



Vancouver Issue 218

Stirring It Up

Local Cooking Classes

Feeling like you're in a family food rut? We've found a few fun ways to help you 'stir' things up on the culinary front.

If cutting down on fast food and getting the kids more involved is a priority, then call on **Dizzy Whisk** Chef Hilit Nurick for a helping hand.

She'll come to your home armed with aprons (big and small) and a raft of healthy, delicious recipes. This savvy mom of three will not only teach you and your little ones to whisk and chop, she'll help instill in them the joy of eating good (real) food.

And yes, she will get even the pickiest of palates to try new vegetables. We saw one class making corn muffins and leek soup with nary a complaint. She calls it the "group effect"—we call it a miracle!

Nurick teaches kids at several community centres and brings the at-home birthday parties to you—complete with cookie dough loot bags—for ages seven and up.

For the grown-ups looking for a bit of the same (minus the loot bags), we suggest heading to **The Dirty Apron Cooking School** for culinary inspiration.

Sound a bit scary? Have no fear. You're in capable hands with former Chambar Restaurant sous chef, David Robertson. He'll lead you through the recipes while entertaining and educating you with tricks of the trade learned in kitchens around the world.

And before you can say 'Julia Child', you'll be tackling dishes you would normally never dream of trying (or would end up in tears over)!

Of course, it helps that all your ingredients are pre-measured and the equipment is top of the line. But still, the results are surprisingly impressive.

And after each course is ready to enjoy, you do just that with a glass of wine in the beautiful dining room. Did we mention there are no dirty dishes for you to do?

Now you're cooking with gas.

[How to Find
The Dizzy Whisk](#)

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www.dizzywhisk.com

The Dirty Apron Cooking School

www.dirtyapron.com



Tested by Carolyn W., North
Vancouver



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