The Kirkwood Culinary Kitchen at NewBo City Market opened in October 2012 and offers year-round culinary and nutritional classes for the general public. As the community’s state-of-the-art learning center for hands-on culinary and nutrition education, the Kirkwood Culinary Kitchen offers a broad range of classes for everyone from the kitchen novice to experienced chefs. Come have fun and learn the tips and tricks you’ll need to master your kitchen for an unforgettable culinary experience!

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

Double Your Fun
Classes priced for two participants. Only one person is required to sign up/pay for the class. The second participant will register during the first meeting time of the class.
## CULINARY CLASSES AT-A-GLANCE

### Kirkwood Culinary Kitchen at NewBo City Market

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Tuition</th>
<th>Materials Fee</th>
</tr>
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<tbody>
<tr>
<td>23</td>
<td>Mon</td>
<td>Create Your Own Frozen Meals</td>
<td>6-9 p.m.</td>
<td>$109</td>
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<tr>
<td>24</td>
<td>Tue</td>
<td>The Pizza Workshop: Handmade, Homemade</td>
<td>6-8 p.m.</td>
<td>$69</td>
<td>$10</td>
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<tr>
<td>25</td>
<td>Wed</td>
<td>Russian and Ukrainian Cooking: Beef Stroganoff</td>
<td>6-9 p.m.</td>
<td>$34</td>
<td>$15</td>
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<td>26</td>
<td>Thu</td>
<td>Three-Course Plant Based Meal</td>
<td>6-8 p.m.</td>
<td>$39</td>
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<td>27</td>
<td>Fri</td>
<td>Date Night: Pizza and Pasta</td>
<td>6:30-8:30 p.m.</td>
<td>$89</td>
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<tr>
<td>28</td>
<td>Sat</td>
<td>Intro to Home Brewing and Craft Beer: Ingredients, Tools, and Beer Tasting</td>
<td>1-4 p.m.</td>
<td>$49</td>
<td></td>
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<tr>
<td>29</td>
<td>Sun</td>
<td>Cooking with Kids: Family Time</td>
<td>3-6 p.m.</td>
<td>$59</td>
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<tr>
<td>30</td>
<td>Mon</td>
<td>Chinese Cooking:</td>
<td>6-8 p.m.</td>
<td>$39</td>
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<tr>
<td>31</td>
<td>Tue</td>
<td>Discovering Pasta: Classic Fresh Pasta</td>
<td>6-8 p.m.</td>
<td>$49</td>
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### April

