

Culinary Arts - Spring 2018



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: 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 Program.

FOOD:701 | \$69

002 M 6 pm-8:30 pm
Feb. 26 – March 19

Cynthia Sciaroni
Nottingham, 105

Cake Decorating for Fun or Profit: Beginning and Intermediate

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 Program. No class 3/13.

FOOD:701 | \$89

001 Tu 6:30 pm-9 pm
Feb. 20 – April 17

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.

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

001 M 6 pm-8:30 pm
April 2 – April 23

Cynthia Sciaroni
Nottingham, 105

Cake Decorating: Contemporary Wedding Cake

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:704 | \$59

001 Tu 6:30 pm-9 pm
April 24 – May 8

Carla Soll
FV - SC, PDR-A



Call 314-984-7777 to register today!

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Baker's Delight

Delicious Cakes

Join us to make delicious cakes from scratch! Recipes include German apple cake, lemon bliss cake, pumpkin chocolate cake with caramel glaze, cranberry crumb cake, 1943 Hershey cocoa cake, and spiced pudding cake. Come and enjoy a day baking!

FOOD:705 | \$39

001 Sa 9:30 am-12:30 pm
March 24

Eileen Fraser
FV - SM, 129

Hand-Held Pies: Sweet and Savory

Delicious individual pastries with sweet and savory fillings in the convenience of a hand held pie! Great for picnics, when you are on the go, and perfect for lunches. We'll make traditional Cornish pasty, with a hearty combination of steak and veggies for the filling; veggie empanadas, with black bean, corn and portabella filling; summer fruit galettes; and more as time permits. Class is hands-on. There will be plenty of taste-testing plus you can take some home for later (bring a container!). Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$49

002 Tu 6 pm-9 pm
Feb. 27

Debra Hennen
Cul. Arts House

Donuts! (Homemade!)

Everybody loves donuts and homemade are definitely the best! We will make ring doughnuts and filled doughnuts, then creatively finish them with a variety of glazes, icings, and toppings. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration with hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$49

003 Tu 6 pm-9 pm
Jan. 30

Debra Hennen
Cul. Arts House

Bread Baking: Enriched Yeast 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 (which includes braiding), and baking to help ensure your success in the kitchen. The class is part demonstration and part hands-on. Parking is on Hartford or Hampton. Look for the flagpole located in front. Bring zip-lock bags to take home dough and baked bread leftovers.

FOOD:706 | \$49

003 Sa 9 am-12 pm
March 10

Dianne Johnson
Cul. Arts House

Bread Baking: Flatbreads

There are hundreds of types of flatbreads that are made worldwide. The textures of flatbreads vary from crispy, puffy, soft, flaky, tender or light. Come learn the history and variations of pizzas and flatbreads and how to insure that yours turn out perfectly in your home oven. The class is going to concentrate on pizza, pita, focaccia and lavash. If time allows, we can experiment with breadsticks. Class is a combination of demonstration and hands-on. Bring take-home containers or zip-lock bags. Parking is on Hartford or Hampton. Look for the flagpole and sign located in front of the house.

FOOD:706 | \$49

002 W 9 am-12 pm
March 21

Dianne Johnson
Cul. Arts House

Bread Baking: Sourdough

Learn to make delicious sourdough bread your whole family will enjoy. We will discuss the many ways to start your own starter from purchasing a starter kit to using wild yeast. Make sourdough bread from St. Louis and New Orleans sourdough starters that I have been using for years. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. A flagpole is located in front.

FOOD:706 | \$49

001 Sa 9 am-12 pm
April 7

Dianne Johnson
Cul. Arts House

Baker's Delight



Appetizers and Sides

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, roasted tomato soup, chocolate zucchini bread, creole carrots, zesty steamed broccoli, crab stuffed mushrooms, cauliflower au gratin, 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 and lots of hands on cooking.

FOOD:735 | \$49

001 W 6:30 pm-9:30 pm
Feb. 28

Michelle Melton
Kirkwood H.S., C191

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 baked green bean French fries, stuffed gouda chorizo baby bell peppers, Cajun corn succotash, honey roasted butternut squash, black bean brownies, balsamic roasted tomatoes, Greek salad, minestrone, garlic lemon roasted broccoli, cauliflower fried rice, white bean dip, fried mushrooms, 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 lots of hands on cooking.

