

Fall 2014 Culinary Arts



Incredible Edibles



St. Louis
Community
College

Continuing Education

3221 McKelvey Road, Suite 250
Bridgeton, MO 63044
314-984-7777

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***Get Cooking with Continuing Education this fall!
Our Culinary Arts classes are brimming with flavor
from instructors who will share their knowledge,
techniques and tips with you, giving you the
confidence needed to make cooking a simple, fun
and creative experience!***



***Check out our classes and join
us in the kitchen this fall.***

***Call 314-984-7777 to register today
Classes are filling up fast***

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Locations

Kirkwood Senior High School
801 West Essex, 63122

Hixson Middle School
630 South Elm Ave, 63119

St. Louis Wine and Beer Making
231 Lamp and Lantern Village,
63017

Culinary Arts House
3137 Hampton Avenue, 63139

Mehlville Senior High School
3200 Lemay Ferry Rd, 63125

Wine Barrel
3828 South Lindbergh, Suite
111, 63127

Lindbergh Senior High School
4900 South Lindbergh, 63126

***St. Louis Community College
Florissant Valley (FV)***
3400 Pershall Road, 63135

Alaska Klondike Coffee Company
3200 N Highway 67, 63033



The Cake Decorating Certificate with Continuing Education

Do you enjoy creating beautiful food? Would you like to develop your talent and pave the way to extra income? If baking is your passion, and you have artistic flair, a Cake Decorating Certificate from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade that you'll need for a successful future in cake decorating.

Classes may be taken individually or as a part of the Cake Decorating Certificate Program.

Call 314-984-7777 for a copy of the Cake Decorating brochure.

Cake Decorating for Fun or Profit: Beginning

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:701 | \$59

770 M 6:30pm-9pm
Sept. 8 – Sept. 29

Cynthia Sciaroni
Hixson Mid. School, 121

Cake Decorating for Fun or Profit: Beginning & Intermediate

Unleash your creativity with cake decorating! This combined course begins with instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then you'll enhance your artistic skills and creative abilities with the icing rose, run sugar techniques, figure piping, and basket weave. More as time permits. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:701 | \$79

550 Tu 6:30pm-8:30pm
Sept. 9 – Oct. 28

Maisam Ghannam
FV - SC, PDR-A

Cake Decorating for Fun or Profit: Intermediate

Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. This class can be taken by itself or as part of the Cake Decorating Certificate Program. Supplies extra.

FOOD:702 | \$59

770 M 6:30pm-9pm
Oct. 6 – Oct. 27

Cynthia Sciaroni
Hixson Mid. School, 121

Gumpaste Flowers

Few things distinguish a decorated cake like exquisitely crafted gumpaste flowers. Learn to make a rose, orchid, dogwood, hydrangea, and more as time permits. Supplies extra (tools range \$60 - \$90). This class may be taken by itself or as part of the Cake Decorating Certificate Program. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$69

P02 Su 1pm-3:30pm
Oct. 19 – Nov. 2

Cynthia Sciaroni
Culinary Arts House

Icings & Fillings

No matter how pretty your creations are, the same basic tasting cake can get tiresome. So if you're looking to expand your repertoire of icings and fillings, this is the class for you. Come learn to make Italian buttercream, ganache, lemon curd, mousse and more. You'll enjoy taste-testing lots of samples! This class can be taken by itself or as part of the Cake Decorating Certificate Program. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$39

P03 Sa 9am-1pm
Dec. 6

Debra Hennen
Culinary Arts House

Cake Decorating: Rolled Fondant

Dazzle your family and friends with the elegant look of a rolled fondant cake. In just 3 classes, you'll learn how to achieve this European style and create an edible masterpiece for your next special occasion. Basic cake decorating skills required. Supplies extra. This class may be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:703 | \$49

770 M 6:30pm-9pm
Nov. 3 – Nov. 17

Cynthia Sciaroni
Hixson Mid. School, 121

Airbrushing Techniques for Cake Decorating

Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air, giving the cakes a beautiful "painted" look. In this hands-on class you'll get experience using an airbrush like the pro's do it, enabling you to make your creative pictures on cakes. You'll practice using ready-made stencils and learn how to make your own, do shadowing and shading to make things look dimensional, and learn how to layer colors. Equipment is provided for use in class and supplies are included. Airbrushing techniques can take your decorated cakes to the next level, giving them a distinctive, professional finish. This class can be taken by itself or as part of the Cake Decorating Certificate Program. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$59

P04 Su 12pm-5pm
Nov. 9

Debra Hennen
Culinary Arts House

Test-out: Cake Decorating Skills

If you already have cake decorating skills and would like to "test out" of the basic skills classes (beginning, intermediate) so you can complete the rest of our Cake Decorating Certificate, sign up for this session. We'll send you a supply list of things to bring and our instructor will assess your skills and readiness for the more advanced classes. Park on Hartford or Hampton. Flagpole in front.

FOOD:702 | \$49

P01 Sa 9:30am-11:30am
Sept. 13

Cynthia Sciaroni
Culinary Arts House

A Healthier Way!



Join Dianne Johnson and discover a whole new lifestyle of healthy eating!