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<tr>
<td>1</td>
<td>Wed</td>
<td>Easy Three-Course Meals for Couples</td>
<td>6-8:30 p.m.</td>
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<td>2</td>
<td>Thu</td>
<td>The Culinary Experience: Appetizers and Knife Basics</td>
<td>6-8:30 p.m.</td>
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<td>3</td>
<td>Fri</td>
<td>A Taste of Sake</td>
<td>5-7 p.m.</td>
<td>$49</td>
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<td>4</td>
<td>Sat</td>
<td>Celebrating National Grilled Cheese Month!</td>
<td>12:30-2 p.m.</td>
<td>$49</td>
<td>$5</td>
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<td>5</td>
<td>Sun</td>
<td>Healthy French Cooking</td>
<td>11:30 a.m.-1:30 p.m.</td>
<td>$39</td>
<td>$15</td>
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<td>6</td>
<td>Mon</td>
<td>Russian and Ukrainian Cooking: Stolichnaya Russian Salad</td>
<td>6-9 p.m.</td>
<td>$34</td>
<td>$15</td>
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<tr>
<td>7</td>
<td>Tue</td>
<td>Discovering Pasta: Pierogies and Pot Stickers</td>
<td>6-8 p.m.</td>
<td>$49</td>
<td>$15</td>
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<td>8</td>
<td>Wed</td>
<td>Authentic Chinese Cooking: Egg Rolls, Crabmeat Rangoon and Fried Rice</td>
<td>6-8 p.m.</td>
<td>$39</td>
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<tr>
<td>9</td>
<td>Thu</td>
<td>The Culinary Experience: Soups and Salads</td>
<td>6-8:30 p.m.</td>
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<td>10</td>
<td>Fri</td>
<td>Asian Favorites: Intro to Wok Cooking</td>
<td>6:30-8:30 p.m.</td>
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<td>11</td>
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<td>Intro to Home Brewing and Craft Beer: Malt Extract Brewing</td>
<td>1-4 p.m.</td>
<td>$49</td>
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<tr>
<td>12</td>
<td>Sun</td>
<td>Sweet and Savory Crepes</td>
<td>11:30 a.m.-1:30 p.m.</td>
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<td>$15</td>
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<td>Mon</td>
<td>Russian and Ukrainian Cooking: Stolichnaya Russian Salad</td>
<td>6-9 p.m.</td>
<td>$34</td>
<td>$15</td>
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<td>14</td>
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<td>Discovering Pasta: Ravioli, Tortellini and More</td>
<td>6-8 p.m.</td>
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<td>$15</td>
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<td>Create Your Own Frozen Meals</td>
<td>6-8 p.m.</td>
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<td>16</td>
<td>Thu</td>
<td>The Culinary Experience: Entrees</td>
<td>6-8:30 p.m.</td>
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<td>17</td>
<td>Fri</td>
<td>Anytime Burritos</td>
<td>1-3 p.m.</td>
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<td>18</td>
<td>Sat</td>
<td>Chinese Cooking: Egg Plant</td>
<td>4-6 p.m.</td>
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<td>Intro to Home Brewing: Let’s Brew a Honey Blonde Ale</td>
<td>1-6 p.m.</td>
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<td>Sweet and Savory Waffles</td>
<td>6-8 p.m.</td>
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<td>21</td>
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<td>The Whole Chicken</td>
<td>6-8 p.m.</td>
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<td>22</td>
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<td>6-8 p.m.</td>
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<td>6-8 p.m.</td>
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<td>Plant Based Whole Foods: Soy Products</td>
<td>6-8 p.m.</td>
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<td>25</td>
<td>Sat</td>
<td>Make Ahead Gourmet Meals</td>
<td>12-2 p.m.</td>
<td>$54</td>
<td>$20</td>
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<td>Sun</td>
<td>Baking with Mom</td>
<td>1-3 p.m.</td>
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<td>Cooking with Mom</td>
<td>4:30-6:30 p.m.</td>
<td>$59</td>
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### May