FOOD:735 | \$49

002 W 6:30 pm-9:30 pm
March 14

Michelle Melton
Kirkwood H.S., C191

***New* Even More Irresistible Vegetables with New Recipes**

Are you ready for a whole new set of recipes and ideas to help you make vegetables the irresistible stars of your meals? In this class, the third installment of irresistible vegetables, we will continue to explore the wonderful world of veggies, but this time with a whole new set of delicious veggie recipes that will leave your family coming back for more. In this class, we will make over a dozen tasty veggie recipes including mozzarella caprese canapes, roasted broccoli corn chowder soup, cheddar zucchini corn muffins, sautéed green beans French style, basil pesto pasta salad, Brussels sprouts au gratin, baked sweet potato fries, fried cauliflower mac-n-cheese bites, 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 lots of hands on cooking.

FOOD:735 | \$49

003 W 6:30 pm-9:30 pm
April 11

Michelle Melton
Kirkwood H.S., C191

Not-the-Same-Old Vegetables

If you are looking for ways to jazz up vegetables, this class is for you. You will make bacon wrapped asparagus, roasted parmesan green beans, roasted Brussels sprouts and cauliflower with bacon, and herbed butter baby carrots. There's always something exciting and different in our instructor's recipe box.

FOOD:735 | \$39

004 Th 7 pm-9:30 pm
April 26

Eileen Fraser
FV - SM, 129

Appetizers and Sides



International Flavors

A Taste of India: Vegetarian

Love Indian food? Don't wait for a special occasion to dine out, learn to cook Indian cuisine! In this class, you will learn to make dishes that are rooted in India's vegetarian culinary traditions yet adaptable to today's kitchen and lifestyle. Menu includes: samosa- potato and peas stuffed in a pastry dough and deep fried; aloo vada- spiced potatoes dipped in chickpea batter and fried; cabbage masala- cabbage, carrots and peas with spices, masala bhat-basmati rice cooked with veggies and spices, dal-lentils seasoned with onions and spices; and raita- made with cucumber and yogurt. All food will be served with naan.

FOOD:734 | \$49

004 M 6:30 pm-9:30 pm
March 5

Seema Shintre
Lindbergh H.S., 128

New Chinese Take-Out At Home II: Plus Japanese Fusion

Addicted to your favorite take-out items at your local Chinese or Japanese restaurant, but looking to save some cash or perhaps eat a little bit healthier? Learn how to make your Asian take-out favorites at home with fresh vegetables and sometimes, less oil. In this class, we'll learn how to make crab rangoon, pork pot stickers, Japanese onion soup, hot and sour soup, chicken yaki udon, beef kung pao, orange chicken, white chocolate fried banana wontons for dessert, and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:734 | \$49

002 W 6:30 pm-9:30 pm
March 28

Michelle Melton
Kirkwood H.S., C191

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 take-out 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:734 | \$49

001 W 6:30 pm-9:30 pm
Feb. 21

Michelle Melton
Kirkwood H.S., C191

New Eggs and Chicken the Indian Way

Join us to learn authentic, home-style Indian dishes in a fun, hands-on atmosphere. This culinary experience is perfect for the passionate foodie, curious cook, or anyone new to Indian cuisine. Menu includes: hariyali chicken- boneless chicken cooked with spinach, tomato and spices; methi chicken- boneless chicken cooked with fenugreek leaves in a spiced creamy sauce; egg curry- eggs cooked in a spiced tomato sauce; egg bhurji-scrambled eggs sautéed with peppers, tomatoes and onions; and kheema matar- minced chicken cooked with peas and spices. Dishes will be served with boiled basmati rice and naan.

