

food

Yummy

#3001 A

Barbeque

Learn Guy's taste-tested techniques of smoking and grilling. We'll review sauces, marinades and dry rubs. Come hungry! Samples prepared prior to and during the class will include ribs, brisket, chicken, fish and others. The convener is an American Royal Rib Champion and winner of over 50 ribbons. Please bring \$15 to class for materials.

CONVENER: Guy Simpson (913-631-3233)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 5; 6:00 PM - 7:30 PM; 14004 W. 69th, Shawnee Mission, KS, taking I-35, exit at 67th st; go west 3 miles until reaching Cottonwood (between Pflumm & Midland Dr.); left on Cottonwood; turn right on 69th St; corner house; LIMIT: 49

Teach

a Community Class

Share What You Know With Others

Call 816-235-1448 for information

#3002 A

Cake Decorating for Beginners

Come learn the basics of cake decorating. You'll learn to pipe a border, do a basket weave and simple piped flowers. Please bring a frosted cake and \$20 to class for a beginner's decorating kit, frosting and other materials. Anne has been creating special occasion cakes for 6 years and is owner of Sweet Tooth Specialty Cakes.

CONVENER: Anne Calvert Bettis (816-822-9079)

E-mail: anne@claranen.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 5; 6:30 PM - 9:00 PM; 729 E. 70th St., KCMO 64131; LIMIT: 8

#3003 A

No Reservations

Have you ever wanted to know the perfect entrée for that perfect someone special? Be it an anniversary, a birthday, or a first date, the first step is knowing what to make. This course is designed to create fun, simple and sexy dishes to please your partner in more ways than one. Oliver has cooked for couples in all types of local restaurants from Grand St. Café to Café Rumi and even when he strikes out with his dates, his friends always enjoy the leftovers! Please bring \$15 to class for materials.

CONVENER: Oliver Hedenkamp (816-853-5655)

E-mail: Ohedenkamp@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 19; 6:00 PM - 8:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 12

#3004 A

Healing Soups and Seasonal Stews

Learn about a variety of foods and herbs to incorporate in soups to enhance your well being. We will make a tasty soup with vegetables and medicinal herbs suitable for summer. Individual needs will be discussed and suggestions for personal dietary changes will be addressed.

CONVENER: Regina Compermolle

CLASS FEE: \$9 + \$10 food fee = \$19

Sec. A: 1 session; Monday, June 23; 6:00 PM - 8:00 PM; Call Regina for directions.; LIMIT: 15

#3005 A

Whole Grain Bread Making

We will learn the basics of bread baking from sponge to oven. Participants will incorporate a variety of grains into a delicious and nutritious dough, making bread from scratch for loaves and honey cinnamon rolls.

CONVENER: Regina Compermolle

CLASS FEE: \$9 + \$10 food fee = \$19

Sec. A: 1 session; Monday, July 7; 6:00 PM - 8:00 PM; Call Regina for directions.; LIMIT: 15

#3006 A

Cooking with the Heat of the Sun

At 10 AM sharp, we will hurry to get our lunch (mostly vegetarian, organic and locally grown) into a variety of different solar cookers. Then we will relax, watch a video on solar cooking and build a working solar cooker out of cardboard boxes, which someone in the class will take home. Then we'll eat the food we cooked and discuss the benefits of solar cooking in Kansas City and the world: reduced carbon footprint, water sterilization, status of women in Third World Countries, countering deforestation, etc. You'll get a handout pointing you to internet resources so that you can learn more later. Lynn became interested in solar cooking in 1976 when she met Barbara Kerr, a founder of Solar Cooking International.

CONVENER: Lynn Snyder

E-mail: kelsoimp-communiversity@yahoo.com

CLASS FEE: \$9 + \$7 food fee = \$19

Sec. A: 1 session; Saturday, July 19; 10:00 AM - 2:00 PM; 3526 Terrace St., KCMO (from 39th and State Line, take State Line, Bell or Genessee north to 35th Terrace (Not 35th Street). Take a right (east) on 35th Terrace); LIMIT: 12

Ethnic

#3101 A

Don't Fear the Stirring— How to Make Risotto!

NEW

We will talk about the difference between regular rice and risotto, why it has to be cooked differently and best of all how to make and enjoy it! We will make two different types of risotto and everyone will get a chance to stir and eat! After this class, you will want to make risotto all the time! Leslie is a self taught cook and personal chef. Please bring \$5 for materials.

CONVENER: Leslie Sampson E-mail: lesary@hotmail.com

Web site: www.eliteentrees.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, July 9; 6:00 PM - 8:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 15

#3103 A

Indian Cooking: Chicken Tikka Masala

Learn to make this Indian favorite: Chicken marinated in yogurt and spices and then served in a tomato cream sauce. You'll learn to cook this dish from scratch using traditional spices and techniques. Ajay ran an Indian grocery store and was often asked how to use Indian spices. He now teaches cooking classes along with his wife and his mother.