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<td>4</td>
<td>Mon</td>
<td>Greek Cooking: Lamb and Chicken Shish Kabobs and Tzatziki Sauce</td>
<td>6-8:30 p.m.</td>
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<td>5</td>
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<td>Cinca de Mayo Fiesta</td>
<td>6-8 p.m.</td>
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<td>6</td>
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<td>Introduction to Canning: Homemade Jellies</td>
<td>6-8 p.m.</td>
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<td>6-8 p.m.</td>
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<td>Fri</td>
<td>Bratwurst and Sausage Workshop</td>
<td>1-4 p.m.</td>
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<td>12-2 p.m.</td>
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<td>$20</td>
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<td>10</td>
<td>Sun</td>
<td>Make Your Own Mozzarella and Ricotta</td>
<td>10:30 a.m.-12 p.m.</td>
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<td>Savory Waffles</td>
<td>6-8 p.m.</td>
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<td>The Whole Chicken</td>
<td>6-8 p.m.</td>
<td>$49</td>
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<td>Plant Based Whole Foods: Vegetables</td>
<td>6-8 p.m.</td>
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<td>6-8 p.m.</td>
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<td>Fri</td>
<td>Plant Based Whole Foods: Beans and Grains</td>
<td>6-8 p.m.</td>
<td>$39</td>
<td>$15</td>
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<tr>
<td>16</td>
<td>Sat</td>
<td>Make Ahead Gourmet Meals</td>
<td>12-2 p.m.</td>
<td>$54</td>
<td>$20</td>
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<td>17</td>
<td>Sun</td>
<td>Cooking with Herbs and Spices</td>
<td>6-8 p.m.</td>
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<td>Make Ahead Gourmet Meals</td>
<td>10:30 a.m.-12 p.m.</td>
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<td>$10</td>
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<td>Tue</td>
<td>Chinese Cooking: Veggie Dumplings</td>
<td>4-6 p.m.</td>
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<td>Advanced Home Brewing: All Grain Brewing</td>
<td>6-8 p.m.</td>
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<td>Iowa Pork Tenderloin</td>
<td>6-8 p.m.</td>
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<td>Advanced Home Brewing: All Grain Brewing</td>
<td>6-8:30 p.m.</td>
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<td>23</td>
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<td>Mixology Part I</td>
<td>6-8 p.m.</td>
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<td>Pizza Lovers: Chicago Style Deep Dish</td>
<td>6-8 p.m.</td>
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<td>6-8 p.m.</td>
<td>$54</td>
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<td>Plant Based Whole Foods: Soy Products</td>
<td>6-8 p.m.</td>
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<td>$10</td>
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<td>Advanced Home Brewing: Soy Products</td>
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<td>28</td>
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<td>White Chocolate Crème Brûlée and Other French Desserts</td>
<td>12-2 p.m.</td>
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<td>Fri</td>
<td>Russian and Ukrainian Cooking: Borscht</td>
<td>6-8 p.m.</td>
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<td>30</td>
<td>Sat</td>
<td>Advanced Home Brewing: Kegging and Bottling</td>
<td>1-4 p.m.</td>
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Additional questions? Call 319-398-1022 or 800-332-8833.
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<tr>
<td>1 Mon</td>
<td>Greek Cooking: Gyros and Grilled Lamb Chops</td>
<td>6-8:30 p.m.</td>
<td>$49</td>
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<td>Discovering Bread: Bread Baking Basics</td>
<td>6-8 p.m.</td>
<td>$44</td>
<td>$10</td>
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<td>3 Wed</td>
<td>Intro to Home Brewing and Craft Beer: Ingredients, Tools, and Beer Tasting</td>
<td>6-9 p.m.</td>
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<td>4 Thu</td>
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<td>6-8 p.m.</td>