FOOD:734 | \$49

006 M 6:30 pm-9:30 pm
April 2

Seema Shintre
Lindbergh H.S., 128

New Food from South India

This class is a spice-lover's dream come true! The variety and combination of Indian spices is never-ending and truly makes for a memorable dish. In this class, you will gain hands-on experience creating delicious and aromatic meals. Menu includes: Pongal spicy-rice and lentils cooked together and seasoned with spices; sweet Pongal- rice and lentils cooked and sweetened with cane sugar; mixed vegetables- variety of veggies cooked with spices and fresh coconut; tomato chutney- tomatoes with spices served as a side or dipping sauce; dal wada- soaked and ground lentils fritters; and raita- cucumber in seasoned yogurt.

FOOD:734 | \$49

005 M 6:30 pm-9:30 pm
March 26

Seema Shintre
Lindbergh H.S., 128

New Totally Tamales

Just in time for Cinco de Mayo, learn how to make and host a tamale making party! We will make tamales with different fillings (meat filled and vegetarian) that are easy and delicious! Learn the process of tamale making and take home some for your friends and family. Also, learn how to make a Mexican chopped salad that is the perfect complement for your tamales and any Mexican dish! Tamales are the perfect make-ahead-and-freeze dish. This class is part demonstration and part hands on. Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

003 Sa 10 am-1 pm
April 21

Tiffany Smith
Cul. Arts House

Vegetarian Thali

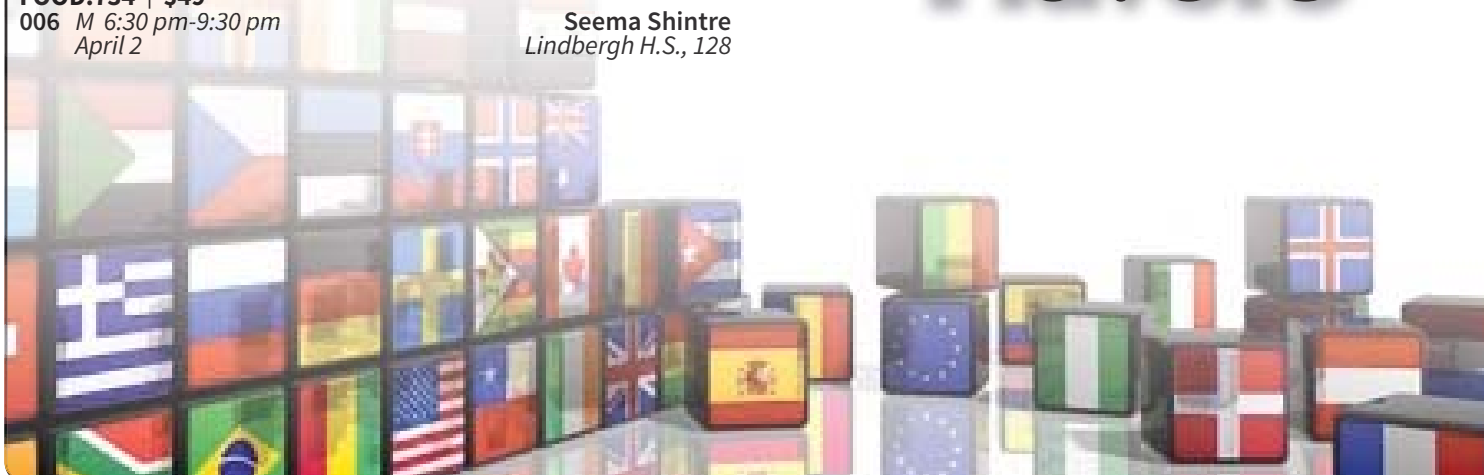
In Indian cuisine, the Thali is an assortment of dishes that seeks to capture six flavors on a large single platter: sweet, salt, bitter, sour, astringent, and spicy. Gujarati thalis are a popular and healthy dish, typically composed of dairy, pulses, vegetables and grains. In this class, we will prepare three vegetables that are in season: dal (lentils), shrikand (yogurt blended with saffron and cardamom), and puri (delicious golden-brown bread made with whole-wheat flour). This simple food is fresh and satisfying, blending and balancing all flavors of the palate. Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

