At more than 1,500 square feet of premier teaching space, the Kirkwood Culinary Kitchen at NewBo City Market is the community’s learning center for hands-on culinary and nutrition education.

Kirkwood Culinary Kitchen opened in late October 2012 and offers year-round culinary and nutritional classes. Kirkwood has committed to a 10-year lease as the anchor tenant in the NewBo City Market facility.

The NewBo City Market is a year-round indoor/outdoor public market providing a venue for visitors to shop from food entrepreneurs, farmers and artisan sellers.

Plans include expanding the Kirkwood youth culinary camps, nutrition classes and culinary offerings, and developing new programs such as a young chef’s academy, culinary team-building training, and culinary certifications through the new space.

KIRKWOOD CULINARY KITCHEN LOCATION

NewBo City Market
1100 3rd Street SE
Cedar Rapids, Iowa

The Kirkwood Culinary Kitchen at NewBo City Market is located on the corner of 12th Ave. SE and 3rd St. SE in Cedar Rapids, at the site of the former Quality Chef building.

For more information, and to register for classes at the Kirkwood Culinary Kitchen at NewBo City Market, visit www.kirkwood.edu/newbo.

Like us on Facebook!
www.facebook.com/KirkwoodCE

Follow us on Twitter
www.twitter.com/KirkwoodCE
COOKING SERIES

Leave your comfort zone behind and invest in advanced gourmet cooking skills at a reduced price!

Discovering International Foods Series

From tamales to sushi and antipasto to duck a l’orange, the Discovering International Foods Series will take you on a tour to discover a few of the world’s major cuisines. Discovering International Foods is a laid back, four course series for those with some kitchen confidence. If you are looking to discover new foods while learning a few new tricks of the trade, join Chef Daniel for food, fun and a few new friends. Take all four Discovering International Foods classes for a discounted tuition when you enroll in the Discovering International Foods series. Classes included: French Cuisine, Italian Cuisine, Mexican Cuisine and Japanese Cuisine. Be sure to bring your appetite! Tuition includes all fees.

- CLFB-1392 / 4 sessions / $239
- CLFB-1396 / 1 session / $69
- CLFB-1394 / 1 session / $69
- CLFB-1398 / 1 session / $69

Discovering International Foods: French Cuisine

A fun, hands-on class focusing on the creation of a first class French meal from appetizer to dessert.

Discovering French Cuisine is a laid back class for those with some kitchen confidence. If you are looking to discover new foods while learning a few new tricks of the trade, join Chef Daniel for food, fun and a few new friends. For a discounted tuition, take all four Discovering International Foods classes by enrolling in the Discovering International Foods series. Bring your appetite! Tuition includes all fees.

- CLFB-1396 / 1 session / $69

Discovering International Foods: Italian Cuisine

A fun, hands-on class focusing on the creation of a classic Italian meal from appetizer to dessert.

Discovering Italian Cuisine is a laid back class for those with some kitchen confidence. If you are looking to discover new foods while learning a few new tricks of the trade, join Chef Daniel for food, fun and a few new friends. For a discounted tuition, take all four Discovering International Foods classes by enrolling in the Discovering International Foods series. Bring your appetite! Tuition includes all fees.

- CLFB-1394 / 1 session / $69
Discovering International Foods: Japanese Cuisine
A fun, hands-on class focusing on the creation of a traditional Japanese meal from appetizer to dessert. Discovering Japanese Cuisine is a laid back class for those with some kitchen confidence. If you are looking to discover new foods while learning a few new tricks of the trade, join Chef Daniel for food, fun and a few new friends. For a discounted tuition, take all four Discovering International Foods classes by enrolling in the Discovering International Foods series. Bring your appetite! Tuition includes all fees.
CLFB-1399 / 1 session / $69
>36518 Wed 6-8:30pm Feb 13