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<td>Cooking with Kids: Family Time</td>
<td>12-3 p.m.</td>
<td>$59</td>
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<td>6 Sat</td>
<td>Make Your Own Mozzarella and Ricotta</td>
<td>4-6 p.m.</td>
<td>$39</td>
<td>$10</td>
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<td>7 Sun</td>
<td>Asian Favorites: Intro to Wok Cooking</td>
<td>12-2 p.m.</td>
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<td>8 Sun</td>
<td>One-Pot Meals</td>
<td>4-6 p.m.</td>
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<td>9 Mon</td>
<td>Classic Cocktails</td>
<td>6-8 p.m.</td>
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<td>9 Tue</td>
<td>Discovering Bread: Pretzels and Twisted Rolls</td>
<td>6-8 p.m.</td>
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<td>11 Thu</td>
<td>American Cuisine: Chicago Deep-Dish</td>
<td>6-8 p.m.</td>
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<td>Raw Foods: Raw Ice Cream and Toppings</td>
<td>6-8 p.m.</td>
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<td>$5</td>
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<td>French Picnic</td>
<td>12-2 p.m.</td>
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<td>13 Sat</td>
<td>French Party Appetizers</td>
<td>3-5 p.m.</td>
<td>$49</td>
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<td>14 Sun</td>
<td>Stuffed Croissants: Sweet and Savory</td>
<td>11:30 a.m.-1:30 p.m.</td>
<td>$44</td>
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<td>14 Sun</td>
<td>Winging It</td>
<td>4-6 p.m.</td>
<td>$59</td>
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<td>15 Wed</td>
<td>Discovering Bread: Cinnamon Rolls and Sweet Dough</td>
<td>6-8 p.m.</td>
<td>$44</td>
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<td>17 Wed</td>
<td>Intro to Home Brewing and Craft Beer: Malt Extract Brewing</td>
<td>6-8 p.m.</td>
<td>$59</td>
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<td>18 Thu</td>
<td>American Cuisine: A Taste of New Orleans</td>
<td>6-8 p.m.</td>
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<td>Creating with Whole Foods</td>
<td>6-8 p.m.</td>
<td>$49</td>
<td>$10</td>
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<td>20 Sat</td>
<td>Secrets of the Top Chefs: Sous Vide</td>
<td>12-2 p.m.</td>
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<td>Sushi for Beginners</td>
<td>3-5 p.m.</td>
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<td>Grillin' with Dad</td>
<td>11:30 a.m.-1:30 p.m.</td>
<td>$49</td>
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<td>21 Sun</td>
<td>Father's Day Steak Dinner</td>
<td>4:30-7 p.m.</td>
<td>$79</td>
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<td>22 Tue</td>
<td>Dinner Party Planning Basics</td>
<td>6-8:30 p.m.</td>
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<td>25 Thu</td>
<td>American Cuisine: Kansas City Barbeque</td>
<td>6-8 p.m.</td>
<td>$59</td>
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<td>27 Sat</td>
<td>French Cuisine: Soufflés</td>
<td>12-2 p.m.</td>
<td>$64</td>
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<td>27 Sat</td>
<td>Date Night: Sushi and Saki</td>
<td>7-9 p.m.</td>
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<td>28 Sun</td>
<td>Introduction to Home Brewing: Let's Brew an IPA</td>
<td>12-5 p.m.</td>
<td>$69</td>
<td>$10</td>
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<tr>
<td>28 Sun</td>
<td>Create Your Own Frozen Meals</td>
<td>6-9 p.m.</td>
<td>$59</td>
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<tr>
<td>29 Tue</td>
<td>Summer Clambake and Craft Beer Pairing</td>
<td>6-8:30p.m.</td>
<td>$69</td>
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<td>29 Tue</td>
<td>Intro to Home Brewing and Craft Beer: Priming, Racking, and Bottling</td>
<td>6-9 p.m.</td>
<td>$49</td>
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<td>30 Wed</td>
<td>State Fair Foods: Iowa Classics</td>
<td>6-8 p.m.</td>
<td>$49</td>
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<td>30 Wed</td>
<td>Advanced Home Brewing: Ingredients, Recipe Development, and Beer Tasting</td>
<td>6-9 p.m.</td>
<td>$59</td>
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<td>31 Wed</td>
<td>New School Sandwiches</td>
<td>3-5 p.m.</td>
<td>$59</td>
<td>$12</td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>State Fair Foods: Blue Ribbon Recipes</td>