007 M 6 pm-9 pm
April 2

Prabha Pergadia
Cul. Arts House

International Flavors



The Main Event

New Dining Out: American Menu Classics

How great would it be to serve your family their favorite restaurant items right at your own dinner table, with the added advantages of quiet family time together without the restaurant prices? Come learn how to make classic yeasty dinner rolls like the ones at your favorite buffet, fried cheese wedges (we'll make them in pepper jack and provol) with arrabbiata sauce, perfectly breaded chicken tenders with homemade ranch dipping sauce, juicy gourmet hamburgers, lobster macaroni and cheese, stuffed mushrooms, Caesar salad, perfectly cooked zesty steamed broccoli, green bean fries with lemon aioli, fish and chips, chocolate lava cake, and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:765 | \$49

007 W 6:30 pm-9:30 pm
March 7

Michelle Melton
Kirkwood H.S., C191

Valentine's Dinner for Your Loved Ones

Roses are red, violets are blue; if you're looking for Valentine's Day ideas, this class is for you! Join us to make delicious honey mustard, bacon-wrapped shrimp; spinach salad with poppy seed dressing; chicken and rice wellington with port currant sauce; pine nut and pancetta green beans; and berry and white chocolate mini-cheesecakes. Class is hands-on.

FOOD:724 | \$49

002 W 6:30 pm-9:30 pm
Feb. 7

Liz Parker
Kirkwood H.S., C191



New Brunch at Tiffany's: Afternoon Tea Party

Enjoy a British-inspired high tea party that is perfect for your next baby or bridal shower, Mother's day or Easter brunch! Learn to make sweet and savory scones, deliciously dainty sandwiches, and beautifully delicious petit pastries using a mix of store-bought and fresh ingredients. Recipes also include contemporary twists on traditional afternoon tea favorites! Also, enjoy a breathtaking tea party tablescape with easy party ideas you can adapt for your next tea-themed event! Park on Hartford or Hampton. Flagpole in front.

FOOD:725 | \$49

001 Sa 9:30 am-12:30 pm
March 24

Tiffany Smith
Cul. Arts House

New Cozy Comfort Foods

These recipes are great for those cold winter nights. Our instructor has put a different twist on some favorite comfort foods. Enjoy chicken and noodle stew, sautéed pork tenderloin with bourbon glaze, homemade buttermilk biscuits, homemade brownies, and Gouda mashed potatoes are just a few of the recipes you will enjoy. As always our instructor will have an array of recipes for you to enjoy and make at home.

FOOD:742 | \$39

001 Th 7 pm-9:30 pm
Feb. 22

Eileen Fraser
FV - SM, 129

Spring Delights: Comfort Foods

In this class, you will enjoy preparing and eating a delectable variety of reliable comfort foods that speak to your taste buds! Menu includes Catalina taco salad, individual sweet chili glazed meatloaves, triple cheese macaroni, roasted vegetables, and half-baked chocolate chip cookies with vanilla bean ice cream.

FOOD:742 | \$49

002 Tu 6:30 pm-9:30 pm
March 6

Liz Parker
Kirkwood H.S., C191

New Scrumptious Spring Samplings!

Join us for a delicious sampling of spring favorites. Menu includes strawberry almond salad with poppyseed vinaigrette, grilled shrimp kabobs with a citrus beurre blanc sauce, mixed vegetable pilaf, and chocolate-crusted creamy lemon tarts. Class is hands-on. Come prepared for a great time!

FOOD:765 | \$49

006 M 6:30 pm-9:30 pm
April 9

Liz Parker
Lindbergh H.S., 128

The Main Event

Just Desserts

Ladies Night Out: DIY Shot Glass Dessert

Do you love the idea of those adorably delicious, cute little shot glass dessert platters that you see 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 as we make our own shot glass dessert buffet. Our class will work as a team to make a variety of sweet components like pastry creams, sauces, and whipped cream, so making our shot glass desserts will be a piece of cake! We'll assemble all the components we've made into a few favorite shot glass desserts from our class last year, such as Blueberry Lemon Cheesecake and Dark Chocolate Turtle Brownies, and then we'll try out some new flavors like Chocolate-Covered Strawberry Shots, Black Forest Trifles, Triple Berry Parfaits, Mocha Bailey's Shooters, and more. Bring your creativity to make your own shot glass dessert flavors with our extra components - the sky is the limit! Class is hands-on.

