

Cooking with Tea

Spend a delicious and enjoyable time learning how to cook with tea. Not only is cooking with tea a wonderful way to incorporate unique flavours into your recipes, but it also enhances the nutrient value of your food. This presentation will cover the essential techniques to best incorporate tea's nuanced flavour into your cooking. Wonderful recipes will be provided.

Chef Heidi Fink (Red-Seal Chef, food writer, & cooking class instructor)

Chef Heidi Fink is a Red-Seal Chef, food writer, and cooking class instructor, specializing in local food and ethnic cuisines. She is a member of the Island Chef's Collaborative, Slow Food Canada, and the BC Food Systems Network. Her articles on food and cooking have been published in EAT magazine. Previously Executive Chef of the renowned restaurant ReBar Modern Food in Victoria, Chef Heidi now shares her cooking expertise and enthusiasm through her classes, food articles, and culinary tours. With these, Heidi hopes to inspire people in the kitchen and bring excitement to the everyday work of cooking and eating well.

Presentation Time: Saturday, February 13 (3pm)

Presentation Location: Crystal Garden (Mezzanine Level)