<td>6-8 p.m.</td>
<td>$49</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Raw Foods: Hummus, Dips and Flax Crackers</td>
<td>6-8 p.m.</td>
<td>$29</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Cooking with Kids: Family Time</td>
<td>12-3 p.m.</td>
<td>$59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Introduction to Home Brewing: Let's Brew a Witbier (Wheat Beer)</td>
<td>1-6 p.m.</td>
<td>$69</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>State Fair Foods: Stick with It</td>
<td>6-8 p.m.</td>
<td>$49</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Pizza Lovers: Flat-bread Style Pizza</td>
<td>6-8 p.m.</td>
<td>$44</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Advanced Home Brewing: All Grain Brewing</td>
<td>6-10 p.m.</td>
<td>$59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Cooking with Locally Raised Meat</td>
<td>6-8 p.m.</td>
<td>$54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Date Night: Szechwan Cooking</td>
<td>7-9 p.m.</td>
<td>$69</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Create Your Own Frozen Meals</td>
<td>6-9 p.m.</td>
<td>$59</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>State Fair Foods: Fairly Healthy</td>
<td>6-8 p.m.</td>
<td>$49</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Wed</td>
<td>Cream Puffs and Eclairs</td>
<td>6-8:30 p.m.</td>
<td>$39</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>4 Tue</td>
<td>Discovering Pasta: Classic Fresh Pasta</td>
<td>6-8 p.m.</td>
<td>$49</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>5 Wed</td>
<td>Advanced Home Brewing: Kepping and Bottling</td>
<td>6-9 p.m.</td>
<td>$59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 Thu</td>
<td>Discovering International Foods: Italian Cuisine</td>
<td>6-8:30 p.m.</td>
<td>$59</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>8 Sat</td>
<td>Cooking with Kids: Family Time</td>
<td>12-3 p.m.</td>
<td>$59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 Sat</td>
<td>Wingin’ It</td>
<td>4:30-6:30 p.m.</td>
<td>$49</td>
<td>$12</td>
<td></td>
</tr>
<tr>
<td>9 Sun</td>
<td>Introduction to Home Brewing: Let’s Brew an Irish Stout</td>
<td>1-6 p.m.</td>
<td>$69</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>9 Sun</td>
<td>Pizza Lovers: Flat-bread Style Pizza</td>
<td>6-8 p.m.</td>
<td>$44</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>9 Sun</td>
<td>Advanced Home Brewing: All Grain Brewing</td>
<td>6-10 p.m.</td>
<td>$59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 Sun</td>
<td>Cooking with Locally Raised Meat</td>
<td>6-8 p.m.</td>
<td>$54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Mon</td>
<td>Date Night: Szechwan Cooking</td>
<td>7-9 p.m.</td>
<td>$69</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 Tue</td>
<td>French Fall Recipes</td>
<td>6-8 p.m.</td>
<td>$109</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 Tue</td>
<td>Cooking with Locally Raised Bison</td>
<td>6-8 p.m.</td>
<td>$59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 Thu</td>
<td>Cream Puffs and Eclairs</td>
<td>6-8:30 p.m.</td>
<td>$39</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>16 Fri</td>
<td>Raw Foods: Chocolate Torte and Date Nut Torte</td>
<td>6-8 p.m.</td>
<td>$29</td>
<td>$7</td>
<td></td>
</tr>
<tr>
<td>17 Sat</td>
<td>Center Stage Side Dishes</td>
<td>6-8 p.m.</td>
<td>$49</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>17 Sat</td>
<td>Discovering International Foods: Mexican Cuisine</td>
<td>6-8:30 p.m.</td>
<td>$59</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>19 Sun</td>
<td>Discovering International Foods: Japanese Cuisine</td>
<td>6-8:30 p.m.</td>
<td>$59</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>20 Sun</td>
<td>Discovering International Foods: Classic American Style</td>
<td>6-8 p.m.</td>
<td>$59</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>24 Sat</td>
<td>Create Your Own Frozen Meals</td>
<td>6-9 p.m.</td>
<td>$109</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24 Sat</td>
<td>Cooking with Locally Raised Bison</td>
<td>6-8 p.m.</td>
<td>$59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24 Sat</td>
<td>French Fall Recipes</td>
<td>12-2 p.m.</td>
<td>$59</td>
<td>$15</td>
<td></td>
</tr>
</tbody>
</table>
**Intro to Home Brewing and Craft Beer Series**

