

Foods

Summer 2021



NEW! Be Your Own Butcher: Steak Cutting

Be your own butcher and discover how to cut steaks from large beef subprimals that are commonly sold in Sam's, Costco and supermarkets. Buying these items and cutting them yourself is a great way to save money and enjoy more great steaks at home.

Bring to class: boning knife (if you have one), containers or wrap for the meat and apron. Wear closed-toe shoes.

Keyword: Butcher

Aug. 28	S	1-3 p.m.	\$79
Lincoln, LNK, D-5	Harpster	LLLX-2043-LNFA	

NEW! Be Your Own Butcher: Whole Hog

Learn the fundamentals of whole animal butchery on a half hog with Chef Brandon Harpster. Understanding the process can easily translate to any other small-game animal.

You will leave with approximately 10 pounds of pork. Bring to class: boning knife (if you have one), containers or wrap for the meat and apron. Wear closed-toe shoes.

Keyword: Butcher

July 31	S	Noon-4 p.m.	\$219
Lincoln, LNK, D-5	Harpster	LLLX-2042-LNUA	

NEW! Be Your Own Butcher: Poultry

Embrace the whole chicken, and then cut it into pieces. Save money by cutting up a whole chicken into portioned ready-to-use pieces.

Bring to class: boning knife if you have one, apron, container or zip bags to take chicken home. Wear closed-toe shoes.

Keyword: Poultry

Aug. 14	S	1-2:30 p.m.	\$49
Lincoln, LNK, D-5	Harpster	LLLX-2047-LNUA	

NEW! Mariscos

Dive into seafood with some marvelous mariscos dishes. Traditional shrimp cocktail, Mahi fish tacos and red snapper Veracruz...yum!

Bring to class: apron, chef's knife, and containers for leftovers, should there be any.

Keyword: Mariscos

Aug. 7	S	10 a.m.-1 p.m.	\$59
Lincoln, LNK, D-4	Rawlings	LLLX-2041-LNUA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, LNK.....Southeast Community College, Lincoln Campus
8800 O St.

NEW! Truly Mexican: Fajitas

Fajitas made with beef, chicken and shrimp! Add Carne Guisada, flour and corn tortillas; Salsa Verde and Agua Fresca de jour. Everyone loves meat served on a sizzling platter.

Grab your apron and a couple containers should there be leftovers.

Keyword: Mexican

July 17	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1946-CEUA	
July 31	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1946-CEUB	

NEW! Truly Mexican: Pork Carnitas

Carne Asada Tacos, Calabacitas con Crema, Green Rice, Bunuelos, Agua Fresca de Jour. Need we say more?

Grab your apron and a couple containers should there be leftovers.

Keyword: Mexican

Aug. 14	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1947-CEUA	
Aug. 21	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1947-CEUB	

NEW! Truly Mexican: Empanadas Fiesta

Empanadas de queso, Empanadas de Carne Molida, Tostadas de Pollo, salsa sides to jazz it all up and Pineapple Agua Fresca. Yummy.

Grab your apron and a couple containers should there be leftovers.

Keyword: Mexican

Sept. 18	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1948-CEFA	
Sept. 25	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1948-CEFB	



NEW! Make Your Own Salsa

Learn how to make your own homemade salsa. From picking the tomatoes in the garden to storage, this class will explore the entire process.

Keyword: Salsa

Sept. 11	S	10 a.m.-Noon	\$19
LIVE Online, Zoom		AREA-4462-TCFFA	



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/sccceonlinecourses>.

For more information, contact us at
800-828-0072 or continuing@southeast.edu



NEW! Charcuterie: What Did You Say?

It's all the rage! The "char-cu-te-rie board can be a starter course or a light meal for a casual gathering. Discuss foods that complement each other and how to balance your board because it's not only what you eat, it's also what people see and how the components are arranged.



Keyword: Charcuterie

July 19	M	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4453-TCUPA	

Dinner Night: Dinner & Drinks for 2

This is a fun new twist on take out. You will make your romantic dinner for two in class, take it home and reheat in the comfort of your own home or hideaway. Three courses with a summer theme (starter, entrée and dessert). You will be learning two cocktails to recreate at home that pairs with your meal and a table setting to help set the mood.

Bring: apron and containers to take items home. Wear closed-toe shoes.