Discovering Pasta Series
Pasta is a versatile staple that can be created and enjoyed through many diverse dishes. If you are a pasta enthusiast and would enjoy exploring different types of pasta, you will love the Discovering Pasta series. Join Chef Andrew to learn how to prepare handmade pasta and stuffed pasta, as well as different international noodles and dumplings. Register for the Discovering Pasta series and take all three classes at a discounted rate. Classes included: Classic Handmade Pasta, Stuffed Pasta and International Noodles. Materials fee $10-15 per class.
CLFB-5500 / 3 sessions / $129
>36519 Tue 6-8pm Jan 29-Feb 12

Discovering Pasta: Classic Handmade Pasta
Pasta is the staple dish of many nations around the world. Join Chef Andrew on a tour examining the pasta origins of the Mediterranean. Learn how to make classic Mediterranean pasta by hand and several variations of sauces. Perfect for beginners who like hands-on cooking experiences, or for more seasoned cooks looking to expand their culinary skills. For a discounted tuition, take all three Discovering Pasta classes by enrolling in the Discovering Pasta series. Materials fee $10.
CLFB-5505 / 1 session / $49
>36520 Tue 6-8pm Jan 29

Discovering Pasta: Stuffed Pasta
Stuffed pastas are the signature dishes of great chefs around the world. Join Chef Andrew on a tour of stuffed pastas from the Mediterranean and modern kitchens, and learn how to make classic and modern stuffed pastas like ravioli, tortellini and more. Perfect for cooks who like hands-on cooking and enjoy working with dough. For a discounted tuition, take all three Discovering Pasta classes by enrolling in the Discovering Pasta series. Materials fee $15.
CLFB-5510 / 1 session / $49
>36521 Tue 6-8pm Feb 5 Irwin

Discovering Pasta: International Noodles
Most countries and cultures have their own unique style and taste on pasta and noodles. Join Chef Andrew for an exploration of international cuisine and enjoy a wide array of noodles and dumplings from Japan to Midwest America. Perfect for those looking to explore the world through food. For a discounted tuition, take all three Discovering Pasta classes by enrolling in the Discovering Pasta series. Materials fee $15.
CLFB-5515 / 1 session / $49
>36522 Tue 6-8pm Feb 12 Irwin

The Culinary Experience: A Four Course Basic Series
Fear your kitchen no more! The Culinary Experience series is for those who want more kitchen confidence. By taking all four Culinary Experience classes, even rookie home cooks will learn to prepare an elegant four course meal guaranteed to impress and surprise friends and family. This is a hands on series focused on learning by doing. Take all four Culinary Experience courses for a discounted tuition by enrolling in the Culinary Experience series. Classes included: Appetizers and Knife Basics, Soups and Salads, Entrées and Desserts. Be sure to bring your appetite! Tuition includes all fees.
CLFB-5050 / 4 sessions / $239
>36494 Wed 6-8:30pm Feb 20-Mar 13 Dennis

Register at www.kirkwood.edu/newbo
The Culinary Experience: Appetizers and Knife Basics
Fear your kitchen no more! The Appetizers and Knife Basics class is for those who want more kitchen confidence in preparing delicious appetizers and understanding the difference between kitchen knives. Appetizers and Knife Basics will teach the basics of knife cuts as you prepare three classic appetizers. If you want to discover new foods and techniques while learning to efficiently and safely use your knife, join Chef Daniel for food, fun and a few new friends. Take all four Culinary Experience courses for a discounted tuition by enrolling in the Culinary Experience series. Bring your appetite! Tuition includes all fees.

CLFB-5055 / 1 session / $69
>36479 Wed 6-8:30pm Feb 20
Dennis

The Culinary Experience: Soups and Salads
Fear your kitchen no more! The Soups and Salads Basics class is for those who want more kitchen confidence in understanding the basics about preparing delicious soups and salads. Explore the basics of various greens, homemade dressings and thickening sauces as you prepare three classic soups and salads. Join Chef Daniel for food, fun and new friends as you discover new foods and techniques. Take all four Culinary Experience courses for a discounted tuition by enrolling in the Culinary Experience series. Bring your appetite! Tuition includes all fees.

