

# Foods

Spring 2023



## Whether You Knead It or Not: Challah

Challah is a rich egg bread that is braided and baked to a beautiful golden color. It's a traditional bread eaten on the Sabbath and holidays, but is delicious any time. You will learn not only how to make the dough, but also to braid and shape it into a beautiful loaf. There also will be a surprise project to work on while your bread is proofing and baking.

Bring to class: a large baking sheet, a Pyrex-type liquid measuring cup and a spatula for stirring. Optional: a mixer with a dough hook. Wear closed-toe shoes and a hair restraint.

**Keyword: Knead**

May 6	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0157-CESA	

## NEW! Truly Mexican: Sopa Tarasca

Join Lupe for Sopa Tarasca (Spicy Cream of Pinto Bean soup) along with Milanesa de Pollo con jamon y queso gratinado (Mexican chicken schnitzel with ham and melted cheese), Ensalada de Aguacate y Pepino (avocado and cucumber salad), and Agua Fresca de jour.

Bring your apron and join the fun. Bring some small containers should there be any leftovers. Wear closed-toe shoes and a hair restraint.

**Keyword: Mexican**

April 22	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-0532-CESA	

## 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, black fiesta beans, 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. Wear closed-toe shoes and a hair restraint.

**Keyword: Mexican**

June 24	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-0536-CEUA	

## Truly Mexican: Enchilada

Enjoy authentic Mexican recipes. On the menu: red beef enchiladas, rice, frijoles refritos, red salsa and agua fresca de jour.

Bring an apron and a container for leftovers, should there be any. Wear closed-toe shoes and a hair restraint.

**Keyword: Mexican**

May 13	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-0535-CESA	

## 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 one-cup liquid measuring cup. Optional: mixer powerful enough to whip egg whites into meringue or food processor. Wear closed-toe shoes and a hair restraint.

**Keyword: Macarons**

May 20	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0159-CESC	
May 20	S	1-4 p.m.	\$39
Lincoln, CEC, 104	Harper	LLLX-0159-CESD	



## NEW! Whoopie Pies

Who doesn't like a hand-held cake with cream filling? You will make chocolate and vanilla cake rounds and, as a class, we'll make a variety of fillings for your pies.

Bring to class: an apron, two to four cookie sheets, large rubber spatula, two-cup liquid measuring cup (Pyrex type). Optional equipment: electric mixer. Wear closed-toe shoes and a hair restraint.

**Keyword: Pie**

April 8	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-1608-CESA	

## Hand Pies

Sweet, fruity, flaky, and compact, a hand pie is basically a miniature pie that fits in your hand and is the perfect on-the-go snack. You will explore different methods of making the crust and a variety of fillings.

Bring to class two cookie sheets, rolling pin, whisk, medium-sized microwave-proof bowl, and a container to transport your pies home. Wear closed-toe shoes and a hair restraint.

**Keyword: Pie**

June 10	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0165-CEUA	

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

### Location Key

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

## 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**

April 29	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Niemann	LLLX-1613-CESB	

## Sugar Cookie Party

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 one-cup or two-cup measuring cup, your favorite cookie cutters, and an apron. Wear closed-toe shoes and a hair restraint.

**Keyword: Cookie**

April 1	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-2053-CESB	

## 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**

April 4	T	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCSBP	

## NEW! Field Meals to Go

Get ready to hit the field or road with new family- and farmer-approved on-the-go recipes. We will prepare and sample a handheld entrée for on-the-go eating. Class includes recipes for handheld and sit-down field meals, menu planning, delivery, and preparation tips that will have you ready to go no matter the season.

**Keyword: Meals**

April 18	T	6-8 p.m.	\$19
LIVE Online, Zoom		AREA-4465-TCSFA	

## NEW! Eating Well on a Shoestring Budget

Want to learn to make your food budget stretch a bit farther without sacrificing taste and nutrition? Join us as we learn tips from a professional nutritionist who will provide helpful information and resources to feed your family better and for less cost.

**Keyword: Eating**

April 1	S	9-11 a.m.	\$19
LIVE Online, Zoom	Baden	AREA-4466-TCSHA	
April 11	T	6:30-8:30 p.m.	\$19
LIVE Online, Zoom	Baden	AREA-4466-TCSHB	

## 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**

May 18	Th	6:30-8 p.m.	\$19
LIVE Online, Zoom	Carr	AREA-4396-TCSHA	



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.

## NEW! Let's Do Lunch: Understanding Nutrition Labels

Focus on a healthier you by learning more about the nutrition labels on foods.



**Keyword: Labels**

April 4	T	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSFG	

## 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 [scbookstore.com](http://scbookstore.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 now through June 24. All coursework needs to be completed by June 30.

**Keyword: Protection**

Online	Williams-Lamb	\$65	FSDT-3000-WBUA
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## 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](mailto:vrethmeier@southeast.edu) for registration details.** Cost \$99 per person.

## 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 [southeast.edu/course](http://southeast.edu/course). If you have further questions, call 402-437-2727 or email [course@southeast.edu](mailto:course@southeast.edu).

## 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)

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

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

**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.



# 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**. **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.

\* 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 [southeast.edu/collegecatalog](http://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>
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<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. 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. [southeast.edu/diversity](http://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.