

# ***Culinary Arts - Spring 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**



### 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.

**FOOD:701 | \$69**

550 Tu 6:30pm-9pm  
Feb. 21 – March 21  
No Class 3/14

P01 M 6:30pm-9pm  
Feb. 27 – March 27  
No Class 3/20

Carla Soll  
FV - SC, PDR-A

Cynthia Sciaroni  
Nottingham, 110

### 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. Supplies extra.

**FOOD:702 | \$69**

550 Tu 6:30pm-9pm  
March 28 – April 18

P01 M 6:30pm-9pm  
April 3 – April 24

Carla Soll  
FV - SC, PDR-A  
Cynthia Sciaroni  
Nottingham, 110

### Gumpaste Flowers

This series of classes will teach you the skills to make amazing gumpaste flowers that look real. Following the step-by-step instruction will allow you to see your creations “bloom” right before your eyes. Through the course you will master a rose, margarita and gerbera daisy, stargazer lily and tiger lily, calla lily, dogwood and more as time permits. Costs for cutters, tools and supplies are extra (\$60+ without coupons). The class is a combination of demonstration and hands-on participation.

**FOOD:703 | \$69**

P01 M 6pm-9pm  
May 1 – May 15

Dianne Johnson  
Nottingham, 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 and the Knot. Designs include Bling and 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.

**FOOD:704 | \$59**

550 Tu 6:30pm-9pm  
April 25 – May 9

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.**



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### Delicious Cakes

Learn to bake from scratch. Come and enjoy a day of baking! Menu includes applesauce bundt cake with apple cider glaze, maple pecan pumpkin cake, lemon poppy seed cake, chocolate angel food cake, and blackberry orange cake.

**FOOD:705 | \$39**

580 Sa 9:30am-12:30pm

March 25

Eileen Fraser

FV - SM, 129

### Pi Day: Mini Pies!

Let's celebrate Pi Day (3.14) with mini pies! We will make mini pies using a variety of crusts and fillings. Be ready for spring entertaining with these light and delicious bite-size treats. We'll make mixed berry tartlets, tangerine chiffon mini pies, and mini strawberry pies with sugar cookie crust. They're perfect for any day or any party. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration and hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

**FOOD:705 | \$49**

P01 Tu 6pm-9pm

March 14

Debra Hennen

Cul. Arts House

### Amish Sweets and Treats

Authentic Amish recipes from Pennsylvania Dutch country. These wholesome pies, cakes and breads have the old-fashioned taste of Amish tradition, but we'll show you some kitchen shortcuts that will make the recipes as easy as they are delicious. We'll make shoofly pie, soft molasses cookies, lemon sponge pie, Pennsylvania peaches 'n cream cheese crust and Amish boiled cookies. Come watch, help, and sample these delightful treats! Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

**FOOD:705 | \$49**

P02 Tu 6pm-9pm

April 18

Debra Hennen

Cul. Arts House

### Baking with Brioche

Brioche is a versatile dough that can be made into sweet and savory breads and pastries. The class will learn how to make the classic brioche loaf, brioche au chocolat, and cinnamon sticky buns and more with time permitting. 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**

P01 Sa 9am-12pm

Feb. 11

Dianne Johnson

Cul. Arts House

### Bread Baking 101

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 simple wheat crusty bread and wheat no-knead bread 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 | \$49**

P02 M 10am-1pm

March 27

Dianne Johnson

Cul. Arts House

### Advanced Bread Baking

This bread baking class will focus on Artisan bread shaping. We'll start the class with a review of basic shapes such as the baguette, boule and batard. We will progress to intermediate shaping and scoring with the couronne (crown), epi (wheat sheaf) and fougasse (ladder). You'll spend time perfecting braiding with four, five, or six braids and also combination braiding. You will also learn how to knot a Fleur de Lis and shape roses for decorative centerpieces. 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**

P03 Sa 9am-12pm

April 8

Dianne Johnson

Cul. Arts House

### Cookie Baking 101

Have you ever made cookies that were too dark, too doughy, too dry, too soft or stuck to the cookie sheet? If your answer is yes, then this is the class for you. You'll be guided through types of equipment, steps of mixing, baking techniques, proper cooling procedures and best ways for storing. We'll work with drop, rolled and bar cookies in order to give you lots of practice. 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:708 | \$49**

P01 W 6pm-9pm

April 12

Dianne Johnson

Cul. Arts House



# Baker's Delight



## Appetizer and Mini-Dessert Buffet

You'll have all the fun at this event! Bring your BFF and enjoy mini gruyère puffs, Italian sausage bruschetta, Thai curry meatballs, orange dream mini muffins, and picadillo nachos. The instructor will have an array of recipes for munching.

