

FOOD BITES

Cookbook author offers peak into world of Mexican cuisine

Cookbook author Maria Elena Lorens will be offering two of her very popular Mexican cooking classes, Jan. 21 and 28. The first class is a cooking demonstration by Lorens; the second class will be a hands-on affair where participants will help do the cooking.

The classes take place from 7:00 to 9:00 p.m. at Bayside Middle School, Brentwood Bay.

This a two-session cooking

class, however, participants have the option of registering for one class at \$40, or both classes for \$70. Register through Panorama Recreation by phone at 652-7300 or on-line www.crd.bc.ca/panorama

Ethnic cuisine focus of classes

Victoria chef Heidi Fink is

offering another round of her popular cooking classes, starting Jan. 24 and continue until the end of March. They include foundations of flavourful vegetarian soups, truly Thai at home, authentic Indian cuisine, sushimaking for beginners, Southeast Asian vegetarian, breathing new life into pasta, Tex-Mex fiesta, great grains for life and a taste of curry.

Classes cost between \$45

and \$52 per person depending on the subject and are held at Fairfield Community Place and/or Juan de Fuca Rec Centre. For dates and times of these classes and registration information e-mail Fink at dominink@telus.net, or call Fairfield Community Place at 382-4604, or Juan De Fuca Parks and Rec Centre at 478-8384. All of Heidi Fink's classes include a full multi-course meal, a take-home

recipe booklet and three hours of instruction. Please don't eat before the class.

Celebrate Chinese New Years

Cookbook author Les Chan, the self-proclaimed, always amusing ambassador to Victoria's Chinatown, invites you to join him to celebrate Chinese New Year, "The Year

of the Rat."

The multi-course dinner — with many surprises — takes place Feb. 8 at Golden City Restaurant, 712 Fisgard St. Cocktails are at 6:30; dinner begins at 7 p.m. Cost is \$35 per person. For tickets and information, call Chan at 383-7317 or email nachman@shaw.ca

Tickets are not available at the door.

— compiled by Eric Akis