

Culinary

Spring 2024

Truly Mexican: Rellenos

If you long to discover the joy of cooking authentic Mexican food, this class opens the door to traditional family recipes (tried and true) such as refried beans, chilies rellenos, Mexican rice, and Mexican brownies that have been the center of countless family celebrations for Lupe Hernandez Hickey, who hails from Mexico City.

Bring an apron and small storage containers to take leftovers home should there be any. Wear closed-toe shoes. **Keyword: Mexican**

July 20	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Hickey	LLLX-0536-CEUB	

Truly Mexican: Fajitas

Homemade flour tortillas filed with flavorful steak fajitas garnished with salsa verde and queso fresco!

Bring an apron and small storage containers to take leftovers home should there be any. Wear closed-toe shoes. **Keyword: Mexican**

Aug. 3	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Hickey	LLLX-1946-CEUA	



Truly Mexican: Flautas

Flautas get their name from the Spanish word flute because of their rolled shape. Chicken flautas, potato, guacamole, spicy black beans, and Pineapple Agua Fresca. Oh my!

Bring an apron and small storage containers to take leftovers home should there be any. Wear closed-toe shoes. **Keyword: Mexican**

Aug. 24	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Hickey	LLLX-1950-CEFA	

Truly Mexican: Pozole

A new chapter in the Truly Mexican cookbook: chicken pozole with green chile, black bean tostadas, rice, cilantro cream and agua fresca. A unique Mexican soup.

Bring an apron and small storage containers to take leftovers home should there be any. Wear closed-toe shoes. **Keyword: Mexican**

Sept. 14	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Hickey	LLLX-1641-CEFA	



NEW! Pepparkakor: Scandinavian Christmas Cookie

Discover these deliciously thin traditional Swedish Christmas cookies. The dough will be made when you arrive at class so you can focus on cutting, baking and decorating this Scandinavian cookie. Traditionally these are cut in the shape of hearts, circles, flowers, stars, trees, reindeers, and the Dala horse, however, any cookie cutter will work.

Bring to class: two cookie sheets, cookie cutters, container to take cookies home, rolling pin, spatula. **Keyword: Cookie**

July 13	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Lehman	LLLX-0609-CEUA	



NEW! Confections Sweet & Spicy

Perfect for gift giving – sweet and spicy treats! You will make spiced nuts, colorful meringue cookies and chewy oven-baked caramel corn.

Bring to class: two cookie sheets and container to take your goodies home. Wear hair restraint and nonslip shoes. Optional: a mixer powerful enough to whip meringue. **Keyword: Sweet**

July 13	S	1-4 p.m.	\$49
Lincoln, CEC, 104	Harper	LLLX-2157-CEUA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home.

For more information, contact us at 402-437-2700 or continuing@southeast.edu

Kolaches & Cinnamon Twists

Learn the art of Czech baking, including kolaches and cinnamon twists. As a bonus, you will learn the basics of dumplings and sauerkraut.

Bring to class: one (3-quart) large bowl, a hand mixer, one large mixing spoon to stir dough, a paring knife, two or three large cookie sheets, and a container to transport kolaches home. Wear closed-toe shoes. **Keyword: Kolaches**

Sept. 7	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Niemann	LLLX-1613-CEFA	

Beginning Cake Decorating

If you admire beautiful bakery cakes and want to save money and do it all yourself, this unique opportunity is for you! Discover how to make a great cake as the base for your newly acquired decorating skills. Create borders, writing, flowers, and so much more. Don't miss this opportunity.

The first class will meet on Saturday, June 15 (9 a.m.-noon) as you discover how to bake a better cake. Your decorating class begins on Tuesday, June 18 (6-8 p.m.).

A supply list for the cake class and decorating class, along with the frosting recipe, will be emailed to you upon registration so BE SURE TO INCLUDE YOUR EMAIL ADDRESS. **Keyword: Cake**

June 15	S	9 a.m.-Noon	\$89
& June 18-July 16	T	6-8 p.m.	
Lincoln, CEC, 104	Harper	FSDT-3019-CEUA	

NEW! Cookie Capers

Join us for a fun morning where we will customize a basic cake mix into five different cookie recipes and share ideas for additional varieties. Creativity is the key . . . the sky's the limit. Grab your cookie partner and let's get baking.

Class is designed for one child age 7-12 and one adult. Only the adult needs to register and pay. Bring to class: your apron and a container to take home your cookies. Please tie back long hair. **Keyword: Cookie**

July 27	S	9-11:30 a.m.	\$49
Lincoln, CEC, 104	Coatney	LLLX-0499-CEUA	



Macarons

Discover the techniques needed to make beautiful and delicious macarons. We will make and share chocolate ganache, butter cream and pastry cream fillings.