CLFB-5060 / 1 session / $69
>36480 Wed 6-8:30pm Feb 27
Dennis

The Culinary Experience: Entrées
Fear your kitchen no more! The Entrée Basics class is for those who want more kitchen confidence in understanding the basics of preparing savory entrées. From grilling to braising, duck to lamb and sauces to chutneys, Entrée Basics will teach you how to prepare three classic entrées. If you want to discover new foods and cooking techniques, join Chef Daniel for food, fun and a few new friends. Take all four Culinary Experience courses for a discounted tuition by enrolling in the Culinary Experience series. Be sure to bring your appetite! Tuition includes all fees.

CLFB-5065 / 1 session / $69
>36492 Wed 6-8:30pm Mar 6
Dennis

The Culinary Experience: Desserts
Fear your kitchen no more! The Dessert Basics class is for those who want more kitchen confidence in topping off the perfect meal with the perfect dessert. From cakes to custards and fruit sauces to chocolate, Dessert Basics will teach you how to prepare three classic desserts. If you want to discover new foods and cooking techniques, join Chef Daniel for food, fun and a few new friends. Take all four Culinary Experience courses for a discounted tuition by enrolling in the Culinary Experience series. Be sure to bring your appetite! Tuition includes all fees.

CLFB-5070 / 1 session / $69
>36493 Wed 6-8:30pm Mar 13
Dennis

Whole Food Vegan Cuisine Series
This is a comprehensive series of classes on vegan, seasonal and whole foods cuisine. Chef David will address areas of gusto (taste), nutrition, economics and ethics. Register for the Whole Food Vegan Cuisine series and take all four classes at a discounted rate! Classes include Vegetables, Beans and Grains, Soy Foods, and Soups and Sauces. Materials fee $5-10 per class.

CLFB-6000 / 4 sessions / $129
>37710 Thu 6-8pm Feb 28-Mar 21
Burt

Whole Food Vegan Cuisine: Vegetables
Using vegetables as a focal point allows us to eat seasonally, therefore locally, which maintains the healthiest way to eat. The range of phytonutrients is wide and varied over the year, while fiber and micronutrient content is maintained. Explore the general guidelines and take home recipes suited for a vegan cuisine. Materials fee $5-10.

CLFB-6006 / 1 session / $39
>37706 Thu 6-8pm Feb 28
Burt
Whole Food Vegan Cuisine: Beans and Grains
Beans and grains maintain a healthy protein balance essential for life. Eating a wide variety of beans and grains ensures that the body gets all of the essential amino acids. Learn proven techniques and take home recipes for cooking a wide variety of different beans and grains. Materials fee $5-10.

CLFB-6002 / 1 session / $39
>37707 Thu 6-8pm Mar 7
Burt

Whole Food Vegan Cuisine: Soy Foods
Soy is important in a plant based diet due to its complete protein profile. Soy contains all the essential amino acids necessary for life and has become an important component of the plant based diet. Learn which soy products are most important, including those that are less desirable. Materials fee $5-10.

CLFB-6004 / 1 session / $39
>37708 Thu 6-8pm Mar 14
Burt

Whole Food Vegan Cuisine: Soups and Sauces
Soups are important to include in your diet, as they are highly digestible and provide nutrients easily available to the body. Soups are also a great way to use up leftovers! Sauces add a final level of pizzazz to meals and can take a very simple preparation to the next level, creating delicious meals for both daily meals and dinner parties. Recipes will be provided and techniques applicable beyond these recipes will be discussed. Materials fee $5-10.

CLFB-6010 / 1 session / $39
>37709 Thu 6-8pm Mar 21
Burt
Eat and Run – Lunchtime Cooking Classes
Register at www.kirkwood.edu/newbo
EAT AND RUN – LUNCHTIME COOKING CLASSES
A fun alternative for a personal or professional lunch outing!

