

Culinary Arts - Fall 2017

Incredible Edibles



St. Louis Community College
Continuing Education

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

Call 314-984-7777 to register today



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 Program. Supplies extra.

FOOD:702 | \$69
P01 M 6:30pm-9pm
 Oct. 16 - Nov. 6

Cynthia Sciaroni
 Nottingham School, 110

Cake Decorating: Contemporary Wedding Cakes

What wedding cake styles are modern brides requesting? Come join us to learn contemporary wedding cake designs that are requested by brides and featured on Pinterest & the Knot. Designs include Bling & Ribbon Wrap, Ombre Effect, Shimmer, and Fondant Appliques. You'll also learn about pricing, support, transportation and set up. A bonus: Helpful resources and links will be provided to help aid those students who desire to start a small cake business. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating. This class can be taken by itself or as part of the Cake Decorating Program.

FOOD:704 | \$59
550 Tu 6:30pm-9pm
 Nov. 7 - Nov. 21

Carla Soll
 FV - SC, PDR-A

The Cake Decorating Program 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, the Cake Decorating Program 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 Program.

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

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



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Winter Soups to Warm Your Heart

The winter chill is in the air and nothing can beat a hearty bowl of soup for a satisfying 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. We will make soups for those chilly nights including: mushroom tortellini soup, Italian sausage and zucchini soup, savory cheese soup, bean and pasta soup, and pizza tortellini soup. Bring containers to take the leftovers home. Be sure to bring containers to take home some of your favorites. Class is hands-on.

FOOD:742 | \$39

550 Th 7pm-9:30pm
Sept. 21

Eileen Fraser
FV - SM, 129

Fall Vegetarian Soups

Fall weather means cold weather will soon be with us! Nothing warms you up and fills you up like a hearty bowl of soup with a slice of freshly baked bread. A variety of soups such as Creamy Potato, Fall Vegetable Tomato, Normandy Onion and White Bean Chili will be prepared along with rustic and artisan breads. The soups will accommodate a gluten-free diet or can be easily modified but the breads will not be gluten-free. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:721 | \$49

P01 Th 6pm-9pm
Oct. 19

Dianne Johnson
Cul. Arts House

Fall Fondue and Appetizer Party

Ready to have some fun while finding a few new favorite Fall recipes? In this class, we will master the art of fondue and cheese sauce making as we prepare a few different kinds to try including classic fondue, a milder, very customizable provol-based fondue, a cheddar queso cheese dip, baked shrimp cheesy bread, and more. Come master the art of fondue while enjoying a fall snack and appetizer party with homemade cider, soy sauce apple glazed meatballs, apple bacon salad with homemade black cherry balsamic vinaigrette, pumpkin spice cookies, and more. Come hungry and bring take-home containers. Class is hands on.

FOOD:714 | \$49

750 W 6:30pm-9:30pm
Oct. 25

Michelle Melton
Kirkwood H.S., C 191

Even More Irresistible Vegetables

Would you like more new ideas for ways to make vegetables the star of your meals or the centerpiece of a tasty snack? Re-discover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. In this class, we will make over a dozen tasty veggie recipes including restaurant favorites and gourmet appetizers like parmesan green bean French fries, stuffed gouda chorizo baby bell peppers, Cajun corn succotash, honey roasted butternut squash, black bean brownies, mozzarella caprese bites, white bean dip, and much more. Come hungry and bring take-home containers. Class includes a discussion on how to clean, cut, and cook various fresh veggies as well as hands on cooking.

FOOD:735 | \$49

751 W 6:30pm-9:30pm
Nov. 1

Michelle Melton
Kirkwood H.S., C 191

New Holiday Sides

Looking for appetizing and aesthetically pleasing new recipes to decorate your dinner table for the holidays? This spread will impress your guests and make mouths water! Dishes include: maple Dijon roasted butternut squash and apple bake; Balsamicdrizzled green beans with caramelized pearl onions, pancetta, and toasted pine nuts; savory mashed sweet potatoes with gruyere; creamy polenta with a mixed mushroom medley; and rustic apple tart with cinnamon hard sauce. Class is hands on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$49

P02 Th 6pm-9pm
Nov. 9

Elizabeth Parker
Cul. Arts House

Holiday Appetizers

Looking for different appetizers that will delight guests at your holiday party? Come and enjoy an evening of mouth-teasing tasters! You will make shrimp cream cheese pastry shells, spinach cheddar cheese crescent bites; parmesan mushroom tartlets, as well as bacon and sun-dried tomato tarts. Bring your appetite as well as take-home containers.

