

Foods

Summer 2022

NEW! Truly Mexican: Colorado Red Chile Sauce

Mouth-watering Mexican goodness from Lupe's kitchen! Colorado red chile sauce, three cheese enchiladas, fiesta refried beans, rice with poblanos and corn, and refreshing lime agua fresca.

Bring your apron, wear shoes not sandals and containers for leftovers.

Keyword: Mexican

July 30	S	10 a.m.-1 p.m.	\$39
Lincoln, CEC, 102	Hickey	LLLX-1636-CEUA	

NEW! Truly Mexican: Pork Loin in Peanut Sauce

Lupe's in the kitchen, and you know what that means? Yummy goodness all around! Pork loin in peanut sauce, zucchini-poblano and cheese torte, coconut rice pudding, and lovely mango agua fresca.

Bring your apron, wear shoes not sandals and containers for leftovers.

Keyword: Mexican

Aug. 20	S	10 a.m.-1 p.m.	\$39
Lincoln, CEC, 104	Hickey	LLLX-1949-CEUA	

NEW! Truly Mexican: Flautas

Flautas get their name from the Spanish word flute because of their rolled shape. Chicken flautas, potato and cheese, guacamole, spicy black beans and raspberry pineapple agua fresca. Oh my!

Bring your apron, wear shoes not sandals and containers for leftovers.

Keyword: Mexican

Sept. 10	S	10 a.m.-1 p.m.	\$39
Lincoln, CEC, 104	Hickey	LLLX-1950-CEFA	

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), like red salsa, rice, frijoles refritos, and chiles rellenos 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.

Keyword: Mexican

July 16	S	10 a.m.-1 p.m.	\$39
Lincoln, CEC, 104	Hickey	LLLX-0536-CEUA	

Bye Bye Summer Flambé

End the summer with a flambé party. You will work with a partner to prep and flambé a main course and dessert item. Enjoy a fun evening and great food!

Bring an apron to class. Wear a hair restraint and closed-toe shoes. For safety reasons do not wear loose clothing.

Keyword: Summer

Aug. 27	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0164-CEFA	



Summertime Fruit Tarts

Yummy desserts featuring fresh fruit. You will make a bright and sunny lemon tart topped with fresh fruit and whipped cream. You will learn techniques that can be used year-round, with many different combinations of flavors.

Bring to class: a tart pan or shallow pie pan, a cookie sheet, a whisk, a 3-quart saucepan, and a small mixing bowl. Wear a hair restraint and closed-toe shoes.

Keyword: Tart

Aug. 6	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0497-CEUA	

Sugar Cookie Fun

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 make these treats and to prepare beautifully smooth royal icing for very impressive decorating.

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

Keyword: Cookie

Aug. 13	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-2053-CEUA	

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 or food processor. Wear hair restraint and closed-toe shoes.

Keyword: Macarons

Sept. 24	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0159-CEFA	

Location Key

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

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

Keyword: Kolaches

July 23	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Niemann	LLLX-1613-CEUA	



NEW! Let's Do Lunch: Meal Prep

Join us and learn about meal prep and how it saves time, money and helps you make better food choices!

Keyword: Meal



Sept. 7	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCFFA	

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. 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/scfoodprotectionmanagerclass>.

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

Class will be active July 12 through June 24, 2023. All coursework needs to be completed by June 30, 2023.

Keyword: Protection

Online	Williams-Lamb	\$65	FSDT-3000-WBUA
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NEW! Exam Prep — CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the CDM 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 \$99 per person.



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

Sept. 13	T	6-8 p.m.	\$24
LIVE Online, Zoom	Renz	AREA-4455-TCFHA	



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>.

Location Key

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

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

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



Sharpen Your Skills

with the Great Plains Culinary Institute

8800 O Street, Lincoln

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. This is a great way to save money and enjoy more great steaks at home. You will learn how to cut Ribeyes, New York Strips and filets, how to portion ready-to-cook cuts and meat grinding.

Bring apron, a boning knife (if you have one) and wear closed-toe shoes.

Keyword: Butcher

Aug. 6	S	1-3 p.m.	\$129
Lincoln, LNK, D-5	Harpster	LLLX-2043-LNUA	

Be Your Own Butcher: Chicken

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 and tote bag to take home vacuum-packaged chicken. Wear closed-toe shoes.

Keyword: Butcher

July 9	S	1-3 p.m.	\$49
Lincoln, LNK, D-5	Harpster	LLLX-2047-LNUA	

Be Your Own Butcher: Whole Hog

Learn the fundamentals of whole animal butchery on a half hog with SCC Executive Chef Brandon Harpster. Understanding the process can easily translate to any other small game animal. Topics include primal cuts, portioned ready-to-cook cuts, meat grinding, and sausage making.

You will leave with approximately 25-30 pounds of pork. Wear closed-toe shoes and bring your apron and a boning knife if you have one.

Keyword: Butcher

Sept. 24	S	Noon-4 p.m.	\$229
Lincoln, LNK, D-5	Harpster		
Registration Deadline: Sept. 10		LLLX-2042-LNFA	

Knife Skills

Knife skills are the key to making cooking more enjoyable and safer. Learn about the different types of knives and how to chop, slice and dice a variety of vegetables.

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

Keyword: Knife

July 23	S	1-3 p.m.	\$49
Lincoln, LNK, D-5	Harpster	LLLX-2046-LNUA	



Cocktail Creations

Summer style cocktails coming your way. We will create fun takes on summer favorites.

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

Keyword: Cocktail

July 22	F	4-6 p.m.	\$59
Lincoln, LNK, D-2	Cheever	LLLX-1960-LNUA	

Katie's Cooking Class: Cold Soups

Discover how to prepare a variety of fun, tasty, cold soups. Perfect for warm months! Each soup will begin with basic aromatic ingredients but have their own unique flavors...all served cold.

Bring to class: knife, vegetable peeler, pen, paper, and containers for leftovers.

Keyword: Cooking

Aug. 27	S	10 a.m.-Noon	\$49
Lincoln, LNK, D-4	Skinner	LLLX-2072-LNFA	

Katie's Cooking Class: The Incredible Egg

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

Bring to class a knife. Please wear closed-toe shoes and hair restraint.

Keyword: Cooking

Sept. 10	S	10 a.m.-1 p.m.	\$49
Lincoln, LNK, D-5	Skinner	LLLX-0463-LNFA	



Pan Sauces

Pan sauces 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, vegetable peeler, pen, paper, and containers for leftovers.

Keyword: Sauces

Sept. 24	S	10 a.m.-Noon	\$49
Lincoln, LNK, D-4	Skinner	LLLX-0553-LNFA	

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

Location Key

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



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 you can make.



Keyword: Fryer

Aug. 30 T 6-7:30 p.m.
LIVE Online, Zoom Norder AREA-4396-TCFHA

\$19

CULINARY/HOSPITALITY PROGRAM

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

Visit www.southeast.edu/course for hours of operation, event information and menus. If you have further questions, contact us at 402-437-2727 or course@southeast.edu.

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

Sept. 20 T 6:30-8:30 p.m. \$19
LIVE Online, Zoom Norder AREA-4420-TCFHA



www.ed2go.com/scce

BROWSE COURSES IN

Accounting and Finance
Business
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For more information, contact us at 800-828-0072 or 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>.

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"/> 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 ()
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. www.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
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.