Eat and Run - A Lunchtime Cooking Class: Pasta alla Carbonara
Learn some new culinary skills with a friend, client or coworker and savor a great lunch! Enjoy a salad featuring candied bacon as an appetizer, pasta alla carbonara and hearty homemade cheese bread for your main course, and chocolate peanut butter cookies as dessert-to-go! An emphasis will be placed on cooking with local and organic ingredients, and you’ll leave with recipes so you can duplicate this meal at home. This is a fun alternative for any personal or professional lunch outing. Materials fee $5.
CLFB-1860 / 1 session / $15
>36622 Fri 11:30am-12:30pm  Feb 8
Morey Flynn

Eat and Run - A Lunchtime Cooking Class: Grown Up Grilled Cheese
Learn some new culinary tricks to spice up favorite childhood dishes with a friend, client or coworker and savor a great lunch! Start with an array of “kid approved” veggies and a side of homebrew ranch dressing. Next, enjoy open-faced grilled cheese served on rustic Indian Naan bread accompanied with made-from-scratch Bloody Mary tomato soup, and a giant, gooey chocolate chip cookie for dessert-to-go. This is a fun alternative for any personal or professional lunch outing. Materials fee $5.
CLFB-1860 / 1 session / $15
>36624 Wed 11:30am-12:30pm  Feb 13
Morey Flynn

Eat and Run - A Lunchtime Cooking Class: Grown Up Chipotle Chicken Bites
Learn some new culinary tricks to spice up favorite childhood dishes with a friend, client or coworker and savor a great lunch! Start with bacon laced Nutella filled celery over a green salad. Next, enjoy chipotle fried chicken bites with hand-cut potato fries and peanut butter cookies as dessert-to-go. This is a fun alternative for any personal or professional lunch outing. Materials fee $5.
CLFB-1860 / 1 session / $15
>36632 Wed 11:30am-12:30pm  Feb 20
Morey Flynn

Eat and Run - A Lunchtime Cooking Class: Grown Up Mac and Cheese
Learn some new culinary tricks to spice up favorite childhood dishes with a friend, client or coworker and savor a great lunch! Start with broccoli slaw salad topped with candied bacon chips. Next, enjoy oven-baked creamy mac and cheese topped with crispy beer soaked bread crumbles, and take dark chocolate and sea salt dipped pretzels as dessert-to-go. This is a fun alternative for any personal or professional lunch outing. Materials fee $5.
CLFB-1860 / 1 session / $15
>36638 Wed 11:30am-12:30pm  Feb 27
Morey Flynn

Eat and Run - A Lunchtime Cooking Class: Irish Pub
Learn some new culinary skills with a friend, client or coworker and savor a great lunch! Enjoy a salad of spicy greens featuring candied bacon as an appetizer, Irish lamb stew flavored with Guinness with homemade rustic beer bread, and Emerald Isle whiskey cake for dessert! An emphasis will be placed on cooking with local and organic ingredients, and you’ll leave with recipes so you can duplicate this meal at home. This is a fun alternative for any personal or professional lunch outing. Materials fee $5.
CLFB-1860 / 1 session / $15
>36640 Thu 11:30am-12:30pm  Mar 7
Morey Flynn

Eat and Run - A Lunchtime Cooking Class: Vegetarian Soup and Salad
Learn some new culinary skills with a friend, client or coworker and savor a great lunch! Enjoy broccoli salad with spicy candied walnuts as an appetizer, creamy potato artichoke soup with aged Parmigiano Reggiano and homemade sourdough bread, and a red velvet cupcake for dessert-to-go. An emphasis will be placed on cooking with local and organic ingredients, and you’ll leave with recipes so you can duplicate this meal as home. This is a fun alternative for any personal or professional lunch outing. Materials fee $5.
CLFB-1860 / 1 session / $15
>36641 Thu 11:30am-12:30pm  Mar 21
Morey Flynn

Additional questions? Call 319-398-1022 or 800-332-8833.

7
INTERNATIONAL CUISINE
Tour the food world and add a little culture to your cooking.

Dutch Family Dinner
Discover Holland by preparing a traditional Dutch dinner! Not well known in the states, this stick to your ribs, made from scratch wholesome dinner is flavorful and full of history. You will prepare a complete side dish, main dish and dessert to take home. Materials fee $10.
CLFB-1366 / 1 session / $29
>37620 Mon 6-8:30pm Jan 21
Basting

Greek Valentine Dinner
Do something different this year! Learn how to make a special dinner for your guests. Enjoy the evening with Eleonora while you learn to make the best lamb roast ever and more with new recipes! Materials fee $10-20.
CLFB-1350 / 1 session / $29
>32772 Mon 6-8:30pm Feb 11
Rieck