FOOD:724 | \$39

550 Th 7pm-9:30pm
Nov. 16

Eileen Fraser
FV - SM, 129

American Comfort: Hearty Winter Soups, Sides and Desserts

Brrr, it's cold outside, so let's warm up with fresh steaming soups, savory veggie sides, and a few favorite seasonal desserts. Once you experience the warmth and flavors of homemade soups like chicken and dumplings, beef bourguignon, minestrone, broccoli cheese soup, and more, you won't want to open another bland, sodium-loaded can of chicken noodle soup for lunch again! In this class, you will learn how to make many of your favorite winter soups from scratch as well as a few of the instructor's favorite winter veggie and dessert recipes including roasted root vegetables and blackberry cobbler. Come hungry and bring take-home containers for soup. Class is hands-on.

FOOD:742 | \$49

751 W 6:30pm-9:30pm
Dec. 6

Michelle Melton
Kirkwood H.S., C 191



Appetizers and Sides

New Soulfully Sweet Treats

Desserts are often times the best ending to a great meal, but why always save the best of last? Leave those store bought sweets on the shelf and preheat the oven. Come out for an evening of hands-on instruction of some of the best desserts the south has to offer. You will make these delectable desserts: peach cobbler, apple crumble, pecan pie, death by chocolate, and banana nut bread muffins. Bring a container to take home leftovers.

FOOD:705 | \$49

751 Tu 6:30pm-9:30pm
Sept. 26

Lee Thomas
Kirkwood H.S., C 191

Basic Home-Baked Yeast Breads (and 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 herb whole wheat bread, many grains bread, rye bread sticks with caraway seeds, basic white bread, whole wheat rolls, homemade pizza crust, and many more.

FOOD:706 | \$39

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

Eileen Fraser
FV - SM, 129

Bread Baking 101

This is an introduction to bread baking class for beginners. If you have always wanted to learn how to bake bread this would be a great class for you. To get you started we will discuss equipment, ingredients, measuring, yeast, mixing, kneading, rise, shaping, baking and storing. We will bake Classic French bread and baguettes to practice the skills you need to bake bread at home. The class is a combination of demonstration and hands-on participation. Bring zip-lock bags to take home dough and baked bread leftovers. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P01 Sa 9am-12pm
Oct. 7

Dianne Johnson
Cul. Arts House

Day of the Dead: Create Your Own Sugar Skull

Celebrate el Dia de los Muertos with your very own Day of the Dead sugar skull. These colorful skulls originated as one of the traditional folk art forms for honoring deceased family and friends during the celebration of the Mexican Day of the Dead. Sugar skulls are whimsical and celebratory, not scary. They are incredibly fun to make, so bring your creative spirit and share in a tradition of the festive Dia de los Muertos! Bring a container to take yours home. Park on Hartford or Hampton. Flagpole in front.

FOOD:709 | \$49

P01 Tu 6pm-9pm
Oct. 17

Debra Hennen
Cul. Arts House

Fabulous Pies

Want to be successful at making a homemade pie crust? Join this baker's class and you'll learn to prepare a variety of tempting sweet and savory pies. You will learn to make a "no fail crust" from scratch plus apple butter pumpkin pie, crumble berry pie, pear cranberry deep dish pie, apple, cranberry and raspberry pie, apple pie a la zing, are just a few you will make. Bring a 9" pie pan to take home a pie.

FOOD:705 | \$39

580 Sa 9:30am-12:30pm
Oct. 21

Eileen Fraser
FV - SM, 129

Experimenting with Sweet Treats

Come out for an evening of experimenting with alternative ingredients like almond flour, and coconut oil, along with more familiar ketogenic friendly ingredients like eggs, and cream cheese in a fresh combination to attain a low carb version of some household favorites. Recipes include: cinnamon rolls, low-carb copycat Oreo cookies, chocolate chip cookies, low-carb carrot cake, and blueberry lemon shortbread cookies. Class is hands-on. Bring a container to take home leftovers.