FOOD:722 | \$49

004 W 6:30 pm-9:30 pm
April 25

Michelle Melton
Kirkwood H.S., C19

Ladies Night Out: DIY Shot Glass Dessert Buffet

Bring your BFFs and come prepared to taste-test every one of these surprisingly simple sweet little treasures. From fresh fruit to chocolate (and all you desire in between!), you will learn how to mini-size all of your favorite desserts. This class will also teach you how present desserts in a way that elicits a resounding "wow!" at your next get-together. 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:765 | \$49

008 F 6 pm-9 pm
April 27

Debra Hennen
Cul. Arts House

Just Desserts

Couples Cook

Couples Cook: Spring Buffet

Bring your partner and enjoy some springtime dishes. Recipes include bousin-stuffed chicken breasts, pork tenderloin with nectarine-bourbon glaze, mixed green salad with Dijon vinaigrette, German chocolate brownies, green beans and cremini mushrooms with garlic herb cheese are just a few you will enjoy. The instructor will have recipes for a complete dinner. Fee is per person.

FOOD:755 | \$39

004 F 7 pm-9:30 pm
April 13

Eileen Fraser
FV - SM, 129

Couples Cook: Appetizers

Looking for some recipes for entertaining? Bring your partner and join us to spend an evening socializing and feasting on tasty appetizers that are both elegant and hearty. In this class you will prepare easy Stromboli, Thai curry chicken salad in phyllo cups, chimichurri meatballs, and steakhouse bruschetta. Our instructor will have an array of recipes for munching. Fee is per person.

FOOD:755 | \$39

001 F 7 pm-9:30 pm
Jan. 26

Eileen Fraser
FV - SM, 129

Couples Cook: Taste of Italy and Greece

Enjoy the flavors of Italy with salami saltimbocca con salsa di sherry (pork saltimbocca with sherry sauce), pollo Siciliano (Sicilian chicken), torta crema triplice Italiana al limone (Italian triple lemon cream cake), fagiolini provenza (green beans provence), salvia e browned butter ravioli (sage and browned butter ravioli), pasta e Faggioli (soup) are just a few of the flavors from Italy you will enjoy. Our instructor has more tantalizing Italian recipes for you to cook. Fee is per person.

FOOD:755 | \$39

003 F 7 pm-9:30 pm
March 9

Eileen Fraser
FV - SM, 129

Couples Cook: Valentine's Day

Enjoy a romantic Valentine's Day dinner! Pesto-stuffed pork chops, blueberry bars with lemon glaze, rosemary chicken with orange maple glaze, spinach/arugula salad with poppy seed vinaigrette, creamy romesco soup, asparagus and mushrooms with tarragon and pecans are just a few of the recipes you will enjoy. Our instructor will have an array of delicious recipes. Fee is per person.

FOOD:755 | \$39

002 F 7 pm-9:30 pm
Feb. 9

Eileen Fraser
FV - SM, 129



Couples Cook

Kaffeeklatsch

Roast Your Own Coffee

Warning: this class will spoil your taste buds! After taking this class, you'll never go back to commercial coffees! Roasting coffee is easier than it sounds and this class will teach you how to do it right in your own home. You will learn the process of roasting your own coffee, the different methods of roasting coffee and their advantages and disadvantages, the characteristics of different green coffees (and where you can find them!), and how you grind your coffee. There is an entire sub-culture of people roasting their own coffee; become part of it and enjoy your coffee even more! Bring a container to take home your own roasted coffee.