Keyword: Dinner

Aug. 21	S	10 a.m.-2 p.m.	\$69
Lincoln, LNK, D-2	Cheever	LLLX-0472-LNUA	



NEW! S'mores

S'mores are so good and you will be creating all of the s'more parts . . . graham crackers, marshmallows and chocolate bars. How fun is that?

Bring your apron and a container to take your s'mores home.

Keyword: S'mores

Aug. 28	S	9 a.m.-Noon	\$49
Lincoln, LNK, D-3	Nennemann	LLLX-2048-LNFA	

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NEW! Ice Cream & Sorbet

I scream, you scream, we all scream for ice cream! You will be making a variety of ice creams and sorbets in class. Enjoy some in class and take some home, too.

Keyword: Cream

July 24	S	9 a.m.-Noon	\$49
Lincoln, LNK, D-3	Nennemann	LLLX-2040-LNUA	

Cocktail Creations

Summer-style cocktails are coming your way. Using fresh fruit juices and handmade syrups we will create fun takes on summer favorites like margaritas, mojitos and sangria.

You must be 21 to register for this class, and be prepared to show ID when you arrive to class. Bring your apron, too.

Keyword: Cocktail

July 17	S	1-3 p.m.	\$59
Lincoln, LNK, D-2	Cheever	LLLX-1960-LNUA1	

Homemade Pasta & Sauces

Try your hand at homemade pasta with lighter sauces. Spaghetti marinara and basil, chicken linguine with basil pesto and shrimp capellini with olive oil, garlic, lemon, and parmesan.

Bring to class: your apron, chef's knife and containers for leftovers, should there be any.

Keyword: Pasta

July 24	S	10 a.m.-1 p.m.	\$49
Lincoln, LNK, D-4	Rawlings	LLLX-1652-LNUA1	

Pan Sauces

Pan sauces, as the name suggests, are made in the exact same skillet you've used to sauté meat, poultry or fish. Utilize all of those leftover browned bits stuck to the bottom of the pan, and with a few ingredients, create a smooth sauce that looks and tastes as rich as a time-consuming French sauce in a matter of minutes.

Bring to class: chef's knife, apron and containers for leftovers.

Keyword: Sauces

Aug. 7	S	10 a.m.-Noon	\$49
Lincoln, LNK, D-5	Skinner	LLLX-0553-LNUA	

Coffee Brewing Methods

Discover the basics behind the brewing of coffee at home or at the office. We will demonstrate how to make the best cup of coffee to match your preferred tastes. We will taste coffees brewed different ways and talk about how the roast, water and grind changes the taste.

Keyword: Coffee

July 24	S	10 a.m.-Noon	\$39
Lincoln, LNK, D-2	Ahlberg	LLLX-1615-LNUA	

Coffee Cupping & Flavor Profiling

Coffee lovers, this is your class! You will learn how to cup coffee and participate in cupping a variety of coffees as well as discovering about green coffees, origins and flavor profiles. Find out about the Coffee Taster's Flavor Wheel, Le Nex Du Cafe sampling kit and Q-grader training.

Keyword: Coffee

Aug. 14	S	10 a.m.-Noon	\$39
Lincoln, LNK, D-2	Ahlberg	LLLX-1955-LNUA	

Location Key

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

Lincoln, LNK.....Southeast Community College, Lincoln Campus 8800 O St.

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

Pizza

It's a pizza party! You will learn to make your own pizza dough and turn it into a custom pizza. We'll provide everything you need for the dough, you bring your favorite sauce, cheese and other toppings. As a class we'll also make a sweet dessert pizza.

Bring to class: a large cookie sheet or pizza pan, a rolling pin, and mixer with dough hook. Wear a hair restraint and closed-toe shoes.

Keyword: Pizza

Aug. 7	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0157-CEUB	

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

July 24	S	9-11:30 a.m.	\$39
LIVE Online, Zoom	Brunkow	AREA-4426-TCUYA	

Whether You Knead It or Not: Challah

You will make a braided Challah. While your dough is proofing, you will make fluffy buttermilk biscuits and turn some left-over bread into crunchy and flavorful croutons.

Bring to class: two cookie sheets, a biscuit cutter, small saucepan, your favorite seasoning for the croutons, and an apron. Wear closed-toe shoes and a hair restraint.

Keyword: Knead

July 10	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0157-CEUA	

Home Chocolatier

Take your goodie trays to the next level with filled chocolate bon-bons. Discover the basics of tempering chocolate to use for decorations and filled bon-bons.