FOOD:705 | \$49

752 Tu 6:30pm-9:30pm
Oct. 24

Lee Thomas
Kirkwood H.S., C 191

Whole Grain Artisan Bread

Do you love bread and are looking for a healthier option? Look no further! This bread baking class will focus on Whole-Grain Artisan breads. Whole grain breads are healthier but do have some baking challenges. One of the baking methods we will be using is baking bread in a Dutch oven. The breads covered in this class will include multi-grain, rye and sprouted whole-wheat. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$49

P02 W 9am-12pm
Nov. 1

Dianne Johnson
Cul. Arts House

Quick Breads

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: almond berry muffins, cranberry nut bread, white chocolate macadamia muffins, cinnamon sweet potato muffins and array of other quick breads that can be enjoyed by the family or given as gifts to family and friends. Don't forget your take-home containers!

FOOD:706 | \$39

581 Sa 9:30am-12:30pm
Nov. 4

Eileen Fraser
FV - SM, 129



Swedish Sweets

Sweden's dessert scene offers plenty of delicious, culturally classic desserts. We'll be making pepparkakor (traditional Scandinavian sugar and spice cookies), toscakaka (tosca cake - Swedish almond cake), kladdkaka (Swedish sticky chocolate cake), and chockladdbullar (no cook cocoa balls). Class is a combination of demonstration and 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 | \$49

P01 Tu 6pm-9pm
Nov. 14

Debra Hennen
Cul. Arts House

Impossibly Easy and 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? Fear no more! In this class, you'll see just how easy it can be to make simple buttermilk pie crusts while we put together some surprisingly easy and elegant mini tarts. Everyone will get lots of practice making their own mini pie crusts. You'll also learn to make a several types of pie fillings, such as homemade vanilla custard, from-scratch cherry pie filling and chocolate bourbon pecan pie. You'll take home some pies that are ready to eat as well as pie crusts to freeze (imagine the convenience, taste and homemade quality!), so bring take-home containers. Class includes demonstration and hands-on practice.

FOOD:705 | \$49

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

Michelle Melton
Kirkwood H.S., C 191

Holiday Cookies

Looking for new cookie recipes to satisfy that sweet tooth and/or give away as holiday gifts? This class has all the ingredients to placate a palate! You will bake black forest cookies, berry happy holiday cookies, c'raisin oatmeal chocolate chunk cookies, blueberry zucchini cookie bars. Bring a container to take home fresh baked cookies.

FOOD:709 | \$39

580 Sa 9:30am-12:30pm
Dec. 2

Eileen Fraser
FV - SM, 129

Christmas Cookie Bouquets

Join us for holiday fun as we make, decorate, and construct a deliciously edible Christmas Cookie Bouquet centerpiece in one easy lesson. You'll leave with a completed "bouquet" to grace your holiday table or to make someone else's holiday special! Class is hands on. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | \$49

P02 Tu 6pm-9pm
Dec. 12

Debra Hennen
Cul. Arts House

Conquer the Christmas Cookie Craze!

Have you always wanted to be the one with the awesome tray of homemade Christmas cookies at your holiday gatherings but just don't have the time to do all that baking? In this class, we will work together to conquer our Christmas cookie woes by making at least six different tried-and-true Christmas cookie winners like classic chocolate chip, copycat Girl Scout™ cookie thin mints, triple chocolate espresso, gingerbread and more. Sample each cookie during class and leave with enough cookies to put together a few stellar trays of assorted holiday cookies to wow your friends and relatives. No one will ever guess that you made it all during a single fun, three-hour class! Class is hands-on. Bring several tins to take home the cookies you will help make in this class.

