

## Foods

Winter 2020



### Instant Pot Cooking Basics

The Instant Pot is the latest hot kitchen appliance. Whether you have one and are scared to use it or you are thinking about buying one, this class is for you. Learn about basic features of the instant pot and how recipes can be converted and adapted. See how easy it can be!

**Keyword: Instant**

Jan. 27	M	6-8 p.m.	\$25
Lincoln, CEC, 102		Kreikmeier	LLLX-0152-CESA
Feb. 4	T	6-8 p.m.	\$25
Lincoln, CEC, 102		Kreikmeier	LLLX-0152-CESB

### Truly Mexican: Enchilada

Enjoy authentic Mexican recipes. On the menu: green salsa cream and chicken enchiladas, cheese enchiladas with red sauce, fresh fruit enchiladas, and lime/cilantro rice. The instructor is sharing her family recipes.

Bring an apron and containers to take leftovers home.

**Keyword: Mexican**

Feb. 15	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104		Hickey	LLLX-0535-CESA

### NEW! Truly Mexican: Breakfast

Lupe is in the kitchen cooking up Mexican breakfast: Cazuela de Huevos Ranchero, Salsa Ranchea, Cajeta and Pecan Pan Dulce.

Bring your aprons and containers for leftovers (should there be any).

**Keyword: Mexican**

March 14	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104		Hickey	LLLX-1647-CESA

### Gumbo

Gumbo is perhaps Louisiana's most evocative and storied dish. There are twice as many variations of the rich stew as there are families in the state. Take a culinary journey to the bayou and experience what the rage is all about, just in time for Mardi Gras.

Bring to class an apron, acrylic cutting board, chef's knife, and containers to take home leftovers. Port sausage will be used.

**Keyword: Gumbo**

Feb. 22	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104		Michel	LLLX-1597-CESA

### Katie's Cooking Class: Breakfast All Day

Katie's back in the kitchen to show you how enormously versatile eggs are beyond breakfast.

Bring to class a chef's knife, acrylic cutting board and paring knife. Please wear close-toed shoes and hair restraint.

**Keyword: Cooking**

Feb. 1	S	9-11 a.m.	\$35
Lincoln, CEC, 104		Skinner	LLLX-0463-CESA

### Beginning Cheese Making

In this class we will cover ingredients and equipment used in-home cheese making and produce a 30-minute mozzarella, fromage blanc and homemade cottage cheese during class. A feather bread for tasting will be made using leftover whey. Sampling of homemade hard cheeses will round out the class.

Bring to class: an apron. Wear close-toed shoes and a hair restraint.

**Keyword: Cheese**

Jan. 25	S	8 a.m.-Noon	\$39
Lincoln, CEC, 104		Coatney	LLLX-2069-CESA
Jan. 25	S	1-5 p.m.	\$39
Lincoln, CEC, 104		Coatney	LLLX-2069-CESB

### The Perfect Pie: Meringue Pie

While it may seem daunting, a basic meringue is nothing more than a mixture of beaten egg whites and sugar. It's a must-have topping for many desserts, everything from a classic lemon meringue pie to a luscious Pavlova. Our meringue pro will help you become a master meringue maker in no time.

Bring to class: rolling pin, pastry cloth, dish cloth, and hand towel. You will be taking home a mini pie, so bring something in which to transport it home.

**Keyword: Pie**

Feb. 29	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104		Muehling	LLLX-1602-CESA

### Chocolate Flourless Torte

If you've got some great chocolate and white sugar in the pantry and some eggs and butter in the fridge, you are ready. Learn to make this deceptively easy and gluten-free dessert. It is rich and indulgent and a perfect dessert for Valentine's Day or any occasion.

Bring to class: Apron, acrylic cutting board, chef's knife, 8-inch or 9-inch round cake pan, hand mixer, two large microwave safe bowls, spatula, six eggs and a small container to take some sauce home.

**Keyword: Torte**

Feb. 8	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104		Michel	LLLX-1618-CESA

### Location Key

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

For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

## Kolaches & Cinnamon Twists

Learn the art of Czech baking including how to make kolaches and cinnamon twists from a state fair first-place winner. You will learn how to make yeast dough as well as many ways to twist the dough. As a bonus, you will learn the basics of dumplings and sauerkraut.

Bring to class: one (three quart) large bowl, hand mixer, one large mixing spoon to stir dough, paring knife, two or three large cookie sheets, and a container to transport kolaches home. Please wear close-toed shoes.

**Keyword: Kolaches**

Jan. 18	S	8:30-11:30 a.m.	\$39
Lincoln, CEC, 104		Niemann	LLLX-1613-CESA
Jan. 18	S	1-4 p.m.	\$39
Lincoln, CEC, 104		Niemann	LLLX-1613-CESB

## Beginning Cake Decorating

Do you admire beautiful bakery cakes? Want to save money and decorate your own special-occasion cakes? Ready to apply your creative skills in a new way? No matter your goal, this four-week course will help you develop the skills to create beautiful cakes with borders, writing, decorations, flowers, and much more. No specific skill is needed, just a willingness to learn and have fun.