Bring to class: two heavy/sturdy cookie sheets, spatula and 1-cup liquid measuring cup. Optional: mixer or food processor powerful enough to whip egg whites into meringue. Wear closed-toe shoes and a hair restraint. **Keyword: Macarons**

Aug. 10	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Harper	LLLX-0159-CEUA	
Aug. 10	S	1-4 p.m.	\$49
Lincoln, CEC, 104	Harper	LLLX-0159-CEUB	

Sugar Cookie Party

Basic, but never boring, the sugar cookie has an invitation to almost any celebration. It can be a blank canvas for festive shapes and designs. Discover how to take this blank canvas of festive shapes and designs and decorate it with smooth royal icing for beautiful creations.

Bring to class: rolling pin, two large cookie sheets with sides, small spatula, and a 1- or 2-cup measuring cup, your favorite cookie cutters, and an apron. Wear closed-toe shoes and hair restraint.

Keyword: Cookie

Sept. 28	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Harper	LLLX-2053-CEFA	



Whether You Knead It or Not: Cream Puffs

Pate au Choux is a versatile dough that can be used for both sweet and savory dishes. You will make the dough and turn it into cream puffs and profiteroles with a crunchy craquelin top. As a class we will make a Bavarian cream, strawberry fool and chocolate whipped cream filling.

Bring to class: 2-cup pyrex-type liquid measuring cup, whisk, high heat spatula for stirring hot liquids, rolling pin, two baking sheets, and containers to take home your cream puffs. Optional: stand or hand mixer. Wear closed-toe shoes and a hair restraint. **Keyword: Knead**

Aug. 17	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Harper	LLLX-0157-CEUA	



Air Fryer 101

Did you know the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices, and tasty recipes.

Keyword: Fryer

Sept. 17	T	6:30-8 p.m.	\$19
LIVE Online, Zoom	Fangmeier	AREA-4396-TCFYA	



Check out all classes offered at southeast.edu/continuing
Find us on Facebook® at facebook.com/SCCNeb

Food Protection Manager Online Class

This class is accepted by the Lincoln-Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

This course is delivered entirely online and facilitated by SCC faculty. You will receive your assignments online through Canvas. Upon completion of each reading assignment, you will complete an online quiz. A minimum of 80% is required on each quiz to for you to qualify to take the final exam (ServSafe exam). The ServSafe exam is administered online at SCC locations in Lincoln, Beatrice, Falls City, Hebron, Nebraska City, and York.

You will need a computer (PC or laptop) with high-speed internet access (smartphones and tablets do not work) as well as working knowledge of computer and internet experience.

 The course textbook is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. Make sure to purchase the accompanying online exam access code. Please note, it may take up to 24 hours to gain access to the course once you're registered.

Class will be active now through June 24. All coursework needs to be completed by June 30. This course will reopen July 1. All coursework needs to be completed by June 27, 2025. **Keyword: Protection**

Online	Oerman	\$65	FSDT-3000-WBUCA
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Exam Prep – CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the Certified Dietary Manager Credentialing Exam. Each course module begins with a pretest to help you identify your understanding of the content area. You will move through the course at your own pace, utilizing the interactive review materials, example calculations with tutorial videos, flashcards, and reading materials to focus your study. Practice questions include rationale for answers and explanations for calculations. The course culminates with a simulated practice CDM exam.

Contact Vicki Rethmeier at 402-437-2528 or vrethmeier@southeast.edu for registration details. Cost is \$99 per person.



NEW! Preserving Your Herbal Harvest

Calling all gardeners! We will be discussing best harvesting practices and approaches for drying and preserving all types of herbs.

Informational handouts and recipes will be shared. Your instructor is a clinical and community herbalist. **Keyword: Herbal**

Sept. 3	T	5:30-7:30 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX-2076-CEFA	

Herbal Elixirs

Join the fun and learn to make refreshing and uplifting herbal elixirs. Through storytelling, botany and folklore we will get to know a few local plants. Then participants will mix up their own elixirs as we raise a toast to summer.

Your instructor is a clinical and community herbalist. There is a \$5 cash supply fee payable in class. **Keyword: Herbal**

July 22	M	6-8 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX-2033-CEUA	

For more information, contact us at 402-437-2700 or continuing@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit southeast.edu/collegecatalog for additional information.

* Required **PLEASE PRINT**

Social Security Number OR SCC Student ID Number	* Birth Date	Name: * Last	* First	Middle Initial
* Residence Mailing Address	* City	* State	* Zip	County #
* Email Address	* <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home	Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Mastercard AMEX Discover VISA V Code _____

(Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

Name as it appears on card: _____ Exp. Date _____

CC # _____

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____

DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. southeast.edu/diversity *The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
7. Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
southeast.edu/business-and-community/index.php

* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.