FOOD:709 | \$49

751 W 6:30pm-9:30pm
Dec. 13

Michelle Melton
Kirkwood H.S., C 191





Cooking Basics

Cooking Basics: Beefing Things Up

You will learn to cook your favorite American fare dishes and sides in this fun, fix-it-and-eat-it, two session cooking class. Your great flavorful recipes include: Week one: sloppy Joes on whole wheat bread, vegetable baked beans, corn on the cob, with chocolate brownies for dessert; Week two: Loaded beef nachos, including lettuce, salsa, sour cream, and black olives, cheese quesadillas, cream cheese caramel apple dip for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with one-on-one assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$65

780 M 6:30pm-9:30pm
Oct. 16 - Oct. 23

Latoya Chauncey
Lindbergh H.S., 128

Cooking Basics: Hearty Meals for Cold Weather Days

These hearty meals can be yours at home after you learn how to make them in these classes. Your great new recipes will include: Week one: Lemon chicken, broccoli, macaroni and cheese and brown rice crispy treats; Week two: jambalaya/gumbo with brown rice, toasted French bread and spice cake dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with one-on-one assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$65

781 M 6:30pm-9:30pm
Nov. 6 - Nov. 13

Latoya Chauncey
Lindbergh H.S., 128

New Delicias de Brazil: Caldos Night!

Caldo is a typical Brazilian dish served in the winter and it is something between a soup and a cream. There are a variety of flavors, but the most famous ones are mandioca (yucca), feijão (beans), abóbora (squash), and verde (greens). The caldos are paired with bread and herbs (parsley and green onions). We will learn how to make these four savory caldos and Canjica, a delicious and creamy dessert made of a type of white corn, very used in Latin cuisine. Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

P02 F 6pm-9pm
Sept. 29

Ana Carolina Pires McGinn
Cul. Arts House

Moroccan Cooking

Moroccan cuisine reflects its cultural influences, Berber, Arab, and 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 meat and vegetable tajines, couscous, hot and cold salads, as well as traditional mint tea and fresh bread. Recipes include repeat favorite classic dishes as well as some new ones! We will also discuss the use of spices and herbs in Morocco, an essential component. 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). Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:734 | \$49

P01 F 6pm-9pm
Oct. 13

Lisa Payne
Cul. Arts House

Mad About Miso

Join us for all tastes miso! We'll start with making a walnut miso dip. We'll sample misozuke (miso pickles) as well as make our own quick pickles, two ways: pressed and rice vinegar. Then we're off to the stove to make miso soup with tofu, onigiri (rice balls) with rice seasoning, and umeboshi. We will also whip up nosu dengako (eggplant miso) along with a green salad with miso dressing. The instructor will demo how to make a thin Japanese omelette. Come hungry, there will be other fermented Japanese foods for you to try! Please bring a 4 ounce jar if you'd like some miso to take home.

FOOD:722 | \$49

782 W 6:30pm-9:30pm
Oct. 18

Jane Campbell
Lindbergh H.S., 128

Parsi Food

The Parsis migrated to India from Iran bringing with them their unique recipes and culinary skills. Just like the Parsi community, the cuisine has adopted local ingredients and local spice to invent new dishes and to carve a distinct niche for itself. In this class you will learn to make the classic patra ni macchi, a traditional dish which is often served in Parsi weddings. Fillets of fish are covered with a mint chutney, wrapped in banana leaf and steamed to perfection. Dhansaak is one of the best known dishes and is a favorite for Sunday lunch. Dhansaak is usually made with lentils, meat, and vegetables. This dish is served over a bed of ghee rice and is a true reflection of Indian flavors and Persian technique. No meal is complete without sali chicken—a recipe adapted from the famous Britannia and Co. restaurant in Mumbai. Sali Murghi or sali chicken is a delicious chicken curry that is garnished with Sali or fried strips of shoestring potatoes. Just bring your appetite as we travel to Mumbai to create the less popular yet very rich Parsi food. Park on Hartford or Hampton. Flagpole in front.

FOOD:733 | \$49

P01 M 6pm-9pm
Oct. 23

Prabha Pergadia
Cul. Arts House

A Taste of India: Vegan Meal

If you enjoy dining out in Indian restaurants, come learn how to prepare these delicious vegan dishes yourself at home. The flavors are so full and hearty, you'll never miss the meat. It's not difficult once you've been shown how to do it. You'll prepare and enjoy sampling: butternut squash-sweet and sour butternut squash, chana masala-chickpeas with spices, batata wada-seasoned mashed potatoes balls dipped in chickpea batter and deep fried, cabbage bhaji-cabbage and potatoes seasoned with turmeric and spices, masale bhat-fragrant basmati rice cooked with veggies, curry leaves and spices, roti-everyday Indian bread made with whole wheat flour. Class is hand-on.