Gluten-free Holiday Baking

Are you fretting over what to bake for yourself or a family member following a gluten-free diet this holiday season? Fear not! In this class you'll learn to prepare a variety of holiday treats that do not contain gluten, but will be enjoyed by all of your guests. Bring take home containers. Class is a combination of demonstration and hands-on. *Note: We will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:718 | \$39

P04 Tu 6:30pm-9:30pm
Nov. 11

Dianne Johnson
Culinary Arts House

Vegetarian-Vegan Main Dishes

Want to join the Meatless Monday Campaign but don't know where to start? Learn to create delicious, appetizing and healthy vegetarian and vegan dishes that even devout meat eaters will enjoy. Whether you're vegetarian or vegan or just want to incorporate more vegetables and nonmeat proteins into your diet, this class will give you easy, and delicious ways to naturally do so without adding soy meat substitutes into your recipes. You'll help prepare dishes using seasonal organic ingredients, whole grains, beans, vegetables, and fruits. Dishes may include Red Thai chili, cashew cream broccoli soup, white bean and Swiss chard soup, black bean quinoa salad, and soy-free meat substitute. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:718 | \$39

P02 Th 6:30pm-9:30pm
Oct. 16

Dianne Johnson
Culinary Arts House

Cooking with Ancient Grains: Quinoa, Amaranth and Farro

Join us to learn about the fascinating history of ancient grains and their nutritional benefits. Next, learn how to cook and add these ancient grains into your daily diet. Cooking with old-world grains adds texture, variety and healthy nutrients to meals. Participants will prepare and sample a number of recipes made with quinoa, amaranth and farro. Bring containers to take home leftovers. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:718 | \$39

P01 Th 6:30pm-9:30pm
Sept. 25

Dianne Johnson
Culinary Arts House

MORE Vegetarian-Vegan Main Dishes

Take the Meatless Monday Campaign a step further. Learn to create delicious, appetizing and healthy vegetarian and vegan dishes that even devout meat eaters will enjoy. Whether you're vegetarian or vegan or just want to incorporate more vegetables and nonmeat proteins into your diet, this class will give you easy, and delicious ways to naturally do so without adding soy meat substitutes into your recipes. You'll help prepare dishes using seasonal organic ingredients, whole grains, beans, vegetables, and fruits. Dishes may include: Sancocho (root vegetable and plantain soup), buffalo chickpea pitas with ranch dressing, spaghetti pomodoro with grilled garlicky tempeh and creamy corn-crusted tempeh pot pie and more. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:718 | \$39

P03 Th 6:30pm-9:30pm
Nov. 13

Dianne Johnson
Culinary Arts House

Breaking Bread with Dianne Johnson!



Artisan Bread Baking

This class in artisan breads covers the basic techniques of white, whole wheat and sourdough bread baking. You'll learn different approaches to mixing dough, the essentials of fermentation, how to shape and bake different breads and how to properly store and use them. **CLASS FULL** If you have always wanted to learn how to bake bread, this would be a great place to start. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front. FOOD:706 | \$39

P01 Sa 9:30am-12:30pm **Dianne Johnson**
Sept. 20 Culinary Arts House

Specialty Bread Baking (Enriched Dough)

Enriched yeast breads contain a higher percentage of fat, eggs, milk and sweeteners compared to traditional yeast breads. The enriched dough is softer and stickier than traditional dough and tends to handle differently. The bread products we will make from this sweet dough are brioche, challah, cinnamon rolls and coffee cake. The class will emphasize the proper techniques of mixing, shaping, and baking to help ensure your success in the kitchen. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front. FOOD:706 | \$39

P02 Sa 9:30am-12:30pm **Dianne Johnson**
Oct. 4 Culinary Arts House

Sweet & Savory Quick Breads

Buttermilk biscuits, blueberry muffins, pumpkin bread, and cranberry scones are all called quick breads. They are called that because they are quick to mix together and quick to bake. You'll learn how to use chemical leavening agents (primarily baking powder and baking soda) properly. We'll prepare quick breads using the biscuit method, muffin method and creaming method. We'll use a variety of flours, fruits, nuts, spices and vegetables in our breads. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front. FOOD:706 | \$39

P03 Sa 9:30am-12:30pm **Dianne Johnson**
Oct. 18 Culinary Arts House

*Do you enjoy creating beautiful food?
Develop your talent and pave the way to extra income.*



See page 3 for more details.

*Join us at
the Culinary Arts House
3137
Hampton
Avenue
St. Louis,
MO 63139*



*Near the
corner of
Hampton and
Arsenal St.*

*Call 314-984-7777 to register
for classes today!*

Discover the delicious simplicity of making a few home-fermented foods with Jane Campbell this fall.

Probiotics can improve intestinal function and are believed to assist in maintaining a strong immune system.

It's a sure-fire way to add culture(s) to your life!



The Wonderful World of Fermented Vegetables

Come experience the wonderful world of fermented vegetables. We'll have samples of krauts, kimchis, and other fermented vegetables for you to try. These fermented vegetables are rich in nutrients and healthy probiotics. You'll be making your own sauerkraut with cabbage and vegetables, but that's just the start! We'll move on to kimchi, learning what makes those combinations and processes different from sauerkraut. Other vegetables can be fermented, too (without whey) and we'll show you how. Bring a large bowl and several large glass jars with lids for taking home what you've prepared.

FOOD:718 | \$29

780 W 6:30pm-8:30pm Jane Campbell
Sept. 17 Lindbergh H.S., 31

Krazy for Kefirs

Did you know you can make wonderful probiotic drinks at home? Come sample two different kefirs (milk and water), then see a demonstration of how to make them. You'll also learn how to second ferment each one. These drinks are not only good for your health, you'll discover how easy and tasty these probiotic drinks are. Bring 2 glass jars with lids to take products for home fermentation.

