

## 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.mNoon	\$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.mNoon	\$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.mNoon	\$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.mNoon	\$39
Lincoln, CEC, 104	Hickey	LLLX-0535-CESA	

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

#### 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.mNoon	\$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.mNoon	\$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: Ple
June 10	S	9 a.mNoon	\$39
Lincoln, CEC, 104	Harper	LLLX-0165-CEUA	

**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.mNoon	\$39
Lincoln, CEC, 104	Niemann	LLLX-1613-CESB	

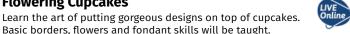
#### **Sugar Cookie Party**

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.mNoon	\$39
Lincoln, CEC, 104	Harper	LLLX-2053-CESB	

#### **Flowering Cupcakes**



April 4

. LIVE Online, Zoom

No experience necessary. A supply list will be emailed one week prior to class.

			Keyword: Cupcakes
April 4	Т	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCSPB	

#### **NEW!** Field Meals to Go

Get ready to hit the field or road with new family- and farmerapproved 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	т	6-8 p.m.	\$19
LIVE Online, Zoom		AREA-4465-TCSFA	

#### **NEW!** Eating Well on a Shoestring Budget

Basic borders, flowers and fondant skills will be taught.

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	Т	6:30-8:30 p.m.	\$19
LIVE Online, Zoom	Baden	AREA-4466-TCSHB	

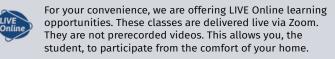
#### Air Fryer 101

Did you know the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air frver. helpful accessories, cleaning practices, and tasty recipes you can make.



Keyword Fryer

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



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

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

Keyword: Labels	Olline
Noon-1 p.m.	\$10
AREA-6665-TCSFG	

## Food Protection Manager Online Class

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

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

#### 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 vour 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.

### 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. If you have further questions, call 402-437-2727 or email 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 continuinged@southeast.edu

#### Check out all classes offered at southeast.edu/continuing Find us on Facebook<sup>®</sup> at 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.

- 1. 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.
- 5. 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.
- 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.

\* 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 🔀 📺 🝳

Community college DI FASE DRINT			with pay on, 301 S	Dn Form - Non-Credit Course with payment information and send via mail to Southeast Community College, vn, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703 ts, but does not require, a student provide their Social Security number during the admissions process. Visit southeast.edu/				L	Today's Date		
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	Name as it appears on card:	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				
	Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)	information contained herein is correct as sh	own; and 5) any changes in SSN, legal n	name, address, residency, etc. must follow the College nity co-educational college and does not discriminate based		
	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.	on race, color, religion, sex*, age, marital stat	us, national origin, ethnicity, veteran st sity * The U.S. Department of Educati	tatus, sexual orientation, disability, or other factors prohibited ion's Office for Civil Rights enforces Title IX's prohibition on		