FOOD:733 | \$49

781 M 6:30pm-9:30pm
Sept. 25

Seema Shintre
Lindbergh H.S., 128

A Taste of India: Restaurant-Style Chicken Dinners

If you enjoy the flavors of Indian food, come learn to prepare these extraordinary Indian chicken meals for yourself. You'll help prepare and enjoy traditional Indian flavors in: chicken curry- chicken cooked with coconut milk and spices in a mild sauce, chicken tikka masala- boneless pieces of chicken in mild creamy sauce, kadhai chicken- hicken with bell peppers, tomato and onions, cumin pulav- basmati rice cooked with spices to go with chicken, onion pakora- nions fritters made in a chickpea batter, and kalakanddessert made with ricotta cheese. Served with naan. Class is hand-on.

FOOD:733 | \$49

780 M 6:30pm-9:30pm
Oct. 2

Seema Shintre
Lindbergh H.S., 128

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 your Chinese favorites at home with fresh vegetables and sometimes, less oil. In this class, we'll learn how to make crab rangoon, General Tso's chicken, sesame chicken, moo goo gai pan, Szechuan beef, pork fried rice, egg drop soup and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:732 | \$49

750 Tu 6:30pm-9:30pm
Oct. 10

Michelle Melton
Kirkwood H.S., C 191

751 W 6:30pm-9:30pm
Oct. 11

Michelle Melton
Kirkwood H.S., C 191

Indian Cuisine: Street Food

Street food has always been popular in India, because it is an affordable and convenient snack to devour on the go. Today, the creative varieties of street food have elevated this form to the caliber of fine dining, making its way into upscale eateries in Mumbai and in large cosmopolitan cities all around the world. You will perfect the craft of Indian seasoning, as we create spicy salmon cutlets and mint sauce, alongside koftas (Indian version of meatballs) in a tomato gravy. You will learn to make chicken mulligatawny soup which hails from the days of British Raj in India. These dishes will be a crowd pleaser and are perfect for holiday entertainment. Class is hands on. Park on Hartford or Hampton. Flagpole in front. Bring take home containers.

FOOD:733 | \$49

P02 M 6pm-9pm
Nov. 6

Prabha Pergadia
Cul. Arts House

Greek Feast

It's all Greek to us! Join us as we prepare these fantastic Greek dishes: moussaka roll-ups, Greek salad, chicken souvlaki with tzatziki, saganaki, spanakopita wedges, pita bread, and baklava. Class is hands on.

FOOD:734 | \$49

750 W 6:30pm-9:30pm
Nov. 8

Suzanne Corbett
Kirkwood H.S., C 191

International Flavors

St. Louis' Unique Eats

St. Louisans know their food and aren't afraid to show it! Join us as we prepare some favorite dishes for which St. Louis is famous. This class will feature classic St. Louis eats such as homemade toasted ravioli, St. Paul sandwiches, Shaw Avenue chicken spiedini with Hill chopped salad, and gooey deep butter cake. These recipes are easy to master and satisfy your cravings for St. Louis staple dishes. Class is hands on.

FOOD:722 | \$49

751 Tu 6:30pm-9:30pm
Oct. 3

Suzanne Corbett
Kirkwood H.S., C 191

Fall Comfort Foods

The air is crisp, the days are shorter and you are craving easy comfort foods for you and your family. Cooking for two? Learn how to freeze these dishes in smaller portions for perfect meal planning! Recipes include: shrimp bacon and corn chowder, French onion stuffed meatballs with mashed potatoes, hearty traditional sausage lasagna, and apple pie bread pudding. Park on Hartford or Hampton. Flagpole in front.