FOOD:722 | \$29

781 W 6:30pm-8:30pm Jane Campbell
Oct. 8 Lindbergh H.S., 31

Krazy for Kombucha & Kvass

Did you know you can make wonderful probiotic drinks at home? Come sample kombucha and kvass, then see a demonstration of how to make them. You'll also learn how to second ferment each one. You'll make a beet kvass to take home and finish the fermentation. These drinks are not only good for your health, you'll discover how easy and tasty these probiotic drinks are. Bring 2 glass jars with lids to take products for home fermentation.

FOOD:722 | \$29

780 W 6:30pm-8:30pm Jane Campbell
Sept. 24 Lindbergh H.S., 31

***“Get Cultured” in
The Fermented Kitchen
with Jane Campbell***



Culinary Creations with Suzanne Corbett

Join Suzanne Corbett, national award-winning writer, media producer and culinary teacher as she takes you on a journey of scrumptious delights.

Suzanne has cooked up a feast of activities in the kitchen to help you celebrate in style this fall.



Hassle-free Holiday Cocktail Party

Gather round the Christmas tree and kick off the holiday season with a hassle-free show. Prepare time with a variety of appetizers including wrapped figs, sun-dried tomato roses, and a horseradish cream, buttered ricotta and pumpkin turnovers, cheese straws. Class is hands-on.

FOOD:724 | \$39

750 W 6:30pm-9:30pm
Nov. 19

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Ground Beef Gourmet

Forget the bun! The higher cost of ground beef demands thinking beyond the burger. Give your ground beef a gourmet makeover with recipes inspired from around the world. Come prepare and experience: Hungarian-style cabbage rolls, Swedish meatballs, moussaka and old school Bolognese sauce. Class is hands-on.

FOOD:742 | \$39

750 Tu 6:30pm-9:30pm
Sept. 9

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Campbell House Christmas Dinner

Celebrate the season by recreating a Gilded Age dinner, such as those made famous at the historic Campbell House Museum. Vintage recipes featured: cream of onion soup, beef chasseur, winter salad with tomato aspic, Roman punch, and Queen of Sheba cake with Chantilly cream. Class is hands-on.

FOOD:724 | \$39

751 Tu 6:30pm-9:30pm
Dec. 2

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Wok Wonders

Stir fry to deep fry to steaming and simmering - woks work wonders in the kitchen. Master the simple techniques featuring these classic recipes: Mongolian beef, sweet sour shrimp, red cooked chicken wings and steamed pork dumplings, Chiang Mai Curry Noodles, sweet bean sesame seed balls. You're welcome to bring your own wok to class. Class is hands-on.

FOOD:734 | \$39

750 W 6:30pm-9:30pm
Sept. 10

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Autumn Soup Kettle & Bread Basket

At this time of year, you can't have enough good soup recipes. Popular instructor Suzanne Corbett will be sharing several tasty and flavorful classic recipes to bring your fall season to life. If you have to have leftovers, the soup will be there for you. She will also show you how to make a few breads to go with the soup. We'll prepare and enjoy: cheddar chowder, sweet potato bisque, chicken and mushroom soup, chicken and wild rice soup. Featured breads: caraway rye horns, buttermilk pan rolls, and whole wheat pecan mini-loaves. Class is hands-on.

FOOD:742 | \$39

751 W 6:30pm-9:30pm
Sept. 24

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Retro Classics: The 1970's

Get a taste of the past along with a little history as you cook and sample the decade of the 1970's. We'll prepare and enjoy: cheese fondue, quiche Lorraine, beef stroganoff, strawberry kiwi salad, Watergate salad, Harvey Wallbanger cake. Class is hands-on.

FOOD:744 | \$39

751 W 6:30pm-9:30pm
Oct. 22

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Retro Classics: The 1960's

Get a taste of the past along with a little history as you cook and sample the decade of the 1960's. We'll prepare and enjoy: chicken a la king, lobster Newburg, cheese soufflé, the wedge salad with thousand island dressing, and the famous "tunnel of fudge" cake. Class is hands-on.

FOOD:744 | \$39

750 W 6:30pm-9:30pm
Oct. 15

Suzanne Corbett
Kirkwood Sr. H.S., C 191



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Warm up with great flavor from the kitchen of Chef Mark Williams!

Tapas: Small Plates

Spanish Tapas bars introduced Americans to the concept of small plates in the 1990's. Now restaurants and gastro pubs everywhere utilize the concept to demonstrate and offer small portions of traditional entrée-type dishes. Tapas are a great way to sample and experience several different dishes that one might not normally try as well as a fun way to communally share dishes with a group of friends. In this class you will help prepare several traditional Spanish tapas as well with experiment with one or two from other cuisines. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:734 | \$39

480 Sa 9:30am-12:30pm
Oct. 4

Mark Williams
FP - HSP, 111

Perfect Pot Pies

Pot pies were a staple in peasant cottages throughout the centuries, as well as in American homes up through the 1950's and 60's, then declined for several decades. But as nouveau cuisine continues to put a new spin on old favorites, many traditional dishes, such as pot pies, are making a resurgence. Pot pies are a one-dish meal that used to be made with scraps of vegetables and meats, covered with a pastry topping. Let's rediscover what made them so satisfying and flavorful. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:742 | \$39