CONVENER: Ajay Sood (913-268-3608 or 913-963-1787)

E-mail: ajappel123@yahoo.com

CLASS FEE: \$9 + \$12 material fee = \$21

Sec. A: 1 session; Wednesday, June 18; 6:00 PM - 8:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 12

#3104 A

Vegetarian Ethiopian Cooking

Learn centuries-old Ethiopian traditional cooking. Learn to use Ethiopian spices in this hands-on class. Learn to prepare injera (soft, spongy and flat national bread), gomen (Collard greens), and atiklet watt (cabbage, carrots and potatoes). You'll receive complete instructions on how to prepare this unique cuisine.

CONVENER: Daniel Fikru (816-283-0990)

E-mail: dfikrud@yahoo.com; Web site: kcbluenilecafe.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Monday, June 16; 5:00 PM - 7:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 12

#3105 A

Midwest Mexican Cooking "Got Tacos?"

Learn how this popular yet simple recipe of Tacos and Rice can be the hit of your next party. Hands-on experience will be your guide to endless entertaining by customizing with a wide variety of your own special ingredients. Come and make it your own! Local mother and daughter team up to demonstrate the preparation of their adapted traditional family recipes with twenty-plus years of experience in food service.

CONVENER: Anna Walker (913-262-7200) & Christine Gallegos

E-mail: a_walker2001@yahoo.com

CLASS FEE: \$9 + \$12 material fee = \$21

Sec. A: 1 session; Thursday June 5; 6:00 PM - 8:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 12

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#3106 A

Intro to Filipino Cuisine

NEW

A fun cooking class to introduce Filipino food! Just as the Filipinos are part Malay, Chinese and Spanish, so is the cuisine of the seven-thousand-island Philippine nation. Students will learn some simple traditional Filipino recipes that have been passed on from my mother (a native from the Philippines) including: Caldereta (spicy beef stew), Sinigang (tamarind seafood soup), egg pie for dessert (like flan with a crust).

CONVENER: Andrea Ramos (816-876-5351)

E-mail: dee0423@hotmail.com

CLASS FEE: \$9 + \$10 material fee = \$19

Sec. A: 1 session; Wednesday, June 11; 6:00 PM - 8:00 PM;
Aquirre Community Center, Kitchen, 2050 W. Pennway St.,
KCMO 64108; LIMIT: 15

Communiversy's Next

Wholistic Health Fair

Sunday, Nov. 9th—11 AM - 6 PM

Call 816-235-1448 for information

www.umkc.edu/commu

Vegetarian

#3201 A or B

Vegetarian Cooking Made Easy

If you want to eat less meat, or cut it out entirely, but need tips in how to cook vegetarian dishes, this practical class is for you. You'll learn what things to stock in your kitchen, how to use various meat substitutes, ways to use spices for great flavor, and get copies of favorite vegetarian recipes. Come get answers to all your questions about vegetarian cooking, and get on a healthier path for you and your family! Carol Meyer, an educator and massage therapist, has been a vegetarian and natural health advocate for years. Bring \$5 to class for handouts and food samples

CONVENER: Carol Meyer (913-677-8672)

E-mail: wisdomways@planetkc.com

Web site: www.wisdom-ways.org

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 26; 7:00 PM - 8:30 PM

Sec. B: 1 session; Tuesday, July 22; 7:00 PM - 8:30 PM

MEETS: 5019 W. 56th St., Roeland Park, KS, 3 blocks west of
Roe; LIMIT: 8

#3202 A

Two Too Spring Rolls VEGAN!!!

Learn to make fresh and fried spring rolls in this class. Add a couple of appropriate sauces "Extreme P-Nut" and "The Easiest Sweet and Sour on Earth." It's too delicious to miss, so grab a friend and two by two toil over to a tasty class. Recipes will be provided and we will consume our efforts. YUM! Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