FOOD:742 | \$49

P01 Sa 10am-1pm
Oct. 14

Tiffany Smith
Cul. Arts House

Brunch @ Tiffany's: Christmas Brunch

Everyone enjoys a beautiful Christmas brunch during the holidays! Whether you are entertaining at home or taking a dish to family and friends, delicious brunch recipe ideas during the holidays are the perfect Christmas gift! In this class, you will enjoy: egg nog French toast with run infused pecan praline syrup, crescent breakfast ring (pastry filled with bacon, eggs, veggies and cheese), oven roasted breakfast potatoes with caramelized onions and bacon, winter fruit salad, and cranberry brunch punch. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$49

P01 Sa 9:30am-12:30pm
Nov. 4

Tiffany Smith
Cul. Arts House

Harvest Heartland Supper

Looking for hearty new recipes to add to your cooking repertoire? Look no further! Join us as we prepare butternut bisque with herb breadsticks, river pecan chicken, harvest grape salad, and Roman apple cake with bandied whipped cream. Class is hands on.

FOOD:742 | \$39

750 Tu 6:30pm-9:30pm
Nov. 7

Suzanne Corbett
Kirkwood H.S., C 191

Apple Lovers Unite: Dinner for Apple Lovers

If an apple a day keeps the doctor away, these recipes will have you set for quite some time! Join us for all things apple as we prepare apple stilton Welsh rarebit bites, carrot and apple soup, apple Gouda stuffed chicken breast with sweet potatoes, curried basmati rice and apple pilaf, caramel apple cheesecake bars, and apple brown betty. Class is hands on.

FOOD:722 | \$49

752 Tu 6:30pm-9:30pm
Nov. 28

Suzanne Corbett
Kirkwood H.S., C 191

Steakhouse Christmas Dinner

Cooking a holiday dinner? Perhaps you love cooking dinner for the whole family or perhaps you were volunteered; either way our instructor has you covered with this delicious array of dishes. Join us as we prepare crab cake bites, old English-style prime rib steaks with horseradish cream and rosemary popovers, crusted leek and potato gratin, soufflé cream spinach, Christmas trifle shooters, and chocolate truffles. Your guests will love this menu and Santa will surely put you on the "nice" list after you leave him a delicious steak! Class is hands on.

FOOD:724 | \$49

751 W 6:30pm-9:30pm
Nov. 29

Suzanne Corbett
Kirkwood H.S., C 191



The Main Event

Gourmet Dipped Apples

Covered apples are impressive and delicious— imagine a crisp, fall apple hidden under layers of sinfully sweet caramel, drizzles of dark and white chocolate, and loads of crunchy toppings. Hungry now? Join us as we learn the secrets to creating these delightful treats. Not only will you enjoy tasting these in class, but you'll go home with the perfect one of your own! These are the perfect party favor or gift (or personal indulgence!). Bring a take home container. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$49

P01 Tu 6pm-9pm
Sept. 26

Debra Hennen

Cul. Arts House

Delectable Edibles: Holiday Gifts

Can't think of the perfect gift for the special people in your life? Homemade edible gifts are the perfect solution. Attach the recipe to these delicious foods to give the gift that keeps on giving! Join us as we make a cheese ball trio, orange glazed pecans, mixed nut brittle, sweet hot mustard, savory parmesan shortbread rounds, hot-spiced bourbon balls, and a red velvet Bundt cake. Everyone will love your gifts! Class is hands on.

FOOD:724 | \$49

752 Tu 6:30pm-9:30pm
Dec. 5

Suzanne Corbett

Kirkwood H.S., C 191

Just Desserts

Couples Cook: Fall Entertaining

Start the holiday season early with delicious recipes that will dazzle your friends and family. You will dine on apricot orange sweet potatoes, pan roasted chicken breast Provence, tossed green salad with pine nuts and homemade parmesan black pepper dressing, rustic autumn soup, bacon wrapped pork tenderloin with cranberry orange glaze, autumn streusel cake, just to name a few. Our instructor will have an array of recipes for you to enjoy! Bring containers to take home leftovers. Class is hands on. Fee is per person.