480 Sa 9:30am-12:30pm
Oct. 18

Mark Williams
FP - HSP, 111

Savory Soups, Broths, & Stews: From Simple to Exotic

Soups have the power to soothe and comfort. From a light, clear broth to a hearty stew, nothing is so satisfying as a steaming bowl of soup. We'll get you ready for cooler weather, making some traditional well-known favorites as well as exploring a couple of exotic Asian soups, using all-encompassing basic techniques that will serve you well as the base for many other soups. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:742 | \$39

481 Sa 9:30am-12:30pm
Nov. 8

Mark Williams
FP - HSP, 111

My Favorite Julia Child Recipes

Today, Julia Child is an American icon. She brought French cooking and cuisine to the American masses in a simple, direct, and straightforward manner. She took much of the mystique and perceived snobbishness out of cooking and emphasized that food should, at all times, please the individual eating it, regardless of the "rules" of what goes with what. Join us as we make some of our chef instructor's favorite recipes from her first cookbook, The Art of Mastering French Cooking. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:747 | \$39

480 Sa 9:30am-12:30pm
Sept. 20

Mark Williams
FP - HSP, 111

Couples Cook: Sweet and Savory Crepes

Why are crepes so magical? They can be stuffed and rolled, folded, or layered. Many other cultures have foods similar to crepes, either savory or sweet: tortillas (Mexico), flat breads (Middle East), sponge breads (central Africa), and pancakes (North America). This class will focus on preparation of French crepes. They enchant and delight us because they are so versatile. Preparing these delightful crepes with someone special is satisfying and lots of fun. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes. Class is in the Student Center, Room 015.

FOOD:765 | \$35

480 F 6:30pm-9:30pm
Oct. 3

Mark Williams
FP - SC, 015



Open up your world to exotic seasonings!



St. Louis
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Engage all your senses and bring forth food inspired by ancient techniques for the modern appetite!

A Taste of India: Popular Chicken Entrees with Side Dishes

If you enjoy the flavors of Indian cuisine, come learn to prepare these popular dishes. You'll help prepare and enjoy traditional Indian flavors in: chicken curry (bone-in chicken cooked with onion tomato and spices); chicken korma (boneless chicken cooked with nuts and cream); egg curry (eggs with onion, tomato and spices); and vegetable pulav (basmati rice cooked with peas and spices). Served with naan and raita. Class is hand-on.

FOOD:734 | \$39

780 M 6:30pm-9:30pm
Sept. 22

Seema Shintre
Lindbergh H.S., 31

A Taste of India: A Bountiful Indian Vegan Meal

If you enjoy dining out in Indian restaurants, come learn to prepare these delicious non-meat dishes yourself at home. You'll prepare and enjoy sampling: masala baingan (small eggplants with onion, tomato, peanut, coconut and spices); aloo gobi (cauliflower and potatoes with spices); mixed daal (two kinds of lentils seasoned with spices); paratha (skillet fried unleavened bread); peas pulav (a well-spiced dish made with rice, peas and spices); koshimbir (salad made with daikon, carrots and tomatoes). Class is hand-on.

FOOD:734 | \$39

781 M 6:30pm-9:30pm
Sept. 29

Seema Shintre
Lindbergh H.S., 31

A Taste of India: Gluten-Free & Vegetarian

If you enjoy the flavors of Indian food, come learn to prepare these dishes for yourself. It's not difficult once you've been shown how to do it. In this class, you'll prepare and enjoy sampling: cheela (chickpea flour pancakes); chutney dosa (rice and lentil pancakes served with peanut chutney); chana saag (chickpeas and spinach with spices); sambhar (soupy lentils with veggies, coconut and spices). Class is hand-on. *Note: We will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:734 | \$39

782 M 6:30pm-9:30pm
Oct. 6

Seema Shintre
Lindbergh H.S., 31

Moroccan Cooking

Moroccan cuisine reflects its cultural influences, Berber, Arab, French, while utilizing the rich Mediterranean agriculture. Explore the culinary pleasures of Morocco with authentic recipes straight from the Moroccan kitchen. The menu for this hands-on class includes: harira (a hearty soup), tagine (a slow-cooked dish), and cold salad. We will also discuss the use of spices and herbs. This is a great class for those interested in this cuisine, as well as those wondering what to do with their pressure cooker or tajine pot (although this equipment is not required to be successful). Class is hands-on.

FOOD:734 | \$39

783 M 6:30pm-9:30pm
Oct. 13

Lisa Payne
Lindbergh H.S., 31

CLASS FULL

Fabulous Pies

Join this baker's class and you'll learn to prepare a variety of tempting pies, including: pumpkin, cranberry, apple, and several other pies you'll love. Class is hands-on. Bring a 9" pie pan to take home warm pie samples. Class is hands-on.

FOOD:705 | \$39

580 Sa 9:30am-12:30pm
Oct. 18

Eileen Fraser
FV - SM, 129

Basic Home-baked Yeast Breads & Beyond

Imagine filling your home with the delightful aroma of baking bread and sharing warm-from-the-oven home baked breads with family and friends! Learn to make a variety of old-fashion homemade breads made perfect for modern appetites. We're sure you'll enjoy our basic white bread, pretzel rolls, baker's dozen cheesy yeast rolls, multigrain bread, whole wheat rolls, homemade pizza crust, and more. Class is hands-on.