Authentic Chinese Cooking: Egg Rolls, Crabmeat Rangoon and Fried Rice
Learn authentic Chinese cooking that is fun and easy. Why go out for Chinese when you can make it in your own kitchen? Several quick and easy recipes will be shared using inexpensive ingredients. No cooking experience is needed to take part in this fun, interactive class. Tuition includes all fees.
CLFB-1325 / 1 session / $35
>36488 Mon 6-8pm Jan 28
Liao

Russian and Ukrainian Cooking: Authentic Goulash
Join Russian and Ukrainian native, Nina, and learn how to prepare authentic goulash. Goulash is a comfort dish that is popular throughout Russia, Ukraine and many parts of Europe. This protein-filled recipe is different from most American goulash recipes and does not incorporate pasta, but is served with soft white bread. Priyatnogo appetita! Materials fee $10-15.
CLFB-1310 / 1 session / $29
>36710 Mon 6-8:30pm Feb 18
Scroggins

Russian and Ukrainian Cooking: Siberian Pelmeni
Join Russia and Ukraine native, Nina, to learn how to prepare Siberian pelmeni, a true Russian comfort food. Siberian pelmeni are homemade stuffed dumplings and can be stuffed with a variety of meats and vegetables. Priyatnogo appetita! Materials fee $10.
CLFB-1310 / 1 session / $29
>36470 Mon 6-8:30pm Feb 25
Scroggins

Dutch Pastries
In Holland, everything is a good excuse for coffee and pastry. Every morning shopping trip often concludes with coffee and a bite at the local lunchroom or department store. You will learn how to make two dessert favorites that every Dutch kid enjoys. Materials fee $10.
CLFB-1366 / 1 session / $29
>37619 Sat 1-3:30pm Feb 9
Basting

Authentic Chinese Cooking: Sweet and Sour Chicken and Chow Mein Noodles
Learn authentic Chinese cooking that is fun and easy. Why go out for Chinese when you can make it in your own kitchen? Several quick and easy recipes will be shared and all using inexpensive ingredients. No cooking experience is needed to take part in this fun, interactive class. Tuition includes all fees.
CLFB-1325 / 1 session / $35
>36489 Tue 6-8pm Feb 26
Liao
Russian and Ukrainian Cooking: Stolichnaya Russian Salad

Join Russian and Ukraine native, Nina, to learn how to prepare Russian salad, Stolichnaya. This salad is very well known in Russia and is often fixed for holiday dinners and family celebrations. This salad incorporates chicken, pickles, potatoes, carrots, onions, peas, eggs and mayo and is sure to awaken you taste buds! Priyantnogo appetita! Bring a take-home container, knife and apron. Materials fee $10-15.

CLFB-1310 / 1 session / $29
>36646 Sat 1-3:30pm Mar 2
Scroggins

Greek Pastitsio (Lasagna) and More

There is evidence of Greeks enjoying pastitsio long before 1200 BC! Discover this tasty dish, similar to lasagna, but with some delicious Greek differences. Get introduced to other scrumptious Greek dishes and learn everything you need to know to enjoy these Greek recipes at your next gathering. Materials fee $5-10.

CLFB-1370 / 1 session / $29
>33479 Mon 6-8:30pm Mar 11
Rieck

Authentic Chinese Cooking: Cooked Shrimp, California Rolls and Miso Soup

Learn authentic Chinese cooking that is fun and easy. Why go out for Chinese when you can make it in your own kitchen? Several quick and easy recipes will be shared and all using inexpensive ingredients. No cooking experience is needed to take part in this fun, interactive class. Tuition includes all fees.

CLFB-1325 / 1 session / $35
>36490 Mon 6-8pm Mar 18
Liao
COOKING FOR KIDS
Where cooking becomes an adventure!

