

In the Kitchen



If there is a
recipe for success
in life,
it starts with
picking the right
ingredients!

Great Main Dishes - NO Meat!

Laurel Severson

Tired of beef? Create **Risotto with Porcini Mushrooms, Tofu Stroganoff**, a hearty **Garbanzo Bean and Lentil Soup, Black-eyed Peas with Cabbage** and **Cheese Chili with Kidney Beans and Bulgur, Quinoa Salad with Bell Peppers and Olives**, and the famous **Nepali Dhal** using lentils. Plan to give instructor \$14 for consumables and supplies. **LAUREL SEVERSON** is a graduate of the U of M with a double major in Home Ec and Education and works in many Community Ed departments throughout the Metro area.

#51110A

Thu Jan 24

6-9 pm

Sr. High, #C320

\$29-1 ses

Great Minnesota Hot Dishes! **NEW**

Laurel Severson

Create up to 15 sensational dishes including: **Beef, Pork and Sauerkraut; Pork Loin with Dried Apricots and Cherries; Beef and Spinach (or Broccoli); Eggplant and Cheese; Chicken Cobbler with Carrots, Mushrooms and Peas; Lentils and Vegetables;** and **Baked Penne Pasta with Chicken, Broccoli and Mushrooms** to name a few. A blend of diverse ethnic influences to create sensational food, easy to prepare, a pleasure to serve and a delight to eat – **you betcha!** Plan to give instructor \$15 for consumables and supplies.

#51187A

Mon Feb 11

6-9 pm

Sr. High, #C320

\$29-1 ses

Perfect Pasta

Laurel Severson

Bring a ray of Italian sunshine into your kitchen by creating homemade pasta using a few basic ingredients. Mix by hand or try a food processor. Use a pasta machine to roll and cut or go “low tech” by rolling/cutting by hand. Compare basic pasta with several recipe variations including spinach pasta. Savor your fresh pasta with **Classic Meat Sauce, Classic Tomato Sauce, Gorgonzola Sauce** and a **Quick Alfredo Sauce**. Freshly grated Parmigiano-Reggiano cheese is a must to taste as well as topping your pasta with **Almond Pesto, Classic Basic-Garlic Pesto** and a **Walnut-Basic Pesto**. Nutritious, economical and easy to prepare. Plan to give instructor \$12 for consumables and supplies.

#51188A

Thu Mar 7

6-9 pm

Sr. High, #C320

\$29-1 ses

Traditional Southern Cooking - A Dinner **NEW** Laurel Severson

Beginning in the 1690's, food in the U.S. deep south was heavily influenced by early settlers from France, Germany and Spain. Slaves from Senegal, Africa, then Cuban refugees and Cajuns from Nova Scotia, Canada, also contributed to the medley of flavors using local seafood, vegetables, poultry, livestock and, pecans. Create a memorable meal to include: **Crab Dip, traditional Cheese Straws, Gumbo, Jambalaya, Red Beans and Rice, Buttermilk Biscuits Cheese Grits, Pecan Praline Candy** and traditional **Bread Pudding with Bourbon Sauce**. Plan to give instructor \$15 for consumables and supplies.

#51189A

Tue Apr 9

6-9 pm

Sr. High, #C320

\$29-1 ses

In the Kitchen



HASTINGS HIGH SCHOOL

200 General Sieben Dr - Door #22 Entrance

For evening or weekend classes, please park in the Lower East Lot where signs indicated Student Parking and enter thru the doors marked #22. Then, check in at receptionist desk just inside the doors. (Photo courtesy of Empirehouse, Inc., Glazing Specialist.)

Basic Cake Decorating Ages 12+

Diana Hirte

Become your own cake boss! Decorate an 8" celebration cake to take home and gain skills in shell boarders, writing, and star fill-in work. Starter kits available to take home for an additional \$12. *Plan to give instructor \$12 for consumables and supplies.*

#51106A Tue Jan 8 6:30-8:30 pm Sr. High, #C320 \$29-1 ses

Gumpaste-Fondant **NEW**

Roses & Flowers Ages 12+

Diana Hirte

Become a cake artist! With personal, hands-on training, learn how to make beautiful flowers, including roses, lilies, carnations, calla lilies, daisies and more - using Gumpaste. Complete 8 flowers in class to take home and use on your own special cake or cupcakes – or other project. A mixture of Gumpaste and Fondant will be used to make these flowers. *Plan to give instructor \$15 for consumables and supplies.*

