

# Foods

## Winter 2024



### Winter Comfort: Breads, Fresh from the Oven!

*Hands-on / Demonstration Class*

There is nothing like the smell of fresh bread baking or the taste of warm bread as you pull it apart and the steam releases. We'll introduce you to the versatile artisan bread that can be used in so many different ways.

There is a \$10 fee (cash or check only) payable in class.

**Keyword: Breads**

Jan. 25	Th	6-9 p.m.	\$39
Plattsmouth, PLLC, 102	Potter	AREA-4577-PLSA	

### Let's Get Saucy!

There are five "mother" sauces: veloute, bechamel, esonole (sauce brown), hollandaise, and tomato. From these sauces, there are endless variations so there's no limit to the sauce making possibilities. We'll learn about "roux," "mise en place" and deglazing. Come hungry as we'll taste the fruits of our labor!

There is a \$15 fee (cash or check only) payable in class.

**Keyword: Sauces**

Feb. 8	Th	6:30-9 p.m.	\$29
Plattsmouth, PLLC, 102	Potter	AREA-4514-PLSA	

### Basic Art of Cookie Decorating

You will learn the basics of decorating cookies from preparing a cookie for decorating to creating the perfect icing and color to using the correct tools and techniques. The finished product will be a work of art!

Space is limited for this festive/seasonal-themed class showcasing six designs. You will leave class with a dozen beautifully decorated cookies. **Keyword: Cookie**

Feb. 8	Th	6:30-9:30 p.m.	\$59
Plattsmouth, PLLC, 102	Wolcott	AREA-4590-PLSA	

#### Location Key

Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.

For more information, contact **Lyn Belitz** at 402-437-2298 or lbelitz@southeast.edu

### Flourishing 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**

Jan. 27	S	2-5 p.m.	\$29
LIVE Online, Zoom	Wolcott		
Registration Deadline: Jan. 21		AREA-4588-TCSPA	

### NEW! Valentines from My Kitchen . . . Cupcake Bento Box



Bento boxes are all the rage and will elevate your simple cake to one that will WOW the recipient! Sit back and enjoy a demonstration of how to put together a small cake and coordinating cupcakes for any event. We will talk about recipes, equipment for baking and decorating as well as simple decorating techniques to make a bento box for any occasion. **Keyword: Valentines**

Jan. 27	S	10 a.m.-Noon	\$29
LIVE Online, Zoom	Harper	LLLX-1651-TCSCA	

### Make Ahead: Freezer Meals, Tips & Tricks



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**

March 12	T	6-8 p.m.	\$24
LIVE Online, Zoom	Sommerhalder	AREA-4420-TCSCA	

### 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 for registration details.** Cost is \$99 per person.



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

**Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues?** Contact your Learning Center to see if other options are available.

Check out all classes offered at [southeast.edu/PlattsmouthLC](https://southeast.edu/PlattsmouthLC)  
Find us on Facebook® at [facebook.com/SCCLearningCenteratPlattsmouth](https://facebook.com/SCCLearningCenteratPlattsmouth)

# 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

\* Required

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [southeast.edu/academics/college-catalog.php](http://southeast.edu/academics/college-catalog.php) 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			* <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home		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 (must be included) (Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

V Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Exp. Date \_\_\_\_\_ CC # \_\_\_\_\_

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? <input type="checkbox"/> Yes <input type="checkbox"/> No
---

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/about/other-scc-departments/access-equity-diversity-title-ix/index.php](http://southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php) \* 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.

SCC Staff Tuition Waiver	( )
<b>TOTAL DUE</b>	
<b>FOR OFFICE USE ONLY</b>	
ID#	_____
DE	_____