

# Cooking Workshops

Chef Instructor: Jenelle Regnier-Davies



Some of Jenelle's most notable achievements include attaining 3 gold medals in Canadian cooking competitions, as well as with placing fourth at the World Culinary Olympics as a member of Culinary Team Canada in 2004. Throughout her ten-year career as a chef, she has worked in notable establishments in

England, Banff, and Toronto. More recently, she has become involved in the promotion of healthy eating and community empowerment in the realm of food. She is excited to help you on your way to better cooking and eating! Enrol in her class today!

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## **Gourmet Italiano**



Learn how to make pasta, potato gnocchi, & sauces!

## **Empanada Fiesta**



Learn how to make fun Latin-American empanadas!



## **Grilled fish with Veggie**



## **Roasted lamb Chop**



## **Pies & Baking**



Perfect a flaky pastry crust and indulge with homemade Ice Cream!

## **Soups & Stews**



Expand on your braising skills with a Hearty Beef Stew and Italian Minestrone

## **Roasting**



Learn the art of roasting with herb & garlic chicken and vegetable medleys.

## **Elegant Desserts**



Learn tips on assembling desserts like a pastry chef!

## **Canadian Classics**



Maple sugar pie and glazed salmon. These are Canadian Classics!

## **Handmade Breads**



Bake your own fresh loaf of bread!