#51107A Tue Feb 5 6-9 pm Sr. High, #C320 \$35-1 ses

Fondant Covered Cakes Ages 12+ **NEW**

Diana Hirte

Learn how easy it is to cover your cakes with fondant. Cover a cake with fondant and then use fondant decorations to decorate your 8" cake to take home. *Plan to give instructor \$12 for consumables and supplies.*

#51195A Thu Apr 11 6:30-8:30 pm Sr. High, #C320 \$29-1 ses

Spectacular Cupcake Decorations Ages 12+ **NEW** Diana Hirte

Practice creating your own spectacularly decorated cupcakes. Make a pair of high-heel cupcakes, buttercream hydrangeas, sunflowers and more. Learn some basic techniques that work on larger cakes, too. Decorate 10 or more cupcakes in class to take home. *Plan to give instructor \$12 at class for consumables and supplies.*

#51196A Tue Apr 16 6:30-8:30 pm Sr. High, #C320 \$29-1 ses

Hastings High School

200 General Sieben Dr - Use Door #22

For evening or weekend classes, please park in the Lower East Lot/Student Parking and enter thru the doors marked #22. Then, check in at receptionist desk just inside the doors.

To register, call
651-480-7670 or go online to
www.HastingsCommunityEd.com



In the Kitchen

Cooking with an Instant Pot

Deb Ottman

Save time in the kitchen! Make main courses, vegetables, soups, and desserts in class. Sample recipes and learn about the electric pressure cooker. *****Please let us know when registering if you already own an Instant Pot/ electric pressure cooker and can bring it to class. Bring your appetite, containers for leftovers, and your electric pressure cooker.** If you do not have one, please let Penny know at ppeters2@prescott.k12.wi.us. We will use everyone's to make various dishes. Offered in partnership with Prescott Community Education. **LOCATION: 1010 Dexter St, Prescott, WI 54021. DEB OTTMAN has taught for 22 years, 14 of which have been at River Falls High School. She is married with two children, loves to read, sew, knit, cook & do many crafts. Register by: January 30th**



#511185B Thu Feb 7 5:30-8:30 pm Prescott High School, #106 \$35-1 ses

Instant Pot Freezer Meals! **NEW**

Deb Ottman

You love your Instant Pot/electric pressure cooker, *but how can we make it even more simple?* Freezer meals! Make and take home 10 meals. A list of materials will be sent to you once you have signed up and will be available online as well. **Please bring freezer storage containers** that, once your product is thawed a little, you can slide it into the inner liner of your Instant Pot. Offered in partnership with Prescott Community Education. **LOCATION: 1010 Dexter St, Prescott, WI 54021.**

#511134A Thu Feb 28 5:30-8:30 pm Prescott High School, #106 \$35-1 ses

What CAN I Eat ?!? **NEW**

Laura Devine

Low Fat? High Fat? Low Carb? High Carb? Gluten-Free? Paleo? Dairy-Free? With so much information out there, it's hard to know what to eat! Discover a simple, easy-to-follow guide to foods that cause pain and inflammation in the body and foods that nourish and heal. Discover exactly what to eat to heal the body naturally, lose weight, and feel great!

#511193A Mon Feb 11 6:30-8 pm Tilden Com Ctr, #108 \$15-1 ses

Intermittent Fasting **NEW**

Ramona Westerberg

Intermittent fasting goes well with the keto lifestyle. Fasting is not about starving yourself. When done right, it's an incredibly effective therapeutic approach that produces amazing results for weight loss. If you are looking to take your keto life style to the next level we will be learning about a variety of fasting protocols that can help you get to your goals.

#511128A Tue Mar 5 6:30-8:30 pm Tilden Com Ctr, #108 \$15-1 ses

The Keto Diet - Where to Begin! **NEW**

Laura Devine

Learn how to ditch the carbs, embrace the fat, and feel the health benefits of the Keto life! (See full description on page 6.)

#511192A Wed Mar 6 6:30-8 pm Tilden Com Ctr, #108 \$15-1 ses

Keto Lifestyle 101 **NEW**

Ramona Westerberg

Go from a sugar burner to a fat burner. This is the basis behind the ketogenic diet. (See full description on page 6.) Proven tips!

#511127A Thu Jan 24 6:30-8:30 pm Tilden Com Ctr, #108 \$15-1 ses