**FOOD:716 | \$39**

580 F 7pm-9:30pm

Jan. 27

**Eileen Fraser**

FV - SM, 129

## Vegetarian Soups

It is still WINTER and that means cold weather will be with us for a while longer! 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

Feb. 23

**Dianne Johnson**

Cul. Arts House

## The Wonderful World of Fermented Vegetables

Come experience the wonderful world of fermented vegetables. We'll have samples of krauts 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 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:722 | \$39**

780 W 6:30pm-9pm

April 5

**Jane Campbell**

Lindbergh H.S., 128

## Irresistible Vegetables: Who Knew?

Are you tired of cooking corn, broccoli, carrots, and peas the same way every night? Re-discover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. Put excitement and variety back into your mealtimes with over a dozen recipes that you'll try in this class like roasted lemon pepper cauliflower, bacon wrapped asparagus, Chinese green beans, marsala brussels sprouts, chocolate zucchini bread, Creole carrots, and much more! Come hungry and bring take-home containers. Class includes a discussion on best practices for roasting, sautéing, and selecting quality vegetables when shopping. Class in hands-on.

**FOOD:735 | \$45**

750 Tu 6:30pm-9:30pm

Feb. 7

**Michelle**

**Melton**

Kirkwood H.S., C 191

## Even More Irresistible Vegetables: Who Knew?

Would you like more new ideas for ways to make vegetables the star of your meals or the centerpiece of a tasty snack? Rediscover 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, and white bean dip. 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 | \$45**

751 Tu 6:30pm-9:30pm

March 28

**Michelle**

**Melton**

Kirkwood H.S., C 191

## Not-the-Same-Old-Vegetables

If you are looking for ways to jazz up vegetables, this class is for you. You will make fresh corn and zucchini sauté, lemon pecan green beans, roasted brussels sprouts with cranberries and almonds, honey mustard roasted carrots, and much more. There's always something exciting and different in our instructor's recipe box.

**FOOD:735 | \$39**

550 Th 7pm-9:30pm

April 27

**Eileen Fraser**

FV - SM, 129

## Cooking with Ancient Grains: Quinoa and Farro

Join us to learn about the fascinating history of ancient grains and their nutritional benefits. Discover 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 and farro. The quinoa recipes are 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:722 | \$49**

P02 Th 6pm-9pm

March 23

**Dianne Johnson**

Cul. Arts House



# Appetizers and Sides

### Cinco de Mayo Party

Prepare for your own Cinco de Mayo party and learn some incredible dishes for your next Mexican-themed fiesta! Learn how to prepare slow cooked carnitas that are authentically delicious and perfect for tacos, burritos, enchiladas and quesadillas, paired with easy cilantro lime rice! Discover elote, a Mexican street corn that is easy and delicious! Enjoy a taco pie that is tasty and perfect for your next get-together. Don't forget about dessert... learn how to make horchata cupcakes, where the cinnamon rice-based drink takes center stage in this yummy cupcake! Park on Hartford or Hampton. Flagpole in front.

**FOOD:714 | \$49**

P01 Sa 10am-1pm  
April 29

Tiffany Smith  
Cul. Arts House

### 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 | \$45**

750 Tu 6:30pm-9:30pm  
March 7

Michelle Melton  
Kirkwood H.S., C 191

### A Taste of India: Gluten-Free

In this class, you will enjoy all of the delectable flavors and aromas of Indian food gluten-free. This delicious menu includes: cheela (chickpea flour pancakes with onion and spices), poha (flattened rice cooked with onion, potato, peanuts and spices), sambhar (soupy lentils with veggies, coconut, and spices), lemon rice (aromatic basmati rice seasoned with peanuts, lemon juice, and spices), and pongal (basmati rice and lentils cooked with aromatic spices). Class is hands-on. Please arrive at least 15 minutes early.