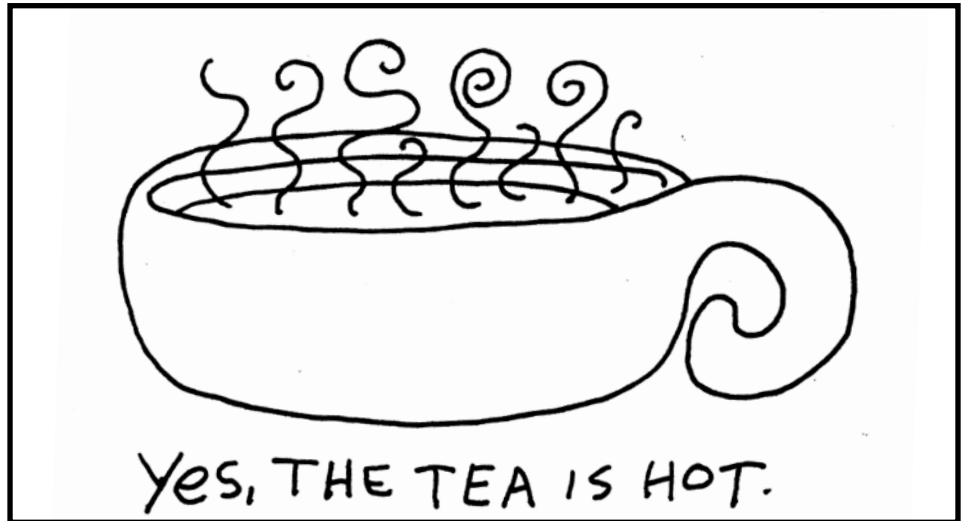
CONVENER: Zoe Lagrece (913-722-2628)

E-mail: zoelagrece@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, July 23; 6:00 PM - 8:00 PM;

Tony Aquirre Community Center, Kitchen, 2050 W. Pennway St.,
KCMO 64108; LIMIT: 12

**Drink**

#3301 A

Mead and Meadmaking

So you want to learn something about honeywine? This class is set up to offer people interested in meads and making meads a chance to try some and see what is involved. The sessions will cover sampling meads and a hands on how-to on bottling meads. You can buy or bring in a wine-beer making kit and make a mead that day to take home to ferment. Recipes, books and handouts, as well as trying homemade meads and sampling commercial varieties, are the key to learning about meads.

CONVENER: Andrew Bales (816-210-3512)

E-mail: trackdaysz@yahoo.com

CLASS FEE: \$14 + \$15 material fee = \$29

Sec. A: 2 sessions; Saturdays, beginning July 19; 2:00 PM -
5:00 PM; Homebrew Pro Shoppe, 14 SW 3rd St. Lee's Summit,
MO; LIMIT: 10

#3302 A

100 Proof Bartending

This course will take you through basic bar knowledge from commonly ordered drinks to advanced mixology. Incorporating beer and wine training, we'll look at flavor profiles and how they apply to creating your own unique cocktail. Whether you're contemplating a career change or wanting to master your entertaining skills; bartending etiquette, while highlighting personality, will help you tend a bar and keep your guests coming back.

CONVENER: Sarah Gumpert (913-231-4022)

E-mail: sargum13@gmail.com

CLASS FEE: \$14 + \$15 material fee = \$29

Sec. A: 2 sessions; Sundays, beginning June 15; 3:00 PM -
5:00 PM; Location to be announced; LIMIT: 15

#3303 A

Herbal Tea Blends

Come play with a variety of healthful delicious herbs for tea. Participants will make a personal tea blend to compliment health needs and personal taste.

CONVENER: Regina Compemolle

CLASS FEE: \$9 + \$10 material fee = \$19

Sec. A: 1 session; Monday, June 30; 6:00 PM - 8:00 PM;

Call Regina for directions.; LIMIT: 15

#3304 A or B

Introduction to Tea

Did you know that tea is the second most popular beverage in the world, one step behind water? We will prepare, taste and discuss the different types of tea while learning about its history, varieties, cultural backgrounds and rituals, health benefits, and different methods of preparation. Everyone will receive a sample of their choice to take home. Keith manages Temple Slug, a local retail store, which was founded in 1970 by Bob Gamer, his step-dad. Being half British and Chinese, Keith represents two of the major tea cultures and has been drinking it all his life- you might say it's in his blood :-)

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keithb@templeslug.com

Web site: www.templeslug.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Sundays, June 15; 2:00 PM - 4:00 PM;

Sec. B: 1 session; Sundays, Sept. 7; 2:00 PM - 4:00 PM;

MEETS: Temple Slug, 4303 Jefferson, KCMO; LIMIT: 8

Canine Cookery

#3501 A or B

The Art of Dog Biscuit Baking

NEW

This is an interactive class for participants interested in learning the basics in baking homemade treats for your dog. Students will help create from start to finish our homemade dog treats, and take home their creations. Annette is a dog lover who has developed an all-natural recipe for dog biscuits. They have been taste-tested for many months on her dog Sunny. Please bring \$10 to class materials: recipe, dog biscuits, biscuit mix.

CONVENER: Annette LePique (816-305-5951)

E-mail: AnnetteL@reeceandnichols.com

Web site: www.AnnetteLePique.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 23; 6:00 PM - 8:00 PM;

Sec. B: 1 session; Monday, July 21; 6:00 PM - 9:00 PM;

MEETS: 1009 W 85th Terrace, KC MO 64114; LIMIT: 6