



presents a special culinary event!

ESSENTIALS OF CHAMPIONSHIP GRILLING AND BARBECUE

Sunday, June 26, 2005



Join international barbecue champion Rockin' Ronnie Shewchuk at the gastronomic heart of Langley, Well Seasoned – a gourmet food store, for this half-day session that will cover the essentials of grilling and southern-style barbecue. The five-hour class will include an overview of tools and equipment, rubs, sauces and marinades, techniques for quick and easy grilling and slow-smoking, plus tall tales and legends from the world of competitive barbecue. You'll learn from and enjoy cooking demonstrations and samplings of great recipes from Ronnie's bestselling book, *Barbecue Secrets*, including:

- Grilled Quesadillas
- Smoked Tomato Guacamole
- Grilled Asparagus with Chipotle and Roasted Garlic Aioli
- Rack of Lamb with Balsamic Reduction
- Classic North Carolina Pulled Pork Sandwiches with Tidewater Coleslaw and Baked Beans
- A Trio of Great Grilled Steaks (Asian, Southwestern, Italian)
- Cheater Ribs
- Cedar-planked Salmon with Bourbon-maple Glaze
- Whiskey and Honey Planked Peaches
- Triple Chocolate Brownies

As a special treat in celebration of local flavours, Rockin' Ronnie's classic grilled and barbecued dishes will be paired with tastings of delicious B.C. wines.

Essentials of Grilling and Barbecue promises to be a celebration of gourmet backyard cooking. If you want to seriously upgrade your grilling and barbecue skills, sign up now! Here's what some of Rockin' Ronnie's students have said about their experiences:

"Ronnie is hilarious, knowledgeable and leads a great workshop."

"It has improved my understanding, my technique, my confidence and my end product immeasurably."

Sunday, June 26, 11.00 a.m. to 4.00 p.m. - \$149 per person. Classroom style.
Just bring your appetite! All participants will receive a signed copy of Rockin' Ronnie's bestselling book, *Barbecue Secrets*.

Register at Well Seasoned in person at #302 – 20771 Langley Bypass (next to Buns Master) or by phone at 604-530-1518. This is going to be fun!