**FOOD:733 | \$49**

780 M 6:30pm-9:30pm  
Feb. 27

Seema Shintre  
Lindbergh H.S., 128

### A Taste of India: Vegetarian

If the many flavors and aromas of dishes served at local Indian restaurants make your mouth water, come learn to prepare this array of delicious vegetarian dishes yourself at home. You'll prepare and enjoy sampling: aloo gobi (cauliflower and potatoes with spices), mix daal (two kinds of lentils seasoned with spices), roti (a low-fat everyday bread), peas pulav (aromatic basmati rice and peas with spices), aloo vada (mashed up potatoes dipped in chickpea batter then fried), and mango rice (a sweet rice made with mango pulp). Most of the dishes are totally vegan in this menu. Class is hands-on. Please arrive at least 15 minutes early.

**FOOD:733 | \$49**

781 W 6:30pm-9:30pm  
March 8

Seema Shintre  
Lindbergh H.S., 128

### A Taste of India: Non-Vegetarian Favorites

If you enjoy the flavors of Indian food, come learn to prepare these extraordinary Indian dishes for yourself. On the menu: kheema matar (minced chicken cooked with aromatic spices), chicken pockets (minced chicken stuffed in a half moon shaped pastry), egg roll (eggs stuffed in bread), egg biryani (basmati rice cooked with spices and egg), and kheer (Indian rice pudding). Dishes served with naan. Class is hands-on. Please arrive at least 15 minutes early.

**FOOD:733 | \$49**

782 M 6:30pm-9:30pm  
March 27

Seema Shintre  
Lindbergh H.S., 128

### Spanish Tapas

Do you enjoy food that comes with a side of lively conversation? Come learn how to make tapas, a Spanish appetizer designed to encourage friendly exchange among friends. Regarded as a style of eating rather than a form of cooking, tapas uses simple methods and imaginative applications of seasonal and local ingredients. An assortment of these flavorful small morsels can make an informal lunch or dinner. In this class, you will learn how to make scallops in saffron sauce, chicken croquette, spinach with raisins and pine nuts, a vibrant red and yellow pepper salad, manchego cheese with quince paste. Take a break from work, relax, and enjoy a spicing of traditional Spanish dining. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

**FOOD:733 | \$49**

P01 Th 6pm-9pm  
March 30

Prabha Pergadia  
Cul. Arts House

### Dining Global: Soups, Salads, and Sandwiches from Around the World

Savor the flavors of global and regional specialties with one-pot wonders from around the world, salads with flair, and sandwiches that will make you wonder why you ever settled for a ham and cheese. In this class, you'll learn to make some of your favorite soups: Greek lemon chicken orzo soup, minestrone, Italian wedding soup, creamy mushroom soup, Brazilian fish stew, and shrimp and lobster bisque. We'll also make a classic Greek salad, a strawberry salad that will take you to the west coast, and everyone's favorite Caesar salad, all with homemade dressings. Finally, we'll revel in the simple joy of a good sandwich as we devour our own New Orleans muffuletta, Italian halibut sandwiches, and Mediterranean basil pesto breakfast sandwiches. Come hungry and leave with your lunch for tomorrow. Bring take home containers. Class is hands-on.

**FOOD:734 | \$45**

750 Tu 6:30pm-9:30pm  
April 4

Michelle Melton  
Kirkwood H.S., C 191

### Dumplings From Around the World

While the word "dumpling" may have many different meanings, some version of dough wrapped around a delicious filling can be found almost anywhere in the world. Whether they're crimped, folded, steamed or fried, we universally seem to love sweet or savory pockets of piping-hot food nested inside all types of dough. We will be making crab rangoon, pierogi, and baked apple dumplings with brown sugar sauce. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration and hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

**FOOD:734 | \$49**

P01 W 6pm-9pm  
Feb. 15

Debra Hennen  
Cul. Arts House







### Italian-American Pasta Feast

A crescendo of flavors will have your mouth singing in this class. You'll start with a toasted rolled lasagna with garlic cream sauce, move into a sun-dried tomato and pine nut fettuccini and also a penne borghese Tuscan salad with rosemary garlic bread, and finish with a finale of classic tiramisu. Class is hand-on.