FOOD:765 | \$39

002 Tu 6:30 pm-9 pm
Feb. 27

Roy Lenox
Kirkwood H.S., C191

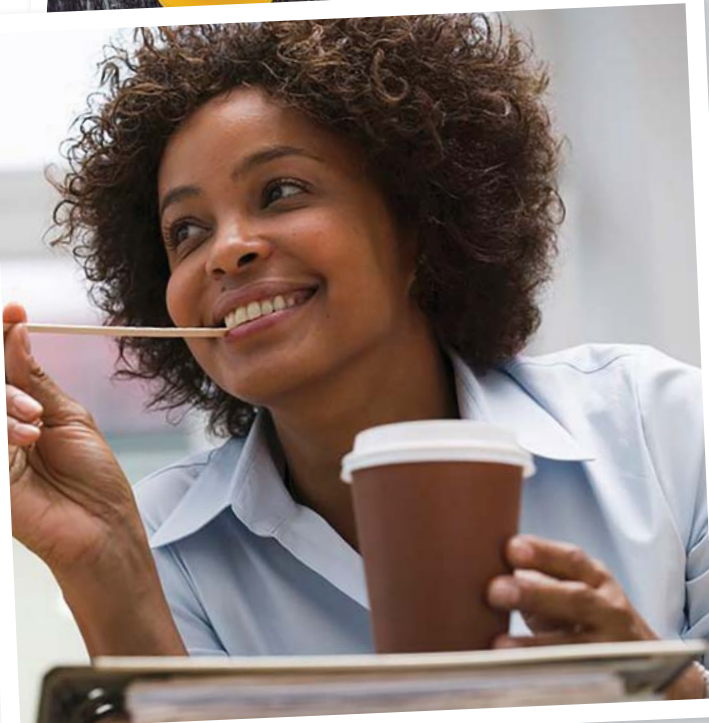
New Great Fermentations: Kombucha

Probiotics, or good gut bacteria, are live bacteria and yeasts that are good for your health-in particular your digestive system. In this class, we will explore kombucha teas. Have you caught onto the kombucha craze? If you haven't yet, you will after this class! Kombucha is a sweet tea mixture that is cultured with yeast and bacteria to produce a tangy and effervescent beverage. This tasty drink is purported to have health benefits and to aid in digestion. This one hour class will cover the basics of how to brew your own kombucha at home. All participants will leave with a SCOBY, the basic building block of home kombucha brewing, to enable them to successfully brew at home.

FOOD:722 | \$39

002 Tu 6 pm-8 pm
April 10

Jill Allen
Kirkwood H.S., C191



Kaffeeklatsch

Cheers

Beyond Napa Valley

We all know about Napa Valley and its influence, but there are other areas of California that are producing world class wine such as Sonoma, Santa Barbara, Paso Robles, and Mendocino. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, 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 | \$19

002 Tu 6:30 pm-8:30 pm
March 13

William Polhemus
Wine Barrel

Rhone Around the World

A look into the influence France's Rhone region, where Syrah is king, has had on America, Australia, and South Africa. Wines included will be a G.S.M, Grenache, and Viognier. Wine tasting will be accompanied by explanations of the influence of growing environment, and the fermentation, 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 | \$19

003 Tu 6:30 pm-8:30 pm
April 17

William Polhemus
Wine Barrel

The Big Six

An exploration into the 6 most influential and popular grape varieties in the world. This will be an examination of the styles and characteristics of Cabernet Sauvignon, Merlot, Pinot Noir, Chardonnay, Sauvignon Blanc and Riesling. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, 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 | \$19

004 Tu 6:30 pm-8:30 pm
May 15

William Polhemus
Wine Barrel

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' 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. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$19

001 Tu 6:30 pm-8:30 pm
Feb. 13

William Polhemus
Wine Barrel

Cooking with Wine: Winter Wine Dinner

Introduce your taste buds to this winter wonderland! Take a break from the cold in our warm kitchen to prepare white wine shrimp mousse, Brussels sprout bisque with rosemary cheese breadsticks, chicken chardonnay, citrus risotto, and caramel drizzled sherry walnut squares.

FOOD:765 | \$49

005 Tu 6:30 pm-9:30 pm
Jan. 30

Suzanne Corbett
Kirkwood H.S., C191



CHEERS

Tricks and Tips

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? Then 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.

FOOD:747 | \$69

001 W 6 pm-9:30 pm
April 4

Michelle Melton
Kirkwood H.S., C191

What's in Your Spice Cabinet? An Exploration of Spices from A to 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 that have perplexed you, 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 like smoked paprika seared tilapia, saffron risotto, Vietnamese lemongrass chicken, Jamaican jerk pasta, and more! Come hungry and bring take-home containers. Class is hands-on and includes both cooking and a lecture/ discussion of spices.