Bring to class: 1.5- or 2-quart microwavable plastic bowl, thermometer suitable for chocolate, small spatula, and hair dryer. Wear slip-resistant shoes and be sure to bring an apron. Chocolate is messy!

Keyword: Chocolatier

July 24	S	1-4 p.m.	\$49
Lincoln, CEC, 104	Harper	LLLX-1654-CEUA	

Home Chocolatier 2

This class builds on the tempering skills learned in the Home Chocolatier. You will discover how to make garnishes/accents, add a splash of color and how to dip solid fillings.

Cost includes the chocolate and all additional supplies. Bring to class: a plastic bowl that won't hold heat, a spatula for stirring and an offset spatula for spreading, hair dryer or heat gun and a chocolate or candy thermometer. You will need containers for your finished chocolates. Wear hair net and non-slip shoes. Don't forget your apron. Chocolate can get messy!

Keyword: Chocolatier

Aug. 21	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Harper	LLLX-1655-CEUA	



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Macarons

French and fussy, macarons have a reputation for being challenging to make. Discover 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 powerful enough to whip egg whites into meringue. Wear hair restraint and closed-toe shoes.

Keyword: Macarons

July 24	S	8:30-11:30 a.m.	\$39
Lincoln, CEC, 104	Harper	LLLX-0159-CEUA	



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. Registration deadline is one week prior to class.

Keyword: Cupcakes

Aug. 9	M	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCUPA	

Cinnamon Rolls & Crescents

Learn how to make those cinnamon rolls like grandma used to and fill your kitchen with the warm spicy smell. Use the same versatile dough to make delicious crescent rolls and master the art of sweet roll dough.



Keyword: Cinnamon

July 29	Th	5:30-7:30 p.m.	\$19
LIVE Online, Zoom		AREA-4502-TCUFA	

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 (3-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 closed-toe shoes.

Keyword: Kolaches

June 26	S	8:30-11:30 a.m.	\$39
LIVE Online, Zoom	Niemann	LLLX-1613-TCUCA	
Sept. 11	S	8:30-11:30 a.m.	\$39
Lincoln, CEC, 104	Niemann	LLLX-1613-CEFA	

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 closed-toe shoes and hair restraint.

Keyword: Cooking

July 10	S	9-11 a.m.	\$49
Lincoln, LNK, D-4	Skinner	LLLX-0463-LNUA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, LNK.....Southeast Community College, Lincoln Campus
8800 O St.

Knife Techniques

Expand your knowledge about different knives, their purpose, and how to keep them sharp and how to efficiently chop, slice and dice a variety of common vegetables.

Bring to class a chef's knife and apron. Wear closed-toe shoes.

Keyword: Knife

July 17 Lincoln, LNK, D-5	S Harpster	1-3 p.m. LLLX-2046-LNUA	\$49
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Kid Food Hour

Ages 8-14

Hey kids! Join us online for fun to learn how to prepare tasty (and nutritious!) food! Each week is a new food hour. With adult supervision, you can prepare along with us!



Keyword: Food

KFH: Movie Night Theme			
June 24 LIVE Online, Zoom	Th	10-11 a.m. AREA-6355-TCUFA	\$10
KFH: Backwards Breakfast			
July 15 LIVE Online, Zoom	Th	10-11 a.m. AREA-6355-TCUFB	\$10
KFH: Spooky Supper			
Aug. 5 LIVE Online, Zoom	Th	10-11 a.m. AREA-6355-TCUFC	\$10

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Make Ahead: Freezer Meals, Tips & Tricks

Freezer meals are super handy whether you're looking for convenience, trying to eat healthy, or planning ahead.

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



Keyword: Freezer

Sept. 1 LIVE Online, Zoom	W Goltz	6-8 p.m. AREA-4420-TCFFA	\$19
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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.

Receive your assignments online through SCC's online learning platform. Upon completion of each assignment, you will complete an online quiz. The ServSafe exam is taken online at various SCC locations.

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 textbook "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/SCCFoodProtectionManagerClass>.

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

Keyword: Protection

Online	Muhlbach	\$65	FSDT-3000-WBUA
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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. If you have further questions, call 402-437-2727 or email course@southeast.edu.

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.



Registration Form - Non-Credit Course

Today's Date

PLEASE PRINT

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		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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <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	()
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. 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.

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
www.southeast.edu/continuing

* 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.