**FOOD:730 | \$45**

750 Tu 6:30pm-9:30pm  
Jan. 17

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

### Fish Fry Friday

Try a different take on a fish fry with these regional twists—just in time for Lent. Wisconsin Beer Batter White Fish, Fiery Fish Tacos with Crunchy Corn Salsa, Coconut Fried Shrimp and Crawfish Puffs. Served with sides including English Pea Salad, Broccoli Slaw, and Peanut Cola Cake. Class is hands-on.

**FOOD:736 | \$49**

750 W 6:30pm-9:30pm  
Feb. 22

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

### Meet Meat

Do the many different cuts of beef in the meat department have you confused and bewildered? Come hone your consumer skills in purchasing meat, learn to select the best cooking techniques for each type of cut, and understand how you can enhance flavor and tenderness of the most expensive item on your menu. Then we'll prepare and taste beef stroganoff, vegetable beef soup, pork tenderloin, chili, and brisket (demonstration). Class includes hands-on food preparation.

**FOOD:738 | \$45**

750 W 6:30pm-9:30pm  
April 19

**Shirley Rauh**  
Kirkwood H.S., C 191

### Homestyle Foods: Delicious Classics

Try a new twist on some favorite recipes. Enjoy baked chicken stuffed with fontina, cube steaks in mushroom gravy, apple crisp with pecan streusel, dill-lemon green beans, and cranberry teta tossed salad. Some new ways to make old favorites chock full of flavor.

**FOOD:742 | \$39**

550 Th 7pm-9:30pm  
April 6

**Eileen Fraser**  
FV - SM, 129



### Pizza Gone Gourmet: It's a Deep Dish Pizza and Flatbread Buffet!

Welcome to the absolutely amazing world of gourmet pizzas and flatbreads! Discover how easy it is to make your favorite pizzas and flatbreads. Everyone will make a Chicago-Style deep dish pizza crust to take home and freeze for later and we'll devour a few in class as well. Learn how to make different styles of pizza sauce from scratch and explore how to vary the seasonings to create the perfect sauce for individual tastes. Prepare a variety of your favorite pizza toppings, including Italian sausage, Italian beef, and garlic mushrooms, and bake multiple traditional pizzas with all your favorite toppings on garlic naan flatbread (yum!). You will also assemble some gourmet flatbreads to try, such as fresh mozzarella caprese, garlic mushroom with wilted spinach, caramelized onions, fresh mozzarella and an olive oil herb sauce drizzle, and apple gouda chicken on a tortilla shell (aka a gourmet quesadilla). The meal will be served with a Caesar Salad. A Brownie Pizza will be your dessert. Come hungry and bring take-home containers. Class is hands-on.

**FOOD:765 | \$45**

751 Tu 6:30pm-9:30pm  
April 25

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

### Two Hot Chickens, Three Cool Salads

Why did the chickens cross the road? To get to these delicious salads, of course. These chicken dishes will warm up your taste buds and these delectable salads will balance out the heat. Menu includes: Nashville hot chicken, sweet tea-brined spicy chicken with sriracha glaze, romaine wedges with bacon ranch dressing, seafood cobb salad, and Asian noodle salad. Class is hands-on.

**FOOD:737 | \$49**

750 Tu 6:30pm-9:30pm  
Jan. 31

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

### Brunch @ Tiffany's: NOLA Southern Brunch

Take your tastebuds on a trip down to New Orleans and enjoy a southern brunch with traditional favorites and a contemporary spin on southern classics! Enjoy Cajun shrimp and grits, homemade beignets with chicory coffee, chicken and waffle bites with butter-infused syrup and a cheesy tater tot sausage bake. Park on Hartford or Hampton. Flagpole in front.