This series will cover everything you need to know to successfully turn water into beer! You will learn the basic tools and ingredients that are used for brewing, explore different beer styles, and most importantly, brew your own beer with the help of a professional local brewer. Must be 21 to attend. Take all three courses for a discounted tuition. Classes included: Ingredients, Tools, and Beer Tasting, Malt Extract Brewing, and Priming, Racking, and Bottling.

- **CLFB-3010** / 3 sessions / $129
  - >67864
    - Sat 1-4pm
    - Mar 28-Apr 25
    - Hubert
  - >67890
    - Wed 6-9pm
    - Jun 3-Jul 1
    - Hubert

**Discovering Pasta Series**

The Discovering Pasta series is a three-part tour of pasta and pasta making. The courses cover a range from basic fresh Italian style pasta to more Asian influenced pot stickers. Within each course, the focus will be on technique and understanding the fundamentals of pasta. In addition to pasta dough, sauces, fillings, and cooking styles will be covered along the way. Take all three courses for a discounted tuition. Classes included: Classic Fresh Pasta, Ravioli, Tortellini, and More, and Pierogies and Pot Stickers. Materials fee $15 per class.

- **CLFB-5500** / 3 sessions / $129
  - >68096
    - Tue 6-8pm
    - Mar 31-Apr 14
    - Irwin
  - >68098
    - Sun Tue 6-8pm
    - Aug 4-Aug 25
    - 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 courses for a discounted tuition. Classes included: Appetizers and Knife Basics, Soups and Salads, Entrées, and Desserts. Be sure to bring your appetite! Materials fee $10 per class.

- **CLFB-5050** / 4 sessions / $229
  - >68014
    - Thu 6-8:30pm
    - Apr 2-Apr 23
    - Dennis

**Plant Based Whole Foods Series**

This four-part class can be taken individually or as a series. Chef David Burt of Four Square Meals will introduce techniques and recipes to give flavor to a base of nutritious and healthful foods. The whole foods philosophy maintains that minimal processing maintains nutritional integrity. The vegan philosophy maintains that removing, or at the very least limiting, animal products in the diet is beneficial for the body of the individual and the body of the planet. Faced with these limits, people often have trouble finding both what to eat and how to cook it. In this series we will learn techniques and recipes to create both intense and balanced flavor within the seeming restrictions of the vegan whole foods diet which is proving itself, through research to be the most healthful diet available. Take all four courses for a discounted tuition. Classes included: Vegetables, Beans and Grains, Soy Foods, and Soups and Sauces.

- **CLFB-6000** / 4 sessions / $129
  - >67912
    - Thu 6-8pm
    - Apr 30-May 21
    - Burt

**COOKING SERIES**

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

Advanced Home Brewing: All Grain Brewing Series
This advanced home brewing series is for home brewers with extract brewing experience looking to make the jump to all-grain brewing. This course will be structured similarly to the Intro series and will be geared towards using malted barley and other grains instead of malt extracts. Prerequisite: Intro to Home Brewing and Craft Beer Series, or a year or more of home-brewing experience. Must be 21 to attend. Take all three courses for a discounted tuition. Classes included: Ingredients, Recipe Development, and Beer Tasting, All Grain Brewing, and Kegging and Bottling.

CLFB-3015 / 3 sessions / $149
>67905 Sun 1-4pm May 3-May 31
Hubert
>67719 Wed 6-9pm Jul 8-Aug 5
Hubert

American Cuisine Series
Join us on a culinary adventure through American cuisine. In this four-part series, you will learn to prepare fun, delicious meals from across America. Beginning in California with the bright flavors of Southern California wine country, we will travel east for a stop in Chicago and to experience authentic deep-dish Chicago style pizza. From there, we will head south and explore the world famous Kansas City barbecue scene before finishing up our journey in New Orleans creole country. Take all four courses for a discounted tuition. Classes included: Southern California Wine Country, Chicago Deep-Dish, A Taste of New Orleans, and Kansas City Barbeque. Tuition includes all fees.

CLFB-5000 / 4 sessions / $199
>67935 Thu 6-8pm Jun 4-Jun 25
Various

Discovering Breads Series
The Discovering Breads series is a three-part tour of bread baking. The courses will arm a kitchen novice with the skills and knowledge to begin baking bread at home. Each course focuses on techniques essential to both the professional and casual baker for baking fun and delicious breads. In addition to working with dough, there will also be take-and-bake breads and seasonal treats to compliment your creations. Take all three courses for a discounted tuition. Classes included: Bread Baking Basics, Pretzels and Twisted Rolls, and Cinnamon Rolls and Sweet Dough. Materials fee $15 per class.

