



Culinary Program

Toronto / Canada
July 2019

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Culinary program

Course delivery:

Course content will be covered through hands-on or demonstration workshops, sometimes followed by food tasting. You must be of legal age to accept alcoholic drinks, when available.

Course description:

This course will introduce participants to the culinary in Toronto - Canada's largest city. Whether you're a novice or a gourmet cook, our selection of workshops and talented chefs will entertain you as they thrill your palates with delectable, but easy to prepare recipes you can use to impress your friends and family. Three assignments will allow participants to further explore Toronto's culinary experience outside of the scheduled tours.

Instructor:

Various

Contact information:

intercambio@skope.ca

Prerequisites:

Minimum Intermediate English

Course schedule

Week 1

Location:

The Chef Upstairs
516 Mount Pleasant Road
Toronto, Ontario, M4S 2M2
(416) 544.9221

Date and Time:

Wednesday, July 10th, 6:30pm

Contact person:

Danielle Pancer

Class:

Grilling – Mediterranean Style

This delightful class features classic Mediterranean foods of the season. The class will learn grilling tips and tricks for a wide variety of foods. Learn when to sear, slow cook or cook on indirect heat, then send out the invitations for your next BBQ party.

- Grilled Watermelon Salad, cucumber, feta, mint, balsamic drizzle.
- Grilled calamari, fresh tomato salsa, greens
- Lamb Kafta Lettuce Wraps, Tzatziki, Cucumber, red onion
- Baklava with cinnamon and sunflower seeds

Owners

Siblings Lori and Greg Heller took the helm at The Chef Upstairs in 2008 from founders Jim and Janice Colbert. Greg and Lori and the Chef Upstairs team have developed a formula that works inside the studio or in the heart of your home or office. We are proud to be 100% nut and peanut free. Wine, beer and non-alcoholic beverages are available for purchase on the night of the class.

Week 2

Location:

Cooking School
Real Canadian Superstore Weston Road
2549 Weston Rd, Toronto, ON, M9N 2A7
Phone: 416-246-9192

Date and Time:

Tuesday, July 16th, 6:30-8:30

Order Number:

o154133759

Class:

A Taste of the Philippines

Demonstration Class

Filipino food comes from the country's knack of borrowing flavours from neighboring places and transforming them. Chef Florence Kwok treats you to a taste of this exotic cuisine with a menu that highlights the abundance of tropical produce and seafood. You'll experience Pork Adobo (marinated & slow-cooked pork); Pancit Canton (noodles with chicken & shrimp); Tapas Beef (thinly sliced & marinated beef); and for dessert, Bibingka (baked sweet rice cake).

Instructor

Chef Florence Kwok

Florence Kwok is a cooking instructor who specializes in authentic oriental cuisine. Her previous career with the airlines industry enabled her to experience the diversity of food in many cultures, and her passion for food led her to share her experiences and knowledge with others. Florence has taught at Cooking Schools across the GTA for many years, and she has also appeared on Breakfast Television, Cooking segments on Chinese TV, Oh So Cosmo, Rogers Mississauga, Rogers Toronto, Rogers Durham and York Living.

Week 3

Location:

Cooking School
Loblaws Musgrave Street
50 Musgrave St, Toronto, ON ,M4E 3W2
416-694-3838

Date and Time:

Friday, July 19th, 6:30-8:30

Order Number:

o154133738

Class:

The Grand Floridian

Demonstration Class - Wine tasting included in this class

Let Chef Jim Comishen take you to the Sunshine State. This sumptuous summer feast features Iced Strawberry, Lemon & Tequila Soup; thick Fresh Tuna Steak crusted in Crunchy Cornflakes, finished with spicy Bronzed Shrimp Topping, served over a bed of Florida-Orange Risotto; and a Grand Marnier Mandarin Orange Flambé over Vanilla Bean Ice Cream for dessert. Come share the warmth and sunshine.

Instructor

Chef Jim Comishen

Jim has been in the industry for almost 40 years. After graduating the Culinary Management Program from George Brown College in 1982, he obtained a Red Seal in 1986. He has spent over 20 years in the restaurant and hospitality business as an executive chef and kitchen manager, and has won many awards.

Week 4

Location:

Cooking School
Loblaws - Lower Jarvis Street
10 Lower Jarvis Street, Toronto
Tel: 416.304-1398, Fax: 416.304-1468

Date and Time:

Wednesday July 24th, 6:30-8:30pm

Class:

Celebrating Canada's Cocktail: The Caesar!