**FOOD:714 | \$49**

P02 Sa 9:30am-12:30pm  
May 6

**Tiffany Smith**  
Cul. Arts House

### Eating Up Route 66

Get your kicks with these meals from all along route 66. Your taste buds will go from zero to 60 in mere seconds with Parkmoor onion rings, panhandle chicken fried steak with milk gravy, diamond chees ball, copper penny salad, Witmor Farms macaroni salad, mung bean moss cherry cream pie, and Funk's Grove maple sugar cookies. Class is hands-on.

**FOOD:765 | \$45**

750 Tu 6:30pm-9:30pm  
Feb. 21

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

### Do It Yourself Shot Glass Dessert Buffet

Do you love the idea of those adorably delicious, cute shot glass dessert platters at your favorite restaurants or on Pinterest, but can't bear the idea of having to do all that work for something so small? Well, your wish has been granted! Now is your chance to grab your friends or that special someone and come join us for a fun-filled night making our own shot glass dessert buffet. We'll work as a team to each make a few of the dessert components, so making our shot glass desserts will be a piece of cake! In this class, we will bake a few flavors of cake and master the art of cooking basic cream fillings as we prepare vanilla cream, white chocolate cream and chocolate mousse. Prepare a few dessert sauces including caramel and blueberry and discover how easy it is to make perfect whipped cream. We'll assemble all the components we've made into a few popular shot glass desserts, such as white chocolate banana cream, triple dark chocolate mousse cake, strawberries and cream shortcake, and blueberry lemon cheesecake. Bring your creativity and a container to take home a platter of your shot glass dessert creations! Class is hands-on.

**FOOD:722 | \$49**

750 Tu 6:30pm-9:30pm  
April 11

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

### Moroccan Sweets

Moroccan sweets are a unique blend of influences including Arab, French and Berber cultures. The instructor worked closely with a women's baking association while living in Morocco. The beautifully crafted desserts explore the natural colors and textures of the ingredients. Expect to be working with a variety of nuts, warqa (filo dough), sesame seeds, honey, dates, orange flower water, and spices. Moroccan mint tea will also be prepared and served. Come join us in a hands-on class to explore this delicious side to the culture. Note: Recipes will be different from previous classes, come back for a whole new experience! Park on Hartford or Hampton. Flagpole in front.

**FOOD:722 | \$49**

P03 Sa 9am-12pm  
March 25

**Lisa Payne**  
Cul. Arts House

### Gluten-Free Desserts

Are you, family and friends gluten intolerant or are you choosing to restrict gluten in your diet? Are you afraid you'll have to give up desserts forever? If the answer is yes, you'll want to sign up for this class. This class will give you the skills to add tasty gluten-free cookies and bars back into your diet. The menu includes chocolate chip cookies, Linder cookies, almond biscotti, key lime bars and pecan bars. 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:722 | \$49**

P05 Th 6pm-9pm  
April 20

**Dianne Johnson**  
Cul. Arts House







### Couples Cook: Couscous for Two

Have you ever prepared a pot of instant couscous and wondered about its origins and if you could do more with it? Join us to learn more about this unique, neither grain nor quite a pasta, food that is in a class of its own. The wonderful texture and flavor-absorbing properties has kept it popular in North Africa, where it originates, and around the world. Discover how couscous is made and prepare a variety of couscous dishes from North Africa and the Middle East including Morocco, Egypt and Israel. Couscous in salads, as a main dish, and as dessert will be covered in this hands-on class. Bring containers to take home leftovers. Park on Hartford or Hampton. Flagpole in front.

**FOOD:722 | \$49**

P04 F 6pm-9pm  
April 7

Lisa Payne  
Cul. Arts House

### Couples Cook: Valentine's Dinner

Enjoy a romantic Valentine's Day dinner! You'll be making pork tenderloin with apple bourbon sauce, prosciutto provolone stuffed chicken breasts, cauliflower fontina a gratin, chocolate velvet cupcakes, tossed salad with berry and cream dressing, and golden gouda mushroom soup are just a few of the recipes you will enjoy. Our instructor will have an array of delicious recipes. Class is hands-on.