FOOD:755 | \$39

580 F 7pm-9:30pm
Oct. 13

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 include sweet potato with brussel sprouts and pecans, wild rice cranberry stuffing, pork wellington, cranberrygorgonzola stuffed chicken, mixed salad greens with pears and dressed with vinaigrette, honey garlic green beans, cumin butternut squash soup, apple crisp with berries, and more! Our instructor will have an array of recipes for you to prepare and enjoy. Come share this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$39

581 F 7pm-9:30pm
Oct. 27

Eileen Fraser
FV - SM, 129

Couples Cook



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

Have you ever stared at the hundreds of little bottles in the spice aisle at your grocery store perplexed and thinking "what does THAT smell/taste like and what can you DO with it?" Come find out. In this exploratory course, you'll experience a wide variety of spices from anise to turmeric. You'll learn about all those spices at your grocery store: what they taste and smell like, what types of foods and cuisines to use them with, and of course how to cook with them hands-on to make awesome dishes from curry chicken to Jamaican jerk pasta. If you are ready to bring some spice into your life with flavors like paprika, fennel, cardamom, white pepper, cloves, allspice, and more, then this class is for you. Come hungry and bring take-home containers. Class includes a discussion on spices and hands-on cooking.

FOOD:747 | \$49

751 W 6pm-9:30pm
Sept. 27

Michelle Melton
Kirkwood 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 care for a knife and how to recognize quality when shopping for a knife. Then, you'll practice simple knife cuts with your very own chef knife that will be yours to keep for attending this class! By the end of class, you'll be able to safely dice an onion and turn carrots, celery and potatoes into uniform pieces with confidence. There will be plenty of time for practice, questions and one-on-one guidance as you practice your new knife skills while making a few soups and salads for a tasty dinner. Class includes a lecture and hands-on practice. Deadline to register/withdraw: 9/22.

FOOD:747 | \$75

MD1 W 6pm-9:30pm
Oct. 4

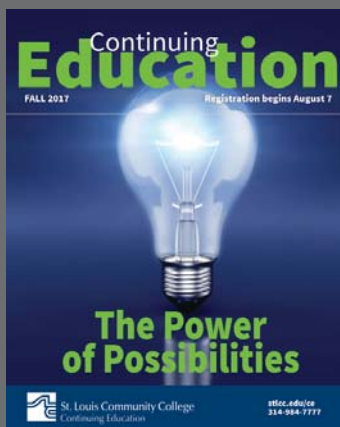
Michelle Melton
Kirkwood H.S., C 191

Tips and Tricks



We're Saving Your Seat!

Call 314-984-7777 to register today



St. Louis Community College Continuing Education



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 Noir and Pinot Gris as well as Washington Merlot, Syrah and Riesling cannot be outdone. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$19

M02 Tu 6:30pm-8:30pm

William Polhemus

Oct. 10

The Wine Barrel

Wines of the Old World

France, Italy, Spain and Germany is where it all started. This will be an overview of some of the most influential wine producing areas of the old world such as Bordeaux, Burgundy, Chianti and more. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$19

M03 Tu 6:30pm-8:30pm

William Polhemus

Nov. 14

The Wine Barrel

Wines of Sonoma Valley

Sonoma is home to some of the oldest and most established wineries in California. This will be an exploration in to the top grape varietals and specific areas within Sonoma Valley. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$19

M04 Tu 6:30pm-8:30pm

William Polhemus

Dec. 12

The Wine Barrel



The
Wine
BARREL

Cheers

Non Discrimination and Accommodations statements

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. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact Mary Zabriskie, J.D. at 314-539-5345.

Access Office – disAbility Support Services for students with documented disabilities are available through campus Access offices. These services include: advising and academic counseling, coordination of academic accommodations and support services, consultation with faculty and staff regarding accommodation needs as well as help with connecting to community professionals and agencies. To qualify for services complete the online Application for Services and contact the Access Office on the campus where you plan to attend. Applications are accepted at any time during the semester, but the College recommends submitting requests as early as possible to allow time to make any necessary arrangements in time for the start of classes. Accommodations are generally not provided retroactively so it is important for you to apply for accommodations and provide documentation that supports your requested accommodations as soon as you can. For more information, visit stlcc.edu/disability or call the Access Office on your campus.

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

Call Center Hours: M-Th 8:30 am - 5 pm; Fridays 8:30 am-4 pm

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 /email 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.

Mail-In

Registration form Please print in ink.

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

Male Female

Senior Citizen?

Yes No

Do you have a disability-related need?

Yes No

Check Payment:

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

Please check material fees prior to sending in payment.

Email Address: _____

Student#: _____ 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

CARD NUMBER Expiration Date: _____

Signature: _____