Kiddos in the Kitchen: Taco Bake and Cookies
Learn to make a simple, kid-approved chicken taco dish and chocolate peanut butter cookies. Take home the dish you make in class to bake and eat that night. Kid-friendly kitchen tips will be shared, as well as several recipes that kids can have a hand in preparing. Designed for children ages three to six, this class places an emphasis on kids having fun in the kitchen. Materials fee $10.
CLFB-1037 / 1 session / $39
>36644 Thu 10am-12pm Jan 31
Morey Flynn

Adult and Child Chinese Cooking: Fried Wontons and Egg Drop Soup
This Chinese cooking class will teach adult and child duos to prepare authentic recipes. End this culinary experience by enjoying your meal together! Tuition includes all fees.
CLFB-1327 / 1 session / $49
>36513 Sat 2-4pm Feb 16
Liao

Adult and Child Chinese Cooking: Egg Rolls, Crabmeat Rangoon and Fried Rice
This Chinese cooking class will teach adult and child duos to prepare authentic recipes. End this culinary experience by enjoying your meal together! Tuition includes all fees.
CLFB-1327 / 1 session / $49
>36514 Sat 2-4pm Mar 16
Liao
GENERAL CULINARY
For the aspiring chef who can’t decide.

Bacon!
Come eat some bacon! Learn about the different types of heirloom bacon and how to use each to add some pizzazz to your favorite dishes. Demonstrations include bacon-wrapped sausage bites drizzled with maple chipotle sauce, pasta alla carbonara, bacon-wrapped cheese dogs and chocolate bacon cupcakes. You’ll leave with detailed recipes, and a deeper appreciation for Iowa bacon! Materials fee $10.
CLFB-1405 / 1 session / $39
>36613 Tue 6-8:30pm Jan 22
Morey Flynn

At the Chef’s Table: Midwest Comfort Food
A fun combination of a cooking demonstrations and dinner out! Join Chef Andrew for a meal and an educational experience as he prepares some favorite Midwest comfort foods - food that may come from the farm and city, but always from the heart. Enjoy learning recipes and observing cooking techniques while relaxing and conversing around a demonstration area. Class will end with a delicious dinner to enjoy! Materials fee $10.
CLFB-6700 / 1 session / $39
>36617 Tue 6-8pm Feb 19
Irwin

Cupcakes
Cupcakes are served everywhere from birthday parties to wedding receptions. Bake cupcakes and learn beautiful and quirky decorations, and techniques for filling and decorating. Bring your creative minds to class to create fun or elegant cupcakes. The styles are endless! Materials fee $20.
CLFB-1030 / 3 sessions / $79
>36711 Thu 6-8:30pm Jan 24-Feb 7
Jensen

Discover Cooking with Beer and Wine
Beer and wine are more than beverages! Beer and wine can be a delicious part of any home cooked meal. Discovering Cooking with Beer and Wine is a fun, hands-on class focusing on the use of your favorite adult beverages in an outstanding four-course meal. Discovering Cooking with Beer and Wine is a laid-back class for those with some kitchen confidence. If you are looking to discover new foods while learning a few new tricks of the trade, join Chef Daniel for food, fun and a few new friends. Materials fee $15.
CLFB-1815 / 1 session / $49
>36491 Mon 6-8:30pm Feb 4
Dennis

Gluten Free Cooking
Put the zing back into your gluten-free weeknight menus. Demonstrations include pork tacos with chipotle broccoli slaw, guacamole with homemade baked lime tortilla chips, Templeton Rye marinated pot roast sliders with creamy horseradish sauce and bacon maple hash. Samples will be served. All ingredients used in class will be locally sourced, organic and gluten-free. Leave with detailed recipes, fresh ideas and enough inspiration to take you into spring! Materials fee $10.
CLFB-1725 / 1 session / $39
>36642 Sat 12:30-2:30pm Feb 23
Morey Flynn

Additional questions? Call 319-398-1022 or 800-332-8833.
Make a Perfect Pie
Prepare pie crusts better than Pillsbury! Pie baking is becoming a lost art, one only Grandma knows how to do. Explore how easy it is to make a blue ribbon pie. Learn some wonderful crust recipes and simple techniques that make a great deal of difference in the finished pie that not only looks, but tastes delicious. Materials fee $10.
CLF-1029 / 1 session / $39
>36700 Mon 6-8:30pm Mar 4 Jensen

