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**

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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**

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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**

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Fun with Fondant
This class will teach you the basics of using fondant in a fun, non-competitive 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**

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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**

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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**

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For more information, contact us at 800-828-0072 or continuinged@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.
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

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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

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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

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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

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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

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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

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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 different liqueurs and spirits, the art of mixology and recipes to make your own classic and craft cocktails at home after class.

**Keyword:** Cocktails

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For more information, contact us at 800-828-0072 or continuinged@southeast.edu
Macarons
French and fuzzy, 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
LIVE Online, Zoom
S Harper
9 a.m.-1 p.m.
LLLX-0159-TCSA
$39

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

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

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

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
LIVE Online, Zoom
T Renz
6-8 p.m.
AREA-4455-TCSA
$25

March 10
LIVE Online, Zoom
W Lott
6:30-8:30 p.m.
AREA-4455-TCSA
$25

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
LIVE Online, Zoom
M Buethe
6:30-8:30 p.m.
LLLX-0567-TCSA
$25

March 23
LIVE Online, Zoom
T Norder
6:30 p.m.
AREA-4396-TCSA
$25

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. For registration and log-in information, go to http://bit.ly/sccfoodprotectionmanager.

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

For more information, contact us at 800-828-0072 or continuinged@southeast.edu
You must have an email account to register online.


2. 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

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.

* 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.

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### Registration Form - Non-Credit Course

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 www.southeast.edu/collegecatalog for additional information.

Social Security Number OR SCC Student ID Number | Birth Date | Name: Last | Middle Initial | First | State | Zip | County #
--- | --- | --- | --- | --- | --- | --- | ---

Residence Mailing Address

City

Email Address

Cell Phone

I identify as: ☐ Male ☐ Female ☐ Nebraska Resident ☐ Non-Resident

Ethnicity (select one): ☐ Hispanic or Latino ☐ Not Hispanic or Latino

Race (Select one or more): ☐ White ☐ Asian ☐ Native Hawaiian/Other Pacific Islander ☐ American Indian/Alaska Native

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<th>COURSE NUMBER</th>
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**TOTAL DUE**

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Would you like a receipt mailed to you? ☐ Yes ☐ No

**SCC Staff Tuition Waiver** ( )

FOR OFFICE USE ONLY

ID#: ____________________________

DE:

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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 this form: 3) that my information is correct as shown; and 4) any changes in SOCC's 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. Requests 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.

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.

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