

## Foods

Winter 2021

### Nutrient Dense Foods:

#### Grass-Fed Meat, Pastured Poultry, Eggs & Bone Broth

Learn the difference between grass-fed and grain-fed meat as well as the benefits of pastured poultry, eggs and pork. We also will look at bone broth and why we want to re-introduce this nutrient-dense food into our diet.



**Keyword: Nutrient**

Feb. 8	M	6:30-8 p.m.	\$24
LIVE Online, Zoom	Weichel	BBBX-1251-TCSA	

### Fats & Oils

Learn why fats are essential to our health. Fats play a critical role in our mental well-being and are linked to weight loss. Learn about their importance as well as how to recognize counterfeits.



**Keyword: Fats**

Feb. 15	M	6:30-8 p.m.	\$24
LIVE Online, Zoom	Weichel	BBBX-1252-TCSA	

### Sourdough Bread 101

Sourdough is a treasured part of many kitchens. With flour, water and a little bit of patience, you will have your very own bubbly, active starter ready to make your incredible sourdough bread. Get tips, tricks and some tasty recipes.



**Keyword: Bread**

Feb. 2	T	6-7 p.m.	\$12
LIVE Online, Zoom	Kreikemeier	LLLX-0474-TCSA	
Feb. 16	T	6-7 p.m.	\$12
LIVE Online, Zoom	Kreikemeier	BBBX-2032-TCSB	

### Fun with Fondant

This class will teach you the basics of using fondant in a fun, noncompetitive environment. You will learn how to make fondant from scratch, how to make some basic decorations for a cupcake and how to fondant and decorate a cake.

Bring to class: small water spray bottle, small pizza cutter, rolling pin and container to take your cake home. There is a \$20 supply fee payable to the instructor in the first class. Cash or check only for supplies.

**Keyword: Fondant**

Feb. 18-25	Th	6:30-8:30 p.m.	\$49
Beatrice, SWTS	York	BBBX-1190-BESA	



### Cupcake Kids

Ages 6-12

Kids will learn the “fun”amentals of cake decorating and kitchen safety in this hands-on class. Learn how to frost and decorate cupcakes with seasonal themes.

Cost includes cupcakes, frosting and all supplies. Bring a rolling pin and an airtight container to take your finished cupcakes home.

**Keyword: Cupcake**

#### Sweetheart Cupcakes

Feb. 6	S	9-11 a.m.	\$29
Beatrice, SWTS	York	BBBX-1081-BESA	

#### St. Patrick's Cupcakes

March 20	S	9-11 a.m.	\$29
Beatrice, SWTS	York	BBBX-1081-BESB	

### NEW! Decorating Tips & Tricks

Here is a fun opportunity for those of you interested in cake decorating. If you are thinking about decorating or have dabbled a bit and just want some additional information, this hour is for you. Offered via Zoom we will cover all kinds of things related to decorating...equipment, frosting, finishes, tips, tricks, what works and what doesn't. See you on your computer screen!



**Keyword: Decorating**

Jan. 20	W	6-7 p.m.	\$15
LIVE Online, Zoom	Kreikemeier		
Registration Deadline: Jan. 18		LLLX-0491-TCSA	

### Location Key

Beatrice, SWTS.....Sifted Sweets, 108 S. Sixth St.

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



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. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

Check out all classes offered at [www.southeast.edu/BeatriceCE](http://www.southeast.edu/BeatriceCE)

Find us on Facebook® at [www.facebook.com/scbeatricece](http://www.facebook.com/scbeatricece)

## The Great Mystery Bake Off – Nailed It Edition

It's going to get messy in the kitchen-but that's ok! Recruit the sous chefs in your family, clear the counters and join us for a bake off via Zoom. Only amateurs need apply, no professionals here.

Your team can consist of your household members or you can compete by yourself.

Each team needs to have two cake layers baked and cooled by the challenge date. There is a trick, so don't bake them until you get the email instructions one week prior to the bake off date. These should be made ahead of time.

We'll give you the challenge at the start of the event and you will use the cakes to assemble it. We also suggest that you have ingredients for your favorite frosting on hand.

This will be great FUN! We are all about FRIENDLY competition and laughs. Sorry to say, no big money winners here just bragging rights for next time. Our team of judges will be checking in with you throughout the competition, so make sure your laptop/computer/device is set up so they can see how you are progressing and chat while you work. Space is limited so don't be left out.

**Keyword: Bake**

Jan. 23	S	9-10 a.m.	\$12
LIVE Online, Zoom	Registration Deadline: Jan. 20	LLLX-0464-TCSA	

## Flowering Cupcakes

Learn the art of putting gorgeous designs on top of cupcakes. Basic borders, flowers and fondant skills will be taught. No experience necessary.

A supply list will be emailed one week prior to class.

**Keyword: Cupcakes**

March 15	M	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCSA	
Registration Deadline: March 8			



## NEW! Whether You Knead It or Not: Pizza

It's a pizza party! You will learn to make your own pizza dough and turn it into a custom pizza. Gather your ingredients. We'll send you a list and Zoom bake with us from your kitchen. You will make your main dish and sweet dessert pizza when class is over—dinner is done!