CLFB-1620 / 3 sessions / $109
>68024 Tue 6-8pm Jun 2-Jun 16
Irwin

State Fair Foods Series
Want to enjoy the best of the State Fair without leaving eastern Iowa? Then come join us for the State Fair Foods Series at the Kirkwood Culinary Kitchen at NewBo City Market! Each week, we will prepare and enjoy culinary trends and food favorites from the State Fair. Take all four courses for a discounted tuition. Classes included: Iowa Classics, Blue Ribbon Recipes, Stick with It, and Fairly Healthy.

CLFB-7800 / 4 sessions / $179
>67967 Mon 6-8pm Jul 6-Jul 27
TBA

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 on 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 courses for a discounted tuition. 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 / $219
>67693 Thu 6-8:30pm Aug 8-Aug 27
Dennis
Create Your Own Frozen Meals
There will be no more, “What’s for dinner?” after you leave this hands-on cooking class. Come ready to prepare five evenings worth of meals that will feed three to four people, and can be customized according to tastes. Bring your friends and enjoy some cooking, laughter, and fun. Don’t forget to bring a chef’s knife, a cooler, and some containers to take your hard work home with you. Tuition includes all fees.

CLFB-8050 / 1 session / $109
>68451 Mon 6-9pm Mar 23 Hernandez
>66250 Wed 6-9pm TBA
>66251 Wed 6-9pm May 20 TBA
>68452 Sun 6-9pm Jun 28 TBA
>68453 Sun 6-9pm Jul 26 TBA
>68455 Wed 6-9pm Hernandez Sep 2

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.

CLFB-7150 / 1 session / $69
>68163 Tue 6-8pm Mar 24 Irwin
>68164 Tue 6-8pm May 26 Irwin

Russian and Ukrainian Cooking: Beef Stroganoff
Join a Russian and Ukraine native to learn how to prepare authentic beef stroganoff. This protein-filled recipe might be different from what you are used to eating, but you will thoroughly enjoy the dish and the history behind it! Priyatnogo appetita! Materials fee $15.

CLFB-1310 / 1 session / $34
>66277 Wed 6-9pm Mar 25 Scroggins

Three-Course Plant Based Meal
Learn to cook a three-course plant based meal, including DESSERT! It’s clear we all need to incorporate more vegetable foods in our diet, for health. This class will help you understand how healthy and delicious can go hand in hand. Chef David Burt of Four Square Meals will demonstrate and explain how to prepare a balanced meal using plant-based ingredients. Menu for this dinner include hot and sour soup, followed by eggplant steak, seared spinach and dijon sauce with buckwheat-sesame pilaf, finishing with blackberry mousse for dessert. Recipes will be provided. Materials fee $10.

CLFB-6015 / 1 session / $39
>68056 Thu 6-8pm Mar 26 Burt

Date Night: Pizza and Pasta
This class is for anyone who loves homemade pizza and fresh, hand-rolled pasta! This hands-on class for couples will cover everything you need to know about homemade pizza and pasta. Feel free to bring your own local wine and beer to enjoy while you cook. Price includes all food and materials fees, as well as registration for two people. Must be 21 to attend.

CLFB-1770 / 1 session / $89
>67589 Sat 6:30-8:30pm Mar 28 TBA

Intro to Home Brewing and Craft Beer: Ingredients, Tools, and Beer Tasting
This class will be focused on learning about the different ingredients that are used in the brewing process and how those ingredients will translate into a finished beer. We will also cover the wide variety of brewing tools, discuss and choose a beer style to brew on brew day, and finish the class with a craft beer tasting and discussion on styles. Must be 21 to attend.