FOOD:706 | \$39

580 Sa 9:30am-12:30pm
Sept. 27

Eileen Fraser
FV - SM, 129

Quick Breads, Muffins, Cupcakes & More

If you love to bake and want quick results, this is the class for you! Come enjoy fresh-from-the-oven quick breads such as: New York crumb cake, apple muffins, cinnamon spiced cupcakes, swirled coffee cake, cream cheese raspberry muffins, chocolate citrus scones plus a variety of other quick-fix specialties that can be enjoyed by the family or given as gifts to appreciative friends. Class is hands-on.

FOOD:706 | \$39

581 Sa 9:30am-12:30pm
Nov. 7

Eileen Fraser
FV - SM, 129

Holiday Cookies

Looking for new cookie recipes to brighten up your holiday dessert trays? In this class, you'll learn to prepare: chocolate chip cookies, apple streusel cheese cake bars, cranberry orange scones, and chocolate chip cookies, strawberry shortcake cookies, and more. Class is hands-on. Bring a container to take home a freshly-baked selection of your favorites. Class is hands-on.

FOOD:708 | \$39

580 Sa 9:30am-12:30pm
Dec. 6

Eileen Fraser
FV - SM, 129

Holiday Appetizers

Looking for different appetizers that will delight your guest at your next holiday party? Whether you're having an impromptu get-together or an elegant feast, here's your chance to shine. Holiday entertaining can be easy when you have these do-ahead, time-saving appetizer recipes that your guests will love. Come experience a taste of the holidays with: cranberry brie fillo tarts, cremini crostini, mushroom-onion crescents, oregano-Swiss slices, Italian sausage pizza roll-ups and more. Something perfect for everyone. Class is hands-on.

FOOD:724 | \$29

550 Th 7pm-9:30pm
Nov. 20

Eileen Fraser
FV - SM, 129

Winter Soups to Warm Your Heart

The winter chill is in the air and nothing can beat a hearty bowl of soup for a lunch or light supper. Kick the "can" habit and experiment with your own spectacular flavors. In this class, we'll prepare a variety of delicious mealtime soups full of meats, flavorful herbs and seasonal veggies. You'll prepare Tuscan soup with sausage, potato and kale, cheeseburger paradise soup, chicken-matzo ball soup, chicken tortellini soup, BLT soup, creamy broccoli carrot soup and more. Something perfect for everyone. Class is hands-on.

FOOD:742 | \$29

550 Th 7pm-9:30pm
Oct. 2

Eileen Fraser
FV - SM, 129

Delicious Dishes with Eileen Fraser



Join Eileen Fraser in the kitchen this fall as she shares her love of cooking with you! She's cooked up a full menu of fun so come join our fall food harvest!

Couples Cook: Easy & Delicious Meals

Make plans to join us for an evening of delicious dining and fun in the kitchen. We'll enjoy pork chops with spicy orange glaze, chicken with strawberry balsamic sauce, pesto green beans, very berry crisp, autumn spinach salad with vinaigrette.

CLASS FULL

FOOD:765 | \$29

580 F 7pm-9:30pm
Sept. 19

Eileen Fraser
FV - SM, 129

Couples Cook: Fall Entertaining

Get a jump on ideas for upcoming seasonal parties with delicious recipes that will dazzle your friends and family. In this hands-on couples class, you'll prepare and enjoy: Sautéed chicken with tarragon cream sauce, roasted carrots with honey mustard, chipotle butternut squash soup, pork chops with blackberry-zinfandel sauce, plus dessert and much more. Our instructor will have an array of recipes for you to try. Come share this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:765 | \$29

581 F 7pm-9:30pm
Oct. 10

Eileen Fraser
FV - SM, 129

Couples Cook: Holiday Dinners

Join us for an evening of fun in this couples class, preparing and sampling delicious recipes that are great for the upcoming holidays. Recipes will include: pork tenderloin with apple salsa, Brussels sprouts and cauliflower gratin, baby carrots with mint gremolata, apple cider chicken with pecans, salad greens with raspberry vinaigrette, acorn squash and apple soup, dessert and more! Our instructor will have an array of recipes for you to try. Come share this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:765 | \$29

582 F 7pm-9:30pm
Oct. 24

Eileen Fraser
FV - SM, 129

Join Michelle Melton as she takes you on a flavorful journey.



What's in Your Spice Cabinet? An Exploration of Cooking Spices

Have you ever stared at the hundreds of little bottles in the spice aisle in your grocery store perplexed and thinking "what does THAT smell/taste like and what do you DO with it?!" Come find out! In this exploratory course, you'll prepare recipes that explore the use of spices like turmeric, paprika, fennel, cardamom, white pepper, cloves, allspice and more, then this is the class for you! Come hungry and bring take home containers. Class is hands on.

FOOD:712 | \$39

750 Tu 6:30pm-9:30pm
Sept. 23

Michelle Melton
Kirkwood Sr. H.S., C 191

Irresistible Vegetables: Who Knew?

Are you tired of cooking corn, broccoli, carrots, and peas the same old way every time? Re-discover the joys of vegetables in a new, simple, often quick recipe with this class. You'll learn how to make a dozen new recipes that include green beans, Marsala Brussels sprouts, chocolate zucchini bread, celery chestnut casserole, and much more. Come hungry and bring take home containers. Class is hands on.

FOOD:718 | \$39

750 Tu 6:30pm-9:30pm
Sept. 16

Michelle Melton
Kirkwood Sr. H.S., C 191

MORE Irresistible Vegetables: Who Knew?

