

food

The Pantry

#3001 A

Easy Jam Making



Learn how to make simple jams in your own kitchen! You'll learn to use fresh fruit or things from your pantry to amaze your friends. We'll make a jelly and a jam using fresh fruit and one using dried fruit. You'll take a few jars home with you to share.

CONVENER: Nicole Morrow

E-mail: nicole@kcurbanityouthcenter.org

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

Sec. A: 1 session; Saturday, June 27; 10:00 AM - 12:00 PM; Tony Aguirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 10

#3002 A

Two Dollar Home Cooked Meals



Learn the skills necessary to create delicious, fresh home cooked meals for two dollars or less per serving. We will explore menu planning, shopping and preparation for economically responsible meals as an alternative to dining out. Shannon is a corporate executive chef with over 20 years of experience in the food service industry.

CONVENER: Shannon Johnson (913-890-0153)

CLASS FEE: \$15 (no material fee)

Sec. A: 3 sessions; Tuesdays, beginning July 14; 6:00 PM - 8:00 PM; Tomahawk Ridge Community Center, 111902 Lowell, OPKS 66213 (119th & Lowell); LIMIT: 10

#3003 A

Easy Egg Rolls



Learn to make very simple, yet scrumptious egg rolls. Everyone in the class gets to take a turn or two at the "stuff-and-roll" process! Class will cover some variations and the best part is the samples! Please bring \$5 to class to cover the cost of food.

CONVENER: Heather Sprigler

CLASS FEE: \$9

Sec. A: 1 session; Sunday, July 12; 1:00 PM - 3:00 PM; Sprigler, 6409 Peery Ave. Kansas City, MO 64126. Go to I-435 & Truman Rd. Go west at end of off-ramp (over the Truman Rd. bridge.) Take a right on Bennington Proceed through stoplight at 12th St. Take first left (Peery Ave.) House is on left (blue and white); LIMIT: 7

#3004 A

Weave a Pie Crust! And Make a Half-n-Half Pie!

Pie crust weaving seems to be a dying art. Fake weaves or no weaves abound. Come and learn to weave your crust and impress your friends! You can make two flavors in one, cherry and apple or peach and strawberry. Bring: two different cans of filling and a pastry cutter. Take home a ready-to-bake pie or save by freezing! Please bring \$3 to class for materials. Gabrielle learned to weave a pie crust as a child from her father.

CONVENER: Gabrielle Lawson Person;

E-mail: rgllist@earthlink.net; Web site: gabrielle.sytes.net

CLASS FEE: \$9

Sec. A: 1 session; Thursday, July 2; 7:00 PM - 8:30 PM; Tony Aguirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 6

#3005 A

Midwest Mexican Cooking: Salsa Heat

What could be easier to prepare than a refreshing tangy salsa from our summer garden crop? We will scale the heat index and find our comfort zone using chilies in a variety of salsas. Then we'll top the chart with crunchy tostadas that are sure to find a place on your fiesta menu! Conveners, mother and daughter, who have teamed up to present adapted traditional family recipes handed down through generations along with over 20 years of experience in food service.

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

E-mail: a_walker2001@yahoo.com

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

Sec. A: 1 session; Thursday, June 11; 6:00 PM - 8:00 PM; Tony Aguirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 12

#3006 A

Legends of Barbeque



Learn how to prepare chicken, ribs, pork butt and brisket like the pros. We'll review sauces, marinades and rubs. You'll learn the secrets of great BBQ from the "Legends of Barbecue": Guy Simpson (KC Rib Doctor) and Paul Kirk (K.C. Baron of BBQ) with over 50 years of competition and teaching between them. Please bring \$20 to class for food/materials.

CONVENER: Guy Simpson & Paul Kirk (913-525-3200)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 16; 6:00 PM - 8:00 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: 40

#3007 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, that someone in the class will take home. We'll eat the food we cook and discuss the benefits of solar cooking in Kansas City and the world: 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. Join us as we begin reducing our carbon footprint one solar oven at a time.

CONVENER: Lynn L. Snyder, Martha Haehl, & Bill Price

E-mail: kelsoimp-communiversity@yahoo.com

CLASS FEE: \$9 + \$7 material fee = \$16

Sec. A: 1 session; Saturday, July 11; 10:00 AM - 2:00 PM; 3526 Terrace, KCMO; LIMIT: 15

Ethnic

#3101 A or B

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 & Sabira Sood (913-268-3608 or

913-963-1787); E-mail: ajappel123@yahoo.com

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

Sec. A: 1 session; Friday, July 17;

Sec. B: 1 session; Wednesday, August 19;

MEETS: 6:00 PM - 8:00 PM; Tony Aguirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 15

#3102 A

The Cuisine of Veracruz



Mexican cuisine is varied by region just like everywhere else in the world. You'll learn to make picadas, one of the favorite dishes from the Veracruz region. Picadas are a little like a tostada but we'll fry the masa dough a lot thicker, top it off with your choice of meat, Mexican cheese, avocado, sauce and black beans. The owner and chef at Tienda Casa Paloma will instruct you on how to make it all from scratch. We'll feast on the results.