CLFB-3020 / 1 session / $49
>67882 Sat 1-4pm Mar 28 Hubert
>67893 Wed 6-9pm Jun 3 Hubert

Additional questions? Call 319-398-1022 or 800-332-8833.
Cooking with Kids: Family Time
Explore various recipes that allow creativity and individualization, and are guaranteed to please both the child and the parent. This is a hands-on class allowing you and your child to cook together.
CLFB-1036 / 1 session / $59
>66241 Sun 3-6pm Mar 29
TBA
>66242 Sun 3-6pm Apr 12
TBA
>66244 Sun 3-6pm May 24
TBA
>66245 Sat 12-3pm Jun 6
TBA
>66246 Sat 12-3pm Jul 18
TBA
>66247 Sat 12-3pm Aug 8
TBA

Chinese Cooking: Tofu
Over the past few years, tofu has gone from culinary outsider to health centric super-food. Come learn how to prepare this gluten-free, low calorie, and high-protein meal the Chinese way! Tuition includes all fees.
CLFB-1334 / 1 session / $39
>68248 Mon 6-8pm Mar 30
Liao

Discovering Pasta: Classic Fresh Pasta
Want to make your own fresh pasta? Join Chef Andrew for an introduction to classic Italian style fresh pasta. This class will cover kneading dough, making sauces, rolling pasta, and cutting different shapes. The class finishes with fresh pasta to take home, and dough to make more. For a discounted tuition, take all three Discovering Pasta classes by enrolling in the Discovering Pasta series. Materials fee $15.
CLFB-5520 / 1 session / $49
>68100 Tue 6-8pm Mar 31
Irwin
>68101 Tue 6-8pm Aug 4
Irwin

Easy Three-Course Meals for Couples
Why go to a restaurant to eat when you can make a simple, delicious three-course meal at home? In this class, we will learn how to prepare a three course meal that includes an appetizer, entrée, and dessert. This will be a hands-on class, so bring your own knives. Tuition includes all fees.
CLFB-1770 / 1 session / $59
>67976 Wed 6-8:30pm Apr 1
Hernandez

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!
CLFB-5055 / 1 session / $69
>68016 Thu 6-8:30pm Apr 2
Dennis

A Taste of Sake
This class is an experience in pairing tasty bites with a selection of sake from warm sake to plum sake. Come taste the flavor of sake! Must be 21 to attend. Price includes all materials fees.
CLFB-1333 / 1 session / $49
>67609 Fri 5-7pm Apr 3
TBA

Celebrating National Grilled Cheese Month!
Did you know April is National Grilled Cheese month? Join us for this fun, interactive class where we will make four different grilled cheese sandwiches (sweet and savory), as well as homemade tomato soup! Materials fee $5.
CLFB-7100 / 1 session / $49
>68066 Sat 12:30-2pm Apr 4
TBA

Healthy French Cooking
Join Chef Valerie in this demonstration class (with the opportunity for hands-on participation) and learn to prepare beet mousseline with stuffed mushrooms and vegetable gratin. Tasting samples of everything will be provided, so bring your appetite! Materials fee $15.
CLFB-1475 / 1 session / $39
>67614 Sun 11:30am-1:30pm Apr 5
Martin

Discovering Pasta: Ravioli, Tortellini and More
Bring home new skills and a delicious dinner. Join Chef Andrew for an introduction to stuffed and filled pastas. This class will cover making dough, two types of fillings, and shaping pastas. The class finishes with fresh pasta and fillings to take home. For a discounted tuition, take all three Discovering Pasta classes by enrolling in the Discovering Pasta series. Materials fee $15.
CLFB-5520 / 1 session / $49
>68103 Tue 6-8pm Apr 7
Irwin
>68106 Sun 3-5pm Aug 16
Irwin

Register at www.kirkwood.edu/newbo
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 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 / $39
>68316 Wed 6-8pm Apr 8
Liao

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!
CLFB-5060 / 1 session / $69
>68018 Thu 6-8:30pm Apr 9
Dennis

The Perfect Pie
Prepare pie crusts better than Pillsbury! Pie baking is becoming a lost art. 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 $15.
CLFB-1029 / 1 session / $39
>67604 Sat 6-8:30pm Apr 11
Kosek

Intro to Home Brewing and Craft Beer: Malt Extract Brewing
This class will be a full-blown brew day! We will