Did you love the Irresistible Vegetables class and find yourself craving more? Well then this class is for you! Once again, we'll make over a dozen tasty veggie recipes including restaurant favorites and gourmet masterpieces like Mozzarella caprese, Parmesan zucchini chips, green bean french fries, an edamame saute, stuffed gouda chorizo bell peppers, white bean dip, and much more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:718 | \$39

751 Tu 6:30pm-9:30pm
Sept. 30

Michelle Melton
Kirkwood Sr. H.S., C 191

Chinese Take-out (at home)

Addicted to your favorites on your local Chinese restaurant's take-out menu but looking to save some cash or perhaps eat a little bit healthier? Learn how to make some Chinese take-out at home. You'll learn how to make 3 ways (traditional, Moo Goo Gai Pan, and pork spring rolls), Szechuan beef, fried rice, and egg drop soup. Come hungry and bring take-home containers. Class is hands-on.

FOOD:734 | \$39

751 Tu 6:30pm-9:30pm
Oct. 14

Michelle Melton
Kirkwood Sr. H.S., C 191

Introductory Knife Skills: With Dinner!

Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef's knife safely and effectively? In this class, the instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You'll learn how to use a knife safely, how to properly sharpen a knife, and how to use a knife with confidence! There will be plenty of time for practice, questions, and one-on-one guidance as you practice your knife skills while making a few soups and salads for a tasty dinner. Class includes a lecture and hands-on cooking.

FOOD:747 | \$59

753 Tu 6:30pm-9:30pm
Oct. 28

Michelle Melton
Kirkwood Sr. H.S., C 191

Impossibly Easy & Simply Elegant Mini Pie Tarts

Do you purchase pie shells from the grocery store because you're terrified that you'll butcher a pie crust from scratch? Well fear no more! In this class, you'll see just how easy it can be to make simple buttermilk pie crusts while we put to use some of the most delicious fillings. Everyone will get lots of practice making pie crusts and fillings. You'll learn how to make several types of pie fillings including: cherry pie filling, and chocolate bourbon pecan. You'll take home pie crusts to freeze (imagine the convenience, taste, and homemade quality!) as well as pies that are ready to eat, so bring a take-home container. Class includes demonstration and hands-on practice.

FOOD:705 | \$39

750 Tu 6:30pm-9:30pm
Nov. 18

Michelle Melton
Kirkwood Sr. H.S., C 191

Don't get lost in the sauce!

The Magic of Mother Sauces

Sauces make everything taste better. The successful pairing of a sauce with a food transforms it from "ho-hum" to spectacular. Learn to make the five basic mother sauces: velouté, béchamel, espagnole, tomato and hollandaise. This class will provide an introduction to ingredients, techniques and uses, including roux, slurry, mirepoix, bouquet garni, and sachet. Class is hands-on.

FOOD:747 | \$39

750 W 6:30pm-9:30pm

Sept. 17 Kirkwood Sr. H.S., C 191

Simple Savory Sauces: Ways To Take "Chicken" to CHICKEN!

A simple sauce can transform an economical entrée into exquisite cuisine. Using pantry and refrigerator ingredients, you can develop techniques to prepare delicious sauces that will enhance the flavor of your entrée and make a fabulous presentation. In this class, you'll also develop skills using herbs and spices to create international variations on flavor while controlling added salt. Class is hands-on.

FOOD:747 | \$39

751 W 6:30pm-9:30pm

Oct. 1 Kirkwood Sr. H.S., C 191

Dazzling Dessert Sauces

From coulis to chantilly cream, develop techniques for making simple, elegant and delicious sauces to take desserts to a presentation level — including plate painting and glazes. We'll include using puff pastry and phyllo plus a demonstration of the preparation of choux-paste (you'll be surprised how easy it is!) for making éclairs, cream puffs, and Napoleons. Perfect for the holidays! Class is hands-on.

FOOD:747 | \$39

752 W 6:30pm-9:30pm

Nov. 5 Kirkwood Sr. H.S., C 191

Any serious pursuit of good cooking must begin with Stocks & Sauces. Discover the primary principals, methods and techniques of both traditional unchallenged stock & sauce preparations as well as many of the modern progressive approaches to this extremely far reaching category of cooking and learning.



**Call 314-984-7777
to register today!**



St. Louis
Community
College

Continuing Education

It's Time for a Treat

with Deb Hennen



Join Deb Hennen with St. Louis Community College Continuing Education as she helps you prepare for fall entertaining!

Holiday Cupcake "Critters"

There's no end to the fun things you can create with cupcakes and icing. In this hands-on class, you'll learn how to make and decorate a cupcake "critter" that's perfect for Thanksgiving, turkey. No special talent or skills required. All supplies included. Park on Hartford or Hampton. Flagpole in front.

