



VANCOUVER ISLAND  
UNIVERSITY

## Sustainable Ocean Food Systems Network

### Deep Bay Marine Field Station

# Delicious Delights in Deep Bay

*Chef Debbie Shore, from VIU's Culinary Institute of Vancouver Island, and the gorgeous surroundings of Deep Bay will inspire you to create and consume these three culinary delights...*



### **Warm and Wintery and Celiac Friendly**

This wintery-warm menu starts with baked Baynes Sound oysters with red curry hollandaise and warm greens. Learn why patience is the key to the perfect braise while making wine-braised lamb shank with truffle-scented oyster mushroom polenta and winter vegetables. Finish off with a crispy sugar-coated Little Qualicum Cheeseworks Bleu Claire cheese cake with buttery caramelized apples and pears.

**CADB 001 S12Q01**

1 session: Sat, Feb 11; 2-6  
\$99 + material fee \$30+ HST = \$144.48

### **Spring Fling Gluten-free**

Easy, fast, healthy and tasty, this gluten free menu begins with coconut and lemongrass-scented pea soup with smoked sablefish. Ever wondered how to de-bone a chicken in five seconds? Tricks of the trade are woven into whole-roast Cornish hen with thyme jus, prosciutto and butternut squash risotto. Finish with fresh strawberries, in three delightful ways.

**CADB 002 S12Q01**

1 session: Sat, Mar 10; 2-6  
\$99 + material fee \$30+ HST = \$144.48

### **Seafood 101**

Delight in fresh oysters, scallops and salmon while you master the craft of shucking and filleting with proper tools and no stress. Learn to make cold and baked sauces for shellfish and serve them with salad or risotto. Once you've filleted your salmon, explore mouth watering methods to savor the salmon bits on the bone and create a stock ideal for chowder or pasta sauce.

**CADB 003 I12Q01**

1 session: Sat, Apr 14; 1-5  
\$99 + material fee \$40+ HST = \$155.68

Courses held at Deep Bay Marine Station

**Register today.  
Call 1-866-734-6252  
or register online at  
[viu.ca/ce/registration.asp](http://viu.ca/ce/registration.asp)**

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