CONVENER: Armando Cid (913-385-9044)

CLASS FEE: \$9 (No material fee)

Sec. A: 1 session; Monday, June 15; 3:00 PM - 5:00 PM; Tienda Casa Paloma, 8220 Metcalf Ave., Overland Park, KS 66204; LIMIT: 10

#3103 A

Summer Sushi

Learn to make Sushi at home from cooking and seasoning the rice to slicing the finished rolls. We'll include Sashimi (sliced raw fish) for the not so squeamish and vegan options. Discover all the special accoutrements that make Sushi memorable. Of course we'll eat the results. Recipes provided. 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 15; 6:00 PM - 8:00 PM;

Tony Aguirre 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), misir watt (red lentils in berbere sauce), 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: kclubenilecafe.com

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

Sec. A: 1 session; Monday, June 15; 5:00 PM - 7:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 16

Vegetarian

#3201 A or B

Vegetarian Cooking Made Easy

If you want to eat less or no meat, 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 \$8 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; Tuesday, July 21;

Sec. B: 1 session; Thursday, August 27;

MEETS: 7:00 PM - 8:45 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 10

#3202 A

Raw Food Basics

Discover how delicious and healthful raw food can be. In four hours we'll prepare nut milk, two salads with dressing, wheat-free pasta, non-dairy alfredo sauce and a marinara sauce. We'll feast as we work preparing the food. You'll leave with great suggestions on how to incorporate raw food in your busy life. Gwyneth is a holistic health educator.

CONVENER: Gwyneth Jones

CLASS FEE: \$9 + \$25 material fee = \$34

Sec. A: 1 session; Saturday, June 20; 10:00 AM - 2:00 PM;

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

Drink

#3301 A or B

Great Wines for the Unpretentious (Under \$15 a Bottle)

Drinking wine is easy: tilt glass and swallow. Tasting wine is far more of a challenge. You need special tools, the proper environment, keen concentration, a good memory and a vivid imagination... So are you up for the challenge? In this class you will learn about: getting your nose into wine. Taste: more than just swallowing. Wine Vocabulary: all those funny words. Learn how to taste by closing your eyes. The instructor has worked in fine dining establishments for many years, advising customers as to the types of wine available and the qualities of each type of wine.

CONVENER: Neal Herl (913-669-0875) E-mail: nherl@kc.rr.com

CLASS FEE: \$9 + \$20 material fee = \$29

Sec. A (Whites): 1 sessions; Thursday, beginning June 11;

Sec. B (Reds): 1 sessions; Thursday, beginning June 18;

MEETS: 6:30 PM - 8:00 PM; Location to be announced; LIMIT: 12

#3302 A

Beer Appreciation 101

This class is a basic introduction to the world of beer. It is held at Boulevard Brewing Company and features an educational tour and sampling with Neil Witte, the brewery's Field Quality Manager and certified Cicerone, who is also a former brewer at Boulevard. Included in the class are details on the brewing process and ingredients, beer styles, flavor evaluation and the basics of pairing beer and food.

CONVENER: Neil Witte Web site: www.boulevard.com

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

Sec. A: 2 sessions; Tuesday & Thursday, August 18 & 20; 6:00 PM - 8:00 PM; Boulevard Brewing Co., 2501 Southwest Blvd., KCMO; LIMIT: 20

#3303 A

Heart of the New Beer-merica

Kansas City is a great beer town ... and McCoy's Public House & The Foundry in Westport are at the heart of it all. Taste the latest beers brewed on the premises and from around the world. Sample the spent brewery grain dinner rolls. Meet McCoy's knowledgeable staff and learn about the brewing process. Enjoy a presentation on local and global brewing history by Milwaukee native and industry veteran "The Beer Jockey," Jim Quinn. Food and growlers of McCoy's beer are on your own.

CONVENER: Jim Quinn (816-810-5345);

E-mail: BeerJockeyJim@yahoo.com

Web site: BeerJockey.blogspot.com

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

Sec. A: 1 session; Saturday, July 18; 3:00 PM - 5:00 PM; McCoy's Public House, 4057 Pennsylvania, KCMO 64111; LIMIT: 32

#3304 A

Wines of the World

Join artist Linister in his studio for a whirlwind tour of the wines of the USA, France, Chile and Australia. Sample some inexpensive but good wines that won't break your budget. The evening will be complimented by fruit and cheese, along with a nice, chilled white wine.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$16.50 material fee = \$25.50

Sec. A: 1 session; Saturday, June 27; 6:00 PM - 8:00 PM;

Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

#3305 A

All Things Scottish-Part 3-Scotch Whiskey Education and Tasting

Ever wonder how Scotch Whiskey is made? Do you know what is meant by "single malt?" Can you tell the difference between one maker and another? Come and learn how whiskey is distilled and the differences in the regions of Scotland. Perform a "taste testing" with four to five different brands and find what you like best! Only for ages of 21 and older.

CONVENER: Kansas City St. Andrew Society: Bob Ross & Don Dyer; E-mail: dbasch@arckc.com

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

Sec. A: 1 session; Saturday, August 15; 1:30 PM - 3:00 PM; The Gaf Pub and Grille, 7122 Wornall Rd. KCMO 64114; LIMIT: 25

Communiversy's Next

Wholistic Health Fair

Sunday, November 8th—11 AM - 6 PM
Call 816-235-1448 for information
www.umkc.edu/commu
BOOTHS ARE STILL AVAILABLE!

#3306 A

Introduction to Champagne

Gain a little knowledge and have a lot of fun at this benefit for the Kansas City Art Club. Sampling ranges from the most delicious champagne in the world (in Linister's humble opinion) to a lesser, but enjoyable Spanish or Australian bubbly. You will learn how to buy and store wines, and how to order wine in a restaurant. Cheese, fruit and cold white wine and champagne/sparkling wine compliment the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$16.50 material fee = \$25.50

Sec. A: 1 session; Saturday, August 8; 6:00 PM - 8:00 PM;

Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15



#3307 A

Introduction to Tea

Did you know that tea is the second most popular beverage in the world, 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. You will receive a sample of your choice to take home. Keith manages Temple Slug, a local retail store that has been working on a new tea house due to open this year. 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; Sunday, June 14; 2:00 PM - 4:00 PM; Temple Slug, 4303 Jefferson, KCMO; LIMIT: 8

Whiskey is for drinking; water is for fighting over.

~Attributed to Mark Twain