**Keyword: Knead**

Jan. 30	S	9 a.m.-Noon	\$39
LIVE Online, Zoom	Harper	LLLX-0157-TCSA	
Registration Deadline: Jan. 27			

## Whether You Knead It or Not: Baguettes

Zoom bake baguettes with us. Discover techniques to reduce the time it takes to make fresh, delicious baguettes. While your baguettes are proofing, you will make a totally delicious angel food cake from scratch. Don't run and hide, this will be great fun! Two fabulous finished products.

Your Zoom class information will be sent a few days prior to class and in enough time to gather your supplies. Be sure to include your email address.

**Keyword: Knead**

Feb. 13	S	9 a.m.-Noon	\$39
LIVE Online, Zoom	Harper	LLLX-2051-TCSA	

## Delectable Dumplings

Learn the amazing skill of making delicious dumplings for any part of the meal. In this class, you will learn to make baking powder dumplings, two kinds of potato dumplings that can be eaten as a main course and dessert dumplings. Learn the process, make and sample, and leave with a new skill and new recipes.

A supply list will be sent one week prior to class.

**Keyword: Dumplings**

March 13	S	9-11:30 a.m.	\$29
LIVE Online, Zoom	Brunkow	vAREA-4426-TCSA	



## NEW! Cottage Cheese, Yes Please!

Try something new! Learn to make cottage cheese at home. Zoom cook with us as we prepare cottage cheese, a fresh cheese curd product with a mild flavor. We will be cooking in our kitchen and you will be in yours.

A supply list will be sent prior to class.

**Keyword: Cheese**

Feb. 6	S	1-4 p.m.	\$39
LIVE Online, Zoom	Coatney	LLLX-1968-TCSB	
Registration Deadline: Feb. 3			

## NEW! A Whole Lotta Shakin': How to Make Great Cocktails at Home

We're in the midst of a cocktail craze, and for good reason, a well-made cocktail is a revelation. You'll learn all about the about the different liqueurs and spirits, the art of mixology and recipes to make your own classic and craft cocktails at home after class.

**Keyword: Cocktails**

Jan. 28	Th	6-8 p.m.	\$19
LIVE Online, Zoom	Wageman	AREA-4461-TCSA	



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.

Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

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

## Macarons

French and fussy, macarons have a reputation for being challenging to make. In this class you will learn the techniques needed to make beautiful and delicious macarons. As a class we will make chocolate ganache, butter cream and pastry cream fillings. Zoom bake with us from your kitchen.



Supply list sent approximately one week prior to class.

**Keyword: Macarons**

Feb. 20	S	9 a.m.-1 p.m.	\$39
LIVE Online, Zoom	Harper	LLLX-0159-TCSA	

## Homemade Kolaches

Entice any guest in your home with the sweet smell of home baked goods. Learn how to make the versatile dough that can be used to make Kolaches from a local expert. You will have the opportunity to make several Kolaches. Recipes for homemade fillings will be included with the Sweet Roll Dough recipe.



Supply list will be emailed one week prior to class.

**Keyword: Kolaches**

Feb. 6	S	9-11:30 a.m.	\$39
LIVE Online, Zoom	Brunkow	AREA-4503-TCSA	

## 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.



Supply list sent approximately one week prior to class. Zoom with us from your kitchen.

**Keyword: Knife**

Jan. 27	W	6-8 p.m.	\$39
LIVE Online, Zoom	Skinner	LLLX-2046-TCSA	

## Make Ahead: Freezer Meals, Tips & Tricks

Want to simplify your daily meal routine? Freezer meals are super handy whether you're looking for convenience, trying to eat healthy, or planning ahead. We will look at meal planning strategies, explore the various options of cooking ahead, how to safely freeze food and preserve quality, what freezes well and what doesn't, and how to store a month's worth of meals in your freezer.



A variety of freezer meal recipes will be provided along with additional resources.

**Keyword: Freezer**

Feb. 25	Th	6-8 p.m.	\$19
LIVE Online, Zoom		AREA-4420-TCSA	

## 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. 19	T	6-8 p.m.	\$25
LIVE Online, Zoom	Renz	AREA-4455-TCSA	
Feb. 23	T	6-8 p.m.	\$25
LIVE Online, Zoom	Kreikemeier	BBBX-2007-TCSA	
March 10	W	6:30-8:30 p.m.	\$25
LIVE Online, Zoom	Lott	AREA-4455-TCSB	



## 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 yummy recipes that you can make in your air fryer.



**Keyword: Fryer**

Jan. 25	M	6:30-8:30 p.m.	\$25
LIVE Online, Zoom	Buethe	LLLX-0547-TCSA	
March 23	T	6-7:30 p.m.	\$25
LIVE Online, Zoom	Norder	AREA-4396-TCSA	

## 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% 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 in [Beatrice](#) or [Lincoln](#) or at the Learning Center at [Hebron](#) or [Nebraska City](#).

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/scfoodprotectionmanager>.

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

**Keyword: Protection**

Online	FSDT-3000-WBUA	\$65
--------	----------------	------



[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**

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



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. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.



# 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).

301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • 800-828-0072 • FAX 402-437-2703  
[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