FOOD:747 | \$49

002 W 6 pm-9:30 pm
April 18

Michelle Melton
Kirkwood H.S., C191

Cheese-making at Home: DIY for Beginners

Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. In this class, you'll gain an understanding of the basics of how milk becomes cheese. You will get hands-on experience making ricotta, Neufchatel (aka Farmer's Cheese, aka low-fat cream cheese), and Yogurt cheese. Demonstration with class participation. All materials are available locally. Class fee includes cheesecloth to take home, illustrated directions, rennet tablets for home trials, a sampling of the cheeses made plus a container to take some home with you. Bring a sack lunch for the noon break. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:722 | \$79

003 Sa 9 am-3 pm
April 14

Lisa Payne
Cul. Arts House

New Love Your InstantPot!

Are you wondering what to do with the InstantPot you picked up on Prime Day? The InstantPot, also known as an electric pressure cooker, is the latest kitchen craze. This two-hour demonstration class is designed to get you familiar with how your InstantPot works by covering the functions and basics of how to operate your InstantPot. We will cook and sample several quick appetizers and easy weeknight dishes. You will leave confident in using this item and ready to put it to work in your own kitchen. Recipes include: quick and easy deviled eggs with a twist; baby potatoes with creme fraiche and dill; quick pickled beets; three bean chili; and salsa chicken.

FOOD:765 | \$49

001 Tu 6 pm-9 pm
Feb. 20

Jill Allen
Kirkwood H.S., C191

Make Your Own Healthy Dog Treats

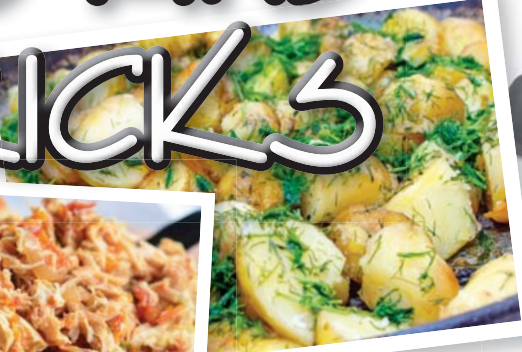
What could be more exciting for your favorite doggo than treats made in your own kitchen with good-for-you ingredients? We'll make three baked treats: one microwave treat, one no-bake treat, and doggie "ice cream." These treats are both healthy and tasty: the perfect combination for the special pup in your life. Bring a container to take some home. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:765 | \$49

003 Tu 6 pm-9 pm
March 27

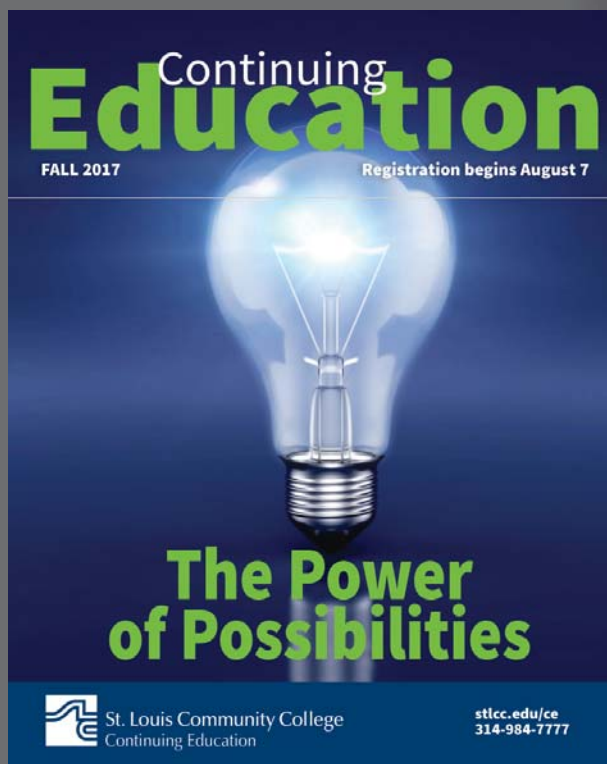
Debra Hennen
Cul. Arts House

TIPS AND TRICKS



We're Saving Your Seat!

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



St. Louis Community College
Continuing Education

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

_____ Expiration Date: _____
CARD NUMBER

Signature: _____