

## Foods

Summer 2023

### NEW! Truly Mexican: Calabacitas Con Carne de Puerco

Join Lupe as she cooks up a beloved Mexican dish served with arroz con rajas, Mexican corn on the cob, Barritas de Limon, and agua fresca.

Bring to class: an apron and small containers, should there be any leftovers.

**Keyword: Mexican**

Aug. 5	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1939-CEUA	

### NEW! Truly Mexican: Pozole Roho

So delicioso, this meal will make you smile. Lupe will guide you through Pozole Rojo, lime cilantro rice, refried bean tostadas, flan, and agua fresca.

Bring to class: an apron and small containers, should there be any leftovers.

**Keyword: Mexican**

Sept. 16	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1940-CEFA	

### NEW! Truly Mexican: Gluten Free Chicken in Jalapeno Cream

This is a Truly Mexican gluten free entrée and sides that include red rice, spicy black beans, crepes made with oatmeal flour and filled with fruit and whipped cream, and agua fresca.

Bring to class: an apron and small containers, should there be any leftovers.

**Keyword: Mexican**

Sept. 30	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Hickey	LLLX-1941-CEFA	



### NEW! Pot de Crème

Pots de crème translates from the French to "jars of cream," however, the name undersells how tasty this dish is. You also will make spiced nuts and fresh whipped cream.

Bring to class: a large baking dish or 10-12 single serve-sized ramekins, a 9-inch by 13-inch cake pan, 2-cup Pyrex-type measuring cup, whisk, and containers to take everything home. Optional: hand or stand mixer. Wear closed-toe shoes and a hair restraint.

**Keyword: Creme**

July 29	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0162-CEUA	

### NEW! Living Landscape: Getting to Know Common Landscaping Plants as Food, Medicine & More

It is so easy to overlook the food and medicine that is hiding in plain sight all around us. It may seem as though there are more options in the country or on a farm than there are in the city, but that isn't necessarily true. There are many popular landscaping plants that are so much more than ornamental. We will look at common landscaping plants you can eat or safely use in food for their beauty, work with medicinally and those that are dangerous to consume and how to identify them.

**Keyword: Landscape**

July 15	S	10 a.m.-Noon	\$29
Lincoln, CEC, 404	Moorhead	LLLX-0221-CEUA	



### Whether You Knead It or Not: Cream Puffs

Pate au Choux is a versatile dough that can be used for both sweet and savory dishes. You will make the dough and turn it into cream puffs and profiteroles with a crunchy craquelin (cracker) top. As a class we will make a Bavarian cream, strawberry fool and chocolate whipped cream filling.

Bring to class: 2-cup Pyrex-type liquid measuring cup, whisk, high-heat spatula for stirring hot liquids, rolling pin, two baking sheets, and containers to take your cream puffs home. Optional: stand or hand mixer. Wear closed-toe shoes and a hair restraint.

**Keyword: Knead**

July 15	S	9 a.m.-Noon	\$30
Lincoln, CEC, 104	Harper	LLLX-0157-CEUA	

### On Boards: Casually Chic Spreads

The charcuterie board is the essence of easy entertaining; a go to for hosts and a fan favorite! It's extremely flexible to create and requires zero culinary skills! Not only will you discover lots of ideas and tricks, but you also will get to keep the wood hand-crafted charcuterie board that is provided in class.

Bring to class: box of your favorite crackers, along with your imagination and creativity.

**Keyword: Boards**

Aug. 19	S	9 a.m.-Noon	\$59
Lincoln, CEC, 104	Coatney	LLLX-1656-CEUA	

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

#### Location Key

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

## 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, as well as 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 closed-toe shoes and a hair restraint.

**Keyword: Macarons**

Sept. 23	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0159-CEFA	

## 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**

July 22	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Niemann	LLLX-1613-CEUA	

## Beginning Cake Decorating

If you admire beautiful bakery cakes and want to save money and bake delicious cakes and beautifully decorate them, this unique opportunity is for you! Discover how to make a great cake as the base for your newly acquired decorating skills. Create borders, writing, flowers, and so much more. Don't miss this opportunity!

The first class will meet on Saturday, Aug. 12 (9 a.m.-noon) as you discover how to bake a better cake. Your decorating class begins on Tuesday, Aug. 15 (6-8 p.m.).

A supply list for the cake class and decorating class, along with the frosting recipe, will be emailed to you upon registration so BE SURE TO INCLUDE YOUR EMAIL ADDRESS.

**Keyword: Cake**

Aug. 12	S	9 a.m.-Noon	\$79
& Aug. 15-Sept. 12	T	6-8 p.m.	
Lincoln, CEC, 104	Harper	FSDT-3019-CEUA	

## 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: Pies**

Sept. 9	S	9 a.m.-Noon	\$39
Lincoln, CEC, 104	Harper	LLLX-0165-CEFA	

## 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).

## 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.

There is a \$5 fee payable in class. Check or cash only for supplies.

**Keyword: Meals**

Sept. 7	Th	6-8 p.m.	\$19
LIVE Online, Zoom		AREA-4465-TCFFA	

## 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.

**Keyword: Fryer**

Aug. 1	T	6:30-8 p.m.	\$19
LIVE Online, Zoom	Fangmeier	AREA-4396-TCUHA	

## 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 SCC locations in Lincoln, Beatrice, Hebron, Nebraska City, and York.

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](http://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
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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 Certified Dietary Manager 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 is \$99 per person.

### Location Key

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



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.

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](https://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>
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**.

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.

\* 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

**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. [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.

301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • 800-828-0072 • FAX 402-437-2703  
[southeast.edu/continuing](http://southeast.edu/continuing)



**Southeast Community College**  
CONTINUING EDUCATION