Demonstration Class- Wine tasting included in this class

This year the Caesar turns 50 and what better way to celebrate than with a Caesar-inspired menu? Sit back and relax as Chef Alex Page prepares 4 delicious recipes including a virgin Caesar; Chicken Wings with Caesar Barbecue Sauce and Blue Cheese Dipping Sauce; Mussels Steamed in a Caesar Sauce with Crusty Bread for dipping; Pulled Braised Beef in Caesar broth with Celery Slaw and Garlic Parmesan Roasted Potatoes.

Instructor

Chef Alex Page

Chef Alex Page is a well-known TV personality in the Durham region, where he presents a daily lifestyle show focusing on local produce and ingredients.

ASSIGNMENT 1

Visit some of Toronto's markets. Check online for opening hours before you go.

Kensington Market

Neighbourhood

Taste your way through Toronto's most unique and eclectic neighbourhood on a culinary excursion in Kensington Market. You should also try the ethnic shops selling products from all over the world.

Saint Lawrence Market

93 Front St E, Toronto, ON M5E 1C3

St. Lawrence Market is a major public market in Toronto, Ontario, Canada. It is located at Front St. East and Jarvis St in the Old Town district of Toronto. A public market has been held on the north building site since 1803. The South building dates to 1845, and has been rebuilt twice, and still incorporates a section of its original building which was used as Toronto City Hall. St. Lawrence Market was named the world's best food market by National Geographic in 2012.

Wychwood Barns Farmer's Market

601 Christie St, Toronto, ON M6G 4C7

Walk into the Artscape Wychwood Barns "Green Barn" Farmers Market and you will be impressed by the local farmers, bakers, and producers of cheese, honey and jams sell fresh food and treats every Saturday morning, making it a one-stop-shop for all kinds of cravings.

ASSIGNMENT 2

Explore Toronto's ethnic neighbourhoods and restaurants. We suggest:

Chinatown

Greektown

Little Italy

Little Portugal

Little India

Korea Town

Additionally you can find some of the best Mexican, Ethiopian, Colombian, Brazilian, Eastern European, Afghani, Somalian, Pakistani, Middle Eastern, South Indian, French, German, Japanese, Polish, Spanish, Hungarian, Australian and Thai. Ask us about suggestions of places to go.

ASSIGNMENT 3

Evergreen Brickwork's
550 Bayview Ave, Toronto, ON M4W 3X8
Phone: (416) 596-1495

Visit Evergreen Brickwork's Farmers Market. It started in 2007 with 25 local farmers and producers, a great location and a great response from the community. Since then, Evergreen Brick Works Farmers Market has grown to become the largest farmers' market in Toronto. Running year-round, offering the widest variety of local and seasonal food in the city.

Our suggestion is for you to go on a Saturday morning and enjoy breakfast on location. If you prefer to visit on Sunday, you will find a smaller farmers market and an antique fair, starting summer 2018.

The reason we suggest this visit separate from the other market's is because you can take an extra 5 hours to explore it's surroundings, including a trail through the woods from Sherbourne station, all the way to the market.

ASSIGNMENT 4

Explore some of Toronto's best cooking supply shops.

Tap Phong - 360 Spadina Ave, Toronto, ON M5T 2G4

Cayne's - 112 Doncaster Ave, Thornhill, ON L3T 1L3

Kitchen Stuff Plus - several locations

Nella Cucina - 876 Bathurst St, Toronto, ON M5R 3G3

IQ Living - 542 Danforth Ave, Toronto, ON M4K 1P8

Williams Sonoma - Eaton Centre

By visiting the ethnic neighbourhoods on week 2, you will also find a number of small, locally owned shops carrying an assortment of exquisite culinary supplies.

EXTRA ACTIVITIES

Visit some of Toronto's amazing food Festivals

Winterlicious

Summerlicious

Taste of the Danforth

Restaurant Au Noir / Dine in the dark



Details:

Allergies: Classrooms are not allergy or peanut free area.

Food Sampling: All classes include a sampling of the dishes prepared in class to be enjoyed in class. Food cannot be taken home unless specified in the class description.

Class Format: All classes are demonstration format unless indicated otherwise. Interactive classes allow you to participate in the preparation of some aspects of one or more dishes with the chef and other participants, or as indicated in the class description.

Wine and beverage: Some classes may include free drinks whereas others may allow you to purchase wine at an additional cost. Please ask the chef upon arrival.

Grading scale and policies

No tests will be applied. Participants are expected to complete their assignments on time and to participate in at least 3 of the sessions in order to receive the certificate of completion.

Certificates

Students who successfully complete the program and participate in a minimum of 75% of classes will be given a SKOPE certificate at the end of the program.

Caveat

We reserve the right to make last minute changes to the program above. Participant who miss classes are responsible for contacting SKOPE to find out about those changes.

Missed classes and workshops

Classes and workshops are non refundable. Make sure to arrive at the specified location at least 10 minutes prior to starting time. Also make sure to reserve time for transportation and traffic delays.