FOOD:702 | \$39

P02 F 6:30pm-9:30pm
Nov. 14

Debra Hennen
Culinary Arts House

Chocolate Lover's Dream Desserts

These desserts are a dream-come-true for dedicated chocolate-lovers. We'll make chocolate lava cake (a decadent flourless chocolate cake with a dark chocolate ganache filling), chocolate truffles, and chocolate fudge crinkle cookies. All are easy to recreate at home and perfect for your own personal indulgence or for your holiday get-togethers and gift giving. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later (or for the car ride home!). Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | \$39

P02 Th 6:30pm-9:30pm
Nov. 20

Debra Hennen
Culinary Arts House

Italian Sweets & Treats

Italian sweets are as variable as the regions of Italy. We'll make Cannoli from Sicily; Tiramisu from the north; and Chocolate Panna Cotta from the south. We'll also make Ricotta from the south. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$39

P01 W 6:30pm-9:30pm
Sept. 24

Debra Hennen
Culinary Arts House

Dessert "Shots": Holiday Dessert Buffet

Let your delighted guests help themselves to one-of-each of these surprisingly simple, sweet treats. Learn to make single-serving desserts, often referred to as "dessert shots." From fresh fruit to chocolate to favorite desserts, we'll show you how to mini-size them in a way that elicits a resounding "wow!" for the dessert display at your next party. We'll cover ingredients, containers, and presentation. Class is a combination of demonstration with some hands-on. Come prepared to taste-test these little treasures. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$39

P02 F 6:30pm-9:30pm
Dec. 12

Debra Hennen
Culinary Arts House

French Pastries

Take the scary intrigue out of preparing French pastries — you can learn the art and make your own! We'll make croissants, tarts, crepes, and Paris-Brest. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$39

P02 M 6:30pm-9:30pm
Dec. 15

Debra Hennen
Culinary Arts House

Halloween Cookie Bouquet

Make, decorate, and construct a Halloween Cookie Bouquet. You'll leave class with a completed "bouquet" to keep or to give that special Trick-or-Treater in your life. Fee includes a cookie bouquet to take home.

FOOD:708 | \$39

P01 M 9:30am-12:30pm
Oct. 27

Debra Hennen
Thomas Dunn Learn. Ctr

 **St. Louis
Community
College**
Continuing Education

Creative Halloween Treats

It's a whole new twist on "finger foods!" Come learn to make hauntingly tasty treats and drinks. You'll make "finger" cookies, apple "bites," "eyeball" cake pops, and more as time permits. Wash it down with some "brain" shooters, warm witches' "blood," and "brain hemorrhage." Bring a take home container for your goodies. Class is hands-on. Park on Hartford or Hampton. Flagpole in front. FOOD:724 | \$39

P01 F 6:30pm-9:30pm
Oct. 24

Debra Hennen
Culinary Arts House

Gourmet Dipped Apples

Impressive and delicious — a crisp fall apple hidden under layers of sinfully sweet caramel, drizzles of dark and white chocolate, and loads of crunchy toppings. These are the perfect party favor or gift (or personal indulgence!). Learn the secrets to creating these delightful treats and go home with the perfect one of your own. Bring a take home container. Class is hands-on.

FOOD:712 | \$39

P01 Tu 9:30am-12:30pm
Sept. 23

Debra Hennen
Thomas Dunn Learn. Ctr

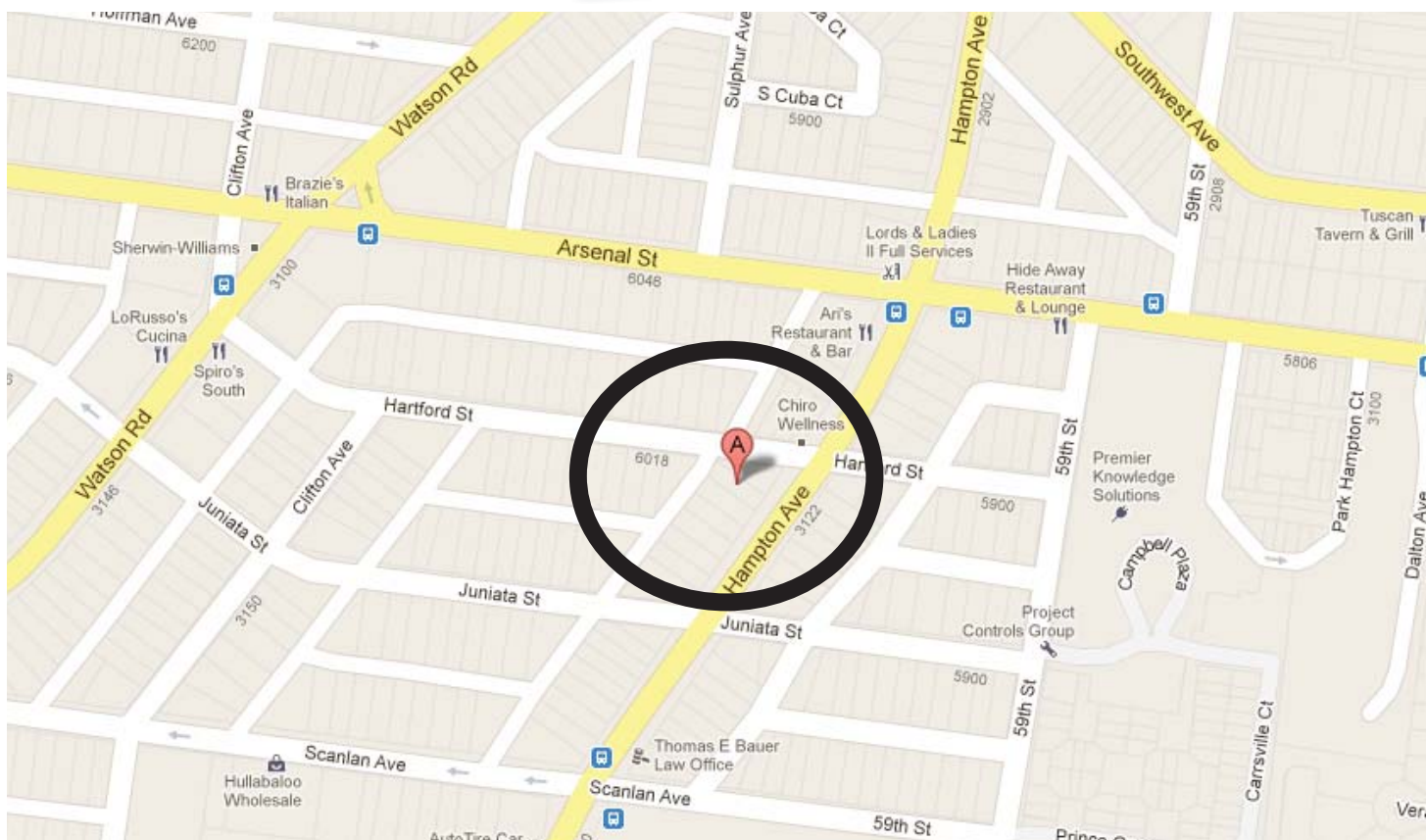
Girls Night Out: Diva Cupcakes!