The Sandwich Workshop
A great sandwich can be hard to find, but easy to make. Learn how to make classic sandwiches from around the world, along with some modern variations. Perfect for cooks of any skill level who like to get creative in the kitchen and explore new foods. Come have some fun with food in a relaxed environment. Materials fee $10.
CLF-7100 / 1 session / $49
>36498 Tue 6-8pm Mar 5 Irwin

Unmentionable Cuisine: A Gentle Introduction to Offal
A class for the brave, curious and bold! Demonstrations include chorizo bacon and tongue tacos with guacamole and pickled onions, smoky black bean soup with pig’s feet and anticuchos (beef heart and chicken gizzards on skewers). All meat served during class will be locally sourced, organic and fresh or properly preserved. Bring a hearty appetite and plan to leave happy and full! Materials fee $10.
CLF-1740 / 1 session / $39
>36619 Sat 12:30-2:30pm Mar 9 Morey Flynn

The Easiest Recipes Ever!
Add some new staples to your menu and take home new recipes for your recipe collection, including beer bread, cookies, lemon cake, spice-rubbed chicken and a four-ingredient lasagna that takes only five minutes to assemble. Leave with tips and tricks that will move you from “What’s for dinner?” to “Let’s eat!” Perfect for those who don’t cook or for those who want to supercharge their menus with new favorites. Samples will be served. Materials fee $10.
CLF-7400 / 1 session / $39
>36615 Tue 6-8pm Mar 12 Morey Flynn

The Pizza Workshop: Handmade, Homemade
Handmade, homemade pizza is a fun dish perfect for sharing with family and friends. Limitless toppings and endless variety makes this dish creative and fun to master. Learn to construct the perfect pizza beginning with the dough and sauce, and ending with classic pizza toppings. Come have fun with a great food, and leave with the skills to make the best handmade, homemade pizzas at home! Materials fee $10.
CLF-7150 / 1 session / $49
>36704 Tue 6-8pm Mar 19 Irwin

Discovering Tapas
A fun, hands on class focusing on the creation of a modern tapas style meal. Reveal the joy and beauty of a multicourse small plate meal. Discovering tapas is a laid-back class for those with some kitchen confidence. If you are looking to discover new foods while learning a few new tricks of the trade, join Chef Daniel for food, fun and a few new friends. Materials fee $15.
CLF-1315 / 1 session / $49
>36702 Wed 6-8:30pm Mar 20 Dennis

What to do with a WHOLE Chicken?
From the Farm, to Freezer, to Stock Pot
See how one whole, free-range, local, organic chicken can easily be turned into four family pleasing meals! Demonstrations include learning several methods for cooking a whole chicken, breaking down a whole raw chicken, preserving the meat you won’t be eating right away and making chicken stock from scratch. Leave with recipes that will please your family and give you new confidence in your ability to handle a whole chicken! Samples will be served. Materials fee $10.
CLF-1745 / 1 session / $39
>36616 Sat 12:30-2:30pm Mar 23 Morey Flynn
Please register me for:

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Signature: _________________________________________________________________________________________

Tuition enclosed: $ _________________________

Registrations are due one week prior to the start of class. Classes are subject to cancellation if registration is insufficient. Registration is not complete until payment is received. Seating is limited and may fill prior to the deadline.

Kirkwood Community College assumes no liability for accidents that occur while participating in Continuing Education classes and provides no funds to cover medical costs. Participants are reminded that participation is entirely voluntary and are strongly urged to have their own health insurance. It is understood that participation is voluntary and Kirkwood Community College is not responsible for injuries or accidents and all liability against them is waived.

Kirkwood Community College declares and affirms to its students, employees and to the public that it does not discriminate on the basis of sex, race, color, creed, religion, national origin, age, sexual orientation, gender, gender identity, physical attributes, physical or mental ability, marital status, veteran status, genetic information, or socioeconomic status in its educational programs, activities, admission procedures or employment practices. The college affirms its commitment to comply with all applicable federal, state, and local laws, regulations and orders.