

## Say 'Olé' to Mexican food

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Maria Elena Cuervo-Lorens is a cookbook author and guest instructor at French Mint Cooking School, 814 Royal Oak Ave. She has been teaching cooking classes in Mexican cuisine throughout Canada for almost two decades, and she is offering two classes at French Mint Cooking School this month.

Next Tuesday, Sept. 15, is Mexican Independence Day. In honour of the occasion Cuervo-Lorens is offering a class from 6:30 p.m. to 8 p.m. called Mexican Dinner Party. The menu includes smoked oyster roll, mushroom soup with Epazote, jicama, red onion and orange salad, and chilies en nogada, a dish depicting the three colours of the Mexican flag.

On Thursday, Sept. 17 from 11 a.m. to 1:30 p.m. Cuervo-Lorens is offering another class called Authentic Mexican Flavours. The menu includes avocado and cream cheese roll, creamy rice with poblano strips, red snapper Yucatán style, and crepes with cajeta and coffee liqueur.

Cost for each session is \$75. For registration and more information call 250-294-4500.

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