



MASARYK MEMORIAL INSTITUTE INC.

450 Scarborough Golf Club Road • Toronto, ON. Canada, M1G 1H1 • 416-439-4354

Still stuck inside? Trying to hold on to your sanity? Promised to learn something new during this pandemic? Here's your chance!

Due to popular demand, MMI has put together a monthly cooking program highlighting Czech and Slovak dishes.

Masaryk Memorial Institute has organized a virtual cooking class, where our Czech chef will take you through the steps needed to make traditional Czech dishes. Scheduled at 3PM on every third Sunday of each month starting on March 21st. The classes will vary in length (between 2 and 3 hours) and are noted on the attached calendar.

On the menu for March 21st is (3 hours):

- Kolace with various fillings
- Palacinky

Chef Stephanie Pacheco, with over 15 years of cooking, will lead the workshop.

Please see her bio below.

Once you register you will receive the recipes, list of ingredients for you to purchase, as well as a list of cooking tools/utensils that you will need to prepare in advance for you to cook along with the LIVE demo.

\$10 Members	\$20 Non-Members
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Non-Member pricing packages:

Select 3 classes → 10% discount = \$ 54

Select 5 classes → 20% discount = \$ 80

Select 10 classes → 30% discount = \$140

Cost of Membership: \$20.

Deadline to register is before 10AM on Saturday March 20th; Please email me at office@masaryktown.ca if you want to participate!



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Space is limited to the first 30 people so sign up now to avoid disappointment!

Please pay by e-transfer at office@masaryktown.ca. Please contact Karen for more information at (416) 439-4354.

Chef Stephanie Pacheco:

She has been cooking for 15 years. It is what she absolutely loves to do. She has had great opportunities to learn and acquire the skills and knowledge of her trade. From fine dining to fast food, cooking many different cuisines, she has shaped her culinary craft to reflect her passion for cooking.

Raised in a Portuguese/Czechoslovakian household, she pays homage to her eastern European culture. She believes that simple foods can be made into extravagant dishes. She applies old-world cooking techniques and understanding to basic ingredients, giving life to dishes otherwise thought of as mediocre. When she cooks, it comes from the heart. It comes from watching both her grandmothers create wonderful family feasts in amazement. She is fueled by the traditions and family gatherings that happen amongst shared meals. Food reminds her of where she comes from; where recipes hold the test of time and continue to bring happiness to your home.

She is a Chef, cooking teacher and nutritionist. She has a great appreciation for her trade and for helping others cook. Good food brings good quality of life.

She will continue to help others grow their culinary expertise and will forever cook from the greatness of her heart.