. To register for a class, or to book the space for your next event, call 403.263.9759. To find out more visit sunterramarket.com.

The COMMUNITYtable is located upstairs at Sunterra Market, Keynote, 200 12th Ave. S.E.

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