

## Kitchen Warrior News



Hi Marlene

Isn't it good to see the days are getting longer again? I can almost see my barbecue under the dripping icicles now!

After years of requests, **I am now offering cooking classes in Toronto. The first one is taking place next week, on March 18 during the March Break**, and is themed, "From the Kettlepot," when I'll be making:

- Roasted Corn Chowder
- Portobello Mushroom and Walnut Bisque
- Upscale Soup Garnishes
- Pumpkin Latte, and
- Chicken Stock.

**My next cooking class will be on April 15.** Its called "**Sexy Chicken Night**" because my chicken is worth crossing the road for! In this class I will teach:

- Pomegranate Glazed Chicken Skewers
- Vanilla and Bourbon Pecan Chicken
- Chicken with Chanterelle Mushroom Veloute en crouete, and
- Chicken Demi-Glaze



Euro Forged Knife set of 3  
on sale now for **\$242.19 CDN**  
plus tax and shipping

I plan to hold one class per month so please check the schedule on my website for news on these classes. [Read more.](#)

Other big news: **I just launched a new line of Cooking With the Wolfman knives.** My Euro Culinary line is designed for those new to the kitchen. My GORGEOUS Winewood line is designed for competent home cooks. And my Euro Forged line (photo on left) is for experienced cooks and chefs. Each comes as a set of three or you can buy them individually. Order online from my website. My manufacturer offers a LIFETIME GUARANTEE and will ship them to your door direct in Canada or the US.



UPCOMING:  
**Cooking Classes in the  
Sub-Zero and Wolf Living  
Kitchen, Toronto**

March 18, 2015  
April 15, 2015

How do you know if you need new knives? If you chipped them while butchering a moose, or broke the tips off by opening canned beans or to tighten the medicine cabinet screws, or if your kids moved out and took your best knives with them! If that's the case then you might also need new locks on the doors! Sorry I don't sell those but I do have knife blocks, sharpening steels, and more. **To get 10% off my knives, use the code "wmdiscount" when checking out...during March madness**

Classes are \$95 each plus tax.  
Register early.  
Visit my website for photos.

[More information](#)

only. [Read more.](#)

Congrats to Mari Hightower of California who won the Cooking with the Wolfman chef coat in my fall newsletter draw. Hope it fits, Mari! Facebook me a photo of you in it....cooking, of course;)

**This season I am having a draw for an 8" Euro Culinary Bread Knife** - great for slicing tomatoes, cantaloupes or French bread. [Click here for instructions to enter the draw.](#)

Good luck on the draw, everyone, and hope to see you in class!

Join Our Mailing List!

## Recent News

### Healthy Weights and Healthy Eating Workshop at the Porcupine Health Unit in Timmins

*Rubber chicken...how can you go wrong?*

Yes, that is a rubber chicken you see and no, its not the one I poached! We had a blast at my workshop with my game of Jeopardy to test knowledge of body mass indexes, glycemic food index levels, and caloric intake, and we blew bubbles to practice stress reduction before a cooking demonstration of diabetic friendly recipes. Thanks to the [Porcupine Health Unit](#) for inviting me.

[Click here for a slideshow of the event.](#)



## Feature Recipe

### Bison Buco

*You've probably heard of Osso Buco - a classic Italian beef dish made with veal shanks. Well, here's my version of it using buffalo meat. Its a unique way to prepare wild game and make it so tender the meat will just fall apart on your fork. Be sure to eat the marrow. Invite your special guests for this one.*

#### Bison Buco (Roasted Buffalo Shanks)

2 lbs bison shanks, about 1" long each  
3 oz all purpose flour  
1/4 tsp salt

[Recipe continued](#)

[More free recipes](#)



## Health Tips

### GMO Foods

Genetically modified organisms are plants and animals whose DNA has been altered through biotechnology. With the intent of creating food sources resistant to drought and disease, GMOs are the next generation of plant breeding. [A controversial issue](#), GMOs are in our stores and are, in Canada at least, not labelled as such. Above and beyond fresh whole foods, GMO products are also present in processed foods such as crackers, salad dressing, cereals, sugar, and alcoholic drinks, etc. You can avoid them if you stick to organics. [Read more.](#)

### Superfoods for Diabetics

There's food, junk food, healthy food, and now super food, the most nutrient rich food there is. But what are they, exactly? We keep hearing about new discoveries of superfood exotic [fruits](#) and berries from the Himalayas and the Amazon, but isn't there anything we can get that is more affordable and easier to find in stores? Yes, and they are right under our noses: beans, dark leafy greens, citrus fruit, berries, sweet potatoes, nuts and tomatoes qualify. These foods have calcium, potassium, magnesium and fibre, and are suitable for diabetics. [Read more](#) on power [foods for diabetics.](#)

### Spring Clean Your Body

Not only will it soon be time to start tuning up your house, yard, and car, but [spring vegetables are coming into season](#), and they provide a boost to the body that is important after all the hibernating that goes on in the winter months. Although some people swear by detoxing drink diets, there are other less extreme options to improve circulation, flush your liver, support digestion, and cleanse your blood. Think bitter. It turns out bitter foods like endives, arugula, lemon, and dandelion do wonders. [Read more](#)

## WANT IN ON THE ACTION?

To receive the news firsthand, see your options below or [contact my agent](#) for more information about my workshops and consulting services.

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