A supply list and frosting recipe will be emailed to you upon registration so BE SURE TO INCLUDE YOUR EMAIL ADDRESS.

**Keyword: Cake**

Feb. 3-24	M	6-8 p.m.	\$69
Lincoln, CEC, 104		Kreikemeier	FSDT-3001-CESA

## Introduction to Cheesecake

Cheesecakes are creamy, smooth, rich, dense, and absolutely delicious. Tips, techniques and pitfalls will be discussed.

Bring to class: three 8-ounce packages of cream cheese, box of graham crackers or package of Oreo cookies, 9-inch spring form pan, 9-inch by 13-inch baking pan, mixing bowl, spatula, rolling pin, and hand-held mixer. Don't forget your apron.

**Keyword: Cheesecake**

March 7	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104		Michel	LLLX-1967-CESA

## Tea Lattes

Stay warm this winter and learn how to use tea and herbs to make tasty tea lattes. We will discover how to properly steep teas for lattes and make a homemade chai latte, foggy London and matcha latte.

**Keyword: Tea**

Jan. 30	Th	6:30-8 p.m.	\$20
Lincoln, GLTC		Hefley	LLLX-0145-OCSA

## Matcha Madness

Learn all about the green tea powerhouse, Matcha. Sample different matcha drinks and even learn how to cook with this powdered tea.

**Keyword: Matcha**

Feb. 25	T	6:30-8 p.m.	\$20
Lincoln, GLTC		Hefley	LLLX-0145-OCSB

## Katie's Cooking Class: Knife Techniques

Expand your knowledge about different knives, their purpose and how to keep them sharp. Katie, our culinary pro will help you discover how to safely chop and prepare different fruits and vegetables for easy consistent cooking.

Bring to class an acrylic cutting board, a chef's knife (a large basic cooking knife used for chopping), notepad, pen, and Tupperware container. Please wear close-toed shoes and hair restraint.

**Keyword: Knife**

Jan. 11	S	9-11 a.m.	\$35
Lincoln, CEC, 104		Skinner	LLLX-2046-CESA

## 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.

Students receive their assignments online through SCC's online learning platform. Upon completion of each reading assignment, students will complete an online quiz. A minimum grade of 80 percent is required on each quiz to qualify the student to take the final ServSafe exam. The ServSafe exam is taken online in the SCC Testing Center.

Students need: computer with high-speed Internet connection, working knowledge of computer and Internet experience. Please note: You cannot access the course using an iPad or Android tablet. There is a six-hour waiting period between online registration for the class and class access.

You may register at any time for this class. After you register online, purchase the book "ServSafe Manager" at the SCC Campus Store, 8800 O St., Lincoln, or at [www.sccbookstore.com](http://www.sccbookstore.com). For registration and log-in information, go to <http://bit.ly/SCCFoodProtectionManagerClass>.

To register and pay, go to <http://bit.ly/RegisterCE>.

**Keyword: Protection**

Online	FSDT-3000-WBSA	\$65
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## CULINARY/HOSPITALITY PROGRAM

The Great Plains Culinary Institute at Southeast Community College has a newly open student-run restaurant, **COURSE**, which is open to the public for lunches and special event meals.

Please visit our website for hours of operation, event information and menus at [www.southeast.edu/course](http://www.southeast.edu/course). If you have further questions, call 402-437-2727 or email [course@southeast.edu](mailto:course@southeast.edu).



[www.ed2go.com/scnc](http://www.ed2go.com/scnc)

### BROWSE COURSES IN

**Accounting and Finance**  
**Business**  
**College Readiness**  
**Computer Applications**  
**Design and Composition**  
**Health Care and Medical**

**Language and Arts**  
**Law and Legal**  
**Personal Development**  
**Teaching and Education**  
**Technology**  
**Writing and Publishing**



<http://bit.ly/SCC-UGotClass>

### BROWSE CERTIFICATES & COURSES IN

**Business**  
**Business Communication**  
**Health**  
**Human Resources**  
**Leadership**  
**LEED Green Workplace**  
**Management**

**New Media Marketing**  
**Personal Development**  
**Social Media for Business**  
**Technology Skills**  
**Training and Education**  
**Training for K12 Teachers**

### Location Key

Lincoln, CEC ..... Jack J. Huck Continuing Education Center, 301 S. 68th St. Place  
Lincoln, GLTC ..... Green Leaf Tea Company, 2917 Pine Lake Road, #D

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)  
Find us on Facebook® at [www.facebook.com/SCCNebCE](http://www.facebook.com/SCCNebCE)



# REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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**. You also will receive an email with this same information 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.

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

## OR REGISTER BY MAIL, FAX OR IN PERSON



### 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

PLEASE PRINT

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

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> 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  Cash  Mastercard  AMEX  Discover  VISA V Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Exp. Date \_\_\_\_\_ CC # \_\_\_\_\_

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

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	( )
<b>TOTAL DUE</b>	

<b>FOR OFFICE USE ONLY</b>
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. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or [jsoto@southeast.edu](mailto:jsoto@southeast.edu).

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