Come spend a fun, creative evening with your best girlfriends learning to create pretty cupcakes with a Halloween theme. We'll be making 3 different styles of cupcakes and decorating them with Halloween themed toppers. There will be plenty of taste-testing plus you can take your creations home for later (or for the car ride home!). Class is hands-on. Park on Hartford or Hampton. Flagpole in front. FOOD:716 | \$39

P01 Th 6:30pm-9:30pm
Sept. 18

Debra Hennen
Culinary Arts House

CLASS FULL



**The Culinary Arts House is
located at
3137 Hampton Avenue
St. Louis, MO 63139**

**Near the corner of Hampton
and Arsenal St.**

**Call 314-984-7777 to
register today!**

Explore wines, homebrewing and coffees
this fall with Continuing Education at
St. Louis Community College.

We've got an exciting season brewing!

Make Your Own Wine at Home

Would you like to try making your own wine? Home wine-making is an enjoyable and satisfying hobby. The quality of home-made wines can be amazing. Taking this class can lead the way to making the process easy; simple instructions ensure success. Many tips from our experienced home wine-making expert will enhance and improve your own efforts at home. This is a demonstration “show & tell” class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

FOOD:760 | \$35

M05 W 6pm-9pm
Oct. 22

St Louis Wine & Beermaking

Compare & Contrast Different Wine Varietals

What's the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side-by-side tasting where we will be comparing the same grape varieties from different regions and identifying their individual characteristics. Included will be sensory components (i.e., apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M01 Tu 6:30pm-8:30pm
Sept. 16

William Polhemus
The Wine Barrel

Wines of the Pacific Northwest

California has definitely set the tone for American wines but the world-class wines of the Pacific Northwest have made a significant impact. The quality of Oregon Pinot and Merlot is unrivaled. The Pinot Noir, Syrah and Riesling of the Willamette Valley will be a challenge to find explanations of the influence of the climate and the soil on the grapes and the aging processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M02 Tu 6:30pm-8:30pm
Oct. 14

William Polhemus
The Wine Barrel

Best Values in Wine

Everyone is looking for that great deal regardless of whether they're purchasing wine or a food item. We will have a special offer on our own wine that truly over deliver. We have a growing vineyard in the heart of the wine country. The influence of growing in the heart of the wine country is the reason why our wines are used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M03 Tu 6:30pm-8:30pm
Nov. 18

William Polhemus
The Wine Barrel

Wines: The Big 6

An exploration into the six most influential and popular grape varietals in the world. This will be an opportunity to learn about the history and characteristics of Cabernet Sauvignon, Merlot, Pinot Noir, Chardonnay, Sauvignon Blanc, and Riesling. The evening will be accompanied by a light meal and a selection of glasses of wine. Topics of discussion include: grape cultivation, aging and bottling processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760	\$15
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M04 Tu 6:30pm-8:30pm
Dec. 9

William Polhemus
The Wine Barrel

Coffee College

Have you wondered what the difference is between cappuccino and latte? Have you wished you could distinguish between Kenyan or Columbian coffee or even knew the difference between packaged, bagged and fresh coffee? Then come to our Coffee College and learn the characteristics of beans from different growing areas, taste several coffees that will provide you with a good sample of coffees from all over the world, and learn the different roast levels that impact the flavor, feel and aroma of coffee.

FOOD:765 | \$19

V01 W 6pm-9pm
Sept. 24

Alaska Klondike Coffee Co



***Call 314-984-7777
to register today!***



Registration is Easy!!!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC

Meramec, Florissant Valley and Forest Park: M–F 8:30am–4pm

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number)

3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the “Continuing Education” link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.

Registration Deadline

All non-credit courses are limited in enrollment. Advanced registration is required.

Automatic Bank Payment (ACH)

All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Access office at the campus where you are registering at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college, college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Notice of Non-Discrimination

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. For information contact:

Lesley English-Abrams
STLCC Corporate Center
3221 McKelvey Road, Suite 250
Bridgeton, MO 63044
314-539-5480

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone or mail if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the of Continuing Education office. Refunds should be received within 30 days.

Mail-IN

Registration form *Please print in ink.*

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

Check Payment:

Please make checks payable to St. Louis Community College, and mail with form (address above).

Email Address: _____

UIN or SS#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX
CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

Credit Card Payment:

Charge fees to: ☐ MasterCard ☐ VISA ☐ Discover ☐ American Express

Expiration Date: _____

CARD NUMBER

Signature: _____

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				