**FOOD:755 | \$39**

580 F 7pm-9:30pm  
Feb. 10

Eileen Fraser  
FV - SM, 129

### Couples Cook: A Taste of Italy and Greece

Enjoy the flavors of Italy and Greece with rigatoni alla norma with ricotta salata, fagiolo bianco e zuppa di sausage (white bean and sausage soup), kofta kebabs with tzatzikito (lamb meatballs with cucumber yogurt dip), patates riganates (potatoes with oregano), lettuce with Greek vinaigrette along with a variety of other Italian and Greek recipes. Class is hands-on.

**FOOD:755 | \$39**

581 F 7pm-9:30pm  
March 10

Eileen Fraser  
FV - SM, 129

### Couples Cook: Spring Buffet

Enjoy some springtime dishes. You will be making chicken with blackberry Dijon glaze, pork tenderloin with apple cider sauce, rice vermicelli pilaf, strawberry kale salad with raspberry balsamic vinaigrette, green beans with parmesan cheese and pine nuts, creamy Brussel sprouts with pancetta, and raspberry crumb cake are just a few you will enjoy. The instructor will have recipes for a complete dinner. Class is hands-on.

**FOOD:755 | \$39**

582 F 7pm-9:30pm  
April 21

Eileen Fraser  
FV - SM, 129

# Couples Cook





### Cooking Techniques Made Easy

Whether you are a beginner or a seasoned cook, you will enjoy this class! It's a meal made from scratch: homemade chocolate fudge brownies, orange thyme pork tenderloin, lemon roasted potatoes with herbs, easy homemade chicken noodle soup, homemade biscuits, and salad with homemade dressing.

**FOOD:723 | \$39**

550 Th 7pm-9:30pm  
Feb. 23

**Eileen Fraser**  
FV - SM, 129

### 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: veloute, bechamel, espangole, tomato and hollandaise. Hundreds of other sauces can be derived from these classics. 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 | \$45**

750 W 6:30pm-9:30pm  
Feb. 1

**Shirley Rauh**  
Kirkwood H.S., C 191

### 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 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 | \$45**

751 Tu 6:30pm-9:30pm  
Feb. 28

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

### Introductory Knife Skills With Dinner!

Are you ready to do more cooking at home but are unsure of yourself when it comes to techniques for using a chef's knife safely and effectively? If so, this class is for you. In this class, the instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You will learn how to use a knife safely, how to properly care for a knife, and how to recognize quality when shopping for a knife, and then, you will practice simple knife cuts with your very own chef knife that will be yours to keep for attending this class! By the end of this class, you will be able to safely dice an onion and turn carrots, celery, and potatoes into uniform pieces of whatever size you want with confidence! There will be plenty of time for practice, questions, and one-on-one guidance as you practice your knife skills while making soup, salad, and garlic bread for a tasty dinner. Class includes a lecture, independent practice, and hands-on cooking. Deadline to register for the class 3/10.

**FOOD:747 | \$69**

MD1 Tu 6:30pm-9:30pm  
March 21

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

### 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. You will sample several coffees from all over the world and learn the different roast levels that impact the flavor, feel, and aroma of coffee.

**FOOD:765 | \$29**

**V01** Tu 6pm-9pm

**Steve Richards**

*Feb. 21 Alaska Klondike Coffee Co*

### Tea Time and Coffee Break Treats

Biscuits, scones and pound cake go perfectly with tea or coffee. You'll learn how to make the perfect biscuit, a variety of scones and a vanilla bean pound cake. You'll also learn how to make flavored butters, jams and crème fraiche to top the baked treats. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hampton or Harford. Flag pole in front.

**FOOD:765 | \$45**

**P01** Sa 9am-12pm

*March 4*

**Dianne Johnson**

*Cul. Arts House*

### Chai Tea and Appetizers: Chai Chai Chai!

In India's urban centers, tea stalls are as common as Starbucks, a staple found on every street corner. Patrons stop by to grab a cup of chai, a milk-based tea brewed with a variety of herbs and spices. They pair this with some of India's most beloved snacks, a mixture of fried and sweet treats. In this class, you will experience the culinary and cultural delights of an Indian tea stall. We will make vegetable pakoras (a fried vegetable medley dipped in a chickpea batter), savory samosas filled with a spicy pea and potato filling, and sweet gajjar halwa, a carrot-based dessert that is a simple, yet delicious, compliment to a great cup of tea. Park on Hartford or Hampton. Flagpole in front.

**FOOD:722 | \$39**

**P06** W 6pm-8pm

*April 26*

**Prabha Pergadia**

*Cul. Arts House*



### Wine and Chocolate

Just as with food, different wines pair great with different types of chocolate. This will be an exploration of the subtle nuances of the connection between the two (just in time for Valentine's Day). All chocolate will be from St. Louis's own Chocolate, Chocolate, Chocolate Company. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. A \$20 materials fee must be paid at class. Must show proof of legal drinking age to participate in wine tasting classes.

**FOOD:760 | \$19**

**M01** Tu 6:30pm-8:30pm

*Feb. 7*

**William Polhemus**

*The Wine Barrel*

### Pinot: The Royal Family

An exploration in to the family of wines from Pinot that include Pinot Noir, Pinot Grigio, and Pinot Blanc. The primary areas will involve Champagne, Burgundy, and the United States. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. A \$20 materials fee must be paid at class. Must show proof of legal drinking age to participate in wine tasting classes.

**FOOD:760 | \$19**

**M02** Tu 6:30pm-8:30pm

*March 14*

**William Polhemus**

*The Wine Barrel*

### France: The Benchmark for Wine

For thousands of years the French have pioneered all aspects of wine-making and wine-growing. This will be an overview of the major wine-growing regions and their influence on the rest of the world of wine. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. A \$20 materials fee must be paid at class. Must show proof of legal drinking age to participate in wine tasting classes.

**FOOD:760 | \$19**

**M03** Tu 6:30pm-8:30pm

*April 11*

**William Polhemus**

*The Wine Barrel*

### Wine: What is Hip?

This class will be an overview on the current trends in the world of wine, from wine styles and the hottest wine varieties to winemaking techniques. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. A \$20 materials fee must be paid at class. Must show proof of legal drinking age to participate in wine tasting classes.

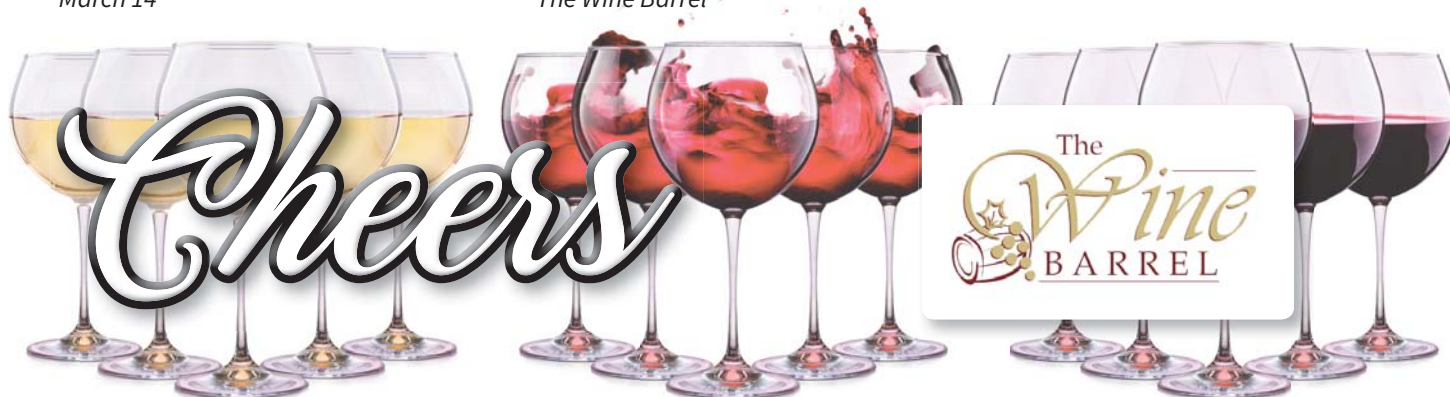
**FOOD:760 | \$19**

**M04** Tu 6:30pm-8:30pm

*May 9*

**William Polhemus**

*The Wine Barrel*







**Culinary Arts House  
3137 Hampton Ave.  
St. Louis, MO 63139**

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

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



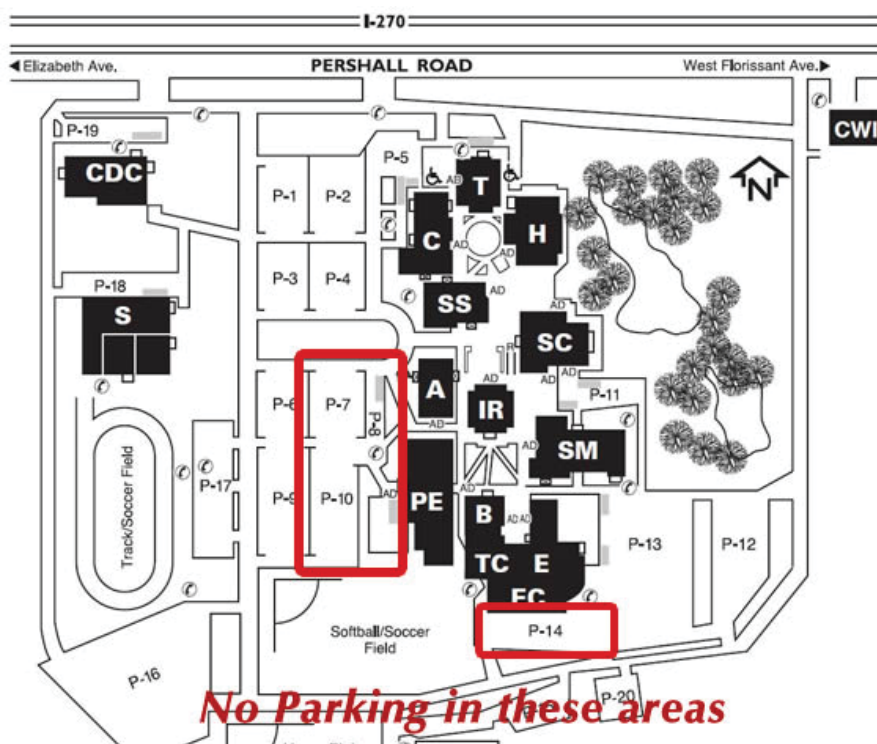
### **Directions to the Florissant Valley campus**

**COMING FROM THE WEST (I-270)** Take 270 East. Exit at Washington-Elizabeth. (McCluer High School is on the right.) Turn right and then make an immediate left onto Pershall Road. (It is the highway service road) Follow Pershall Road approximately one mile. When you come to the Florissant Valley Campus, turn right at the big blue billboard (it is the second entrance into campus) and immediately turn left & proceed to park.

**COMING FROM THE WEST (I-170)** Take 170 to 270 East. Exit at Washington-Elizabeth. (McCluer High School is on the right.) Turn right and then make an immediate left onto Pershall Road. (It is the highway service road) Follow Pershall Road approximately one mile. When you come to the Florissant Valley Campus, turn right at the big blue billboard (it is the second entrance into campus) and immediately turn left & proceed to park.

**COMING FROM THE EAST (I-270 IL)** Take 270 West. Exit at West Florissant Road. Turn left onto West Florissant and cross over the highway. Turn right onto Pershall Road. (It is the highway service road) Follow Pershall Road until you come to the Florissant Valley Campus, turn left at the big blue billboard (it is the second entrance into campus) and immediately turn left & proceed to park.

**COMING FROM SOUTH COUNTY (I-270)** Take 270 North which will change to 270 East.. Exit at Washington-Elizabeth. (McCluer High School is on the right.) Turn right and then make an immediate left onto Pershall Road. (It is the highway service road) Follow Pershall Road approximately one mile. When you come to the Florissant Valley Campus, turn right at the big blue billboard (it is the second entrance into campus) and immediately turn left & proceed to park.



# 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](http://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.

## Non-Discrimination/Accommodations Statement

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 Patricia Henderson of Human Resources, 314-539-5214.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least three weeks prior to the class or event.

## 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, mail or email 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 Continuing Education office. Refunds should be received within 30 days.

## 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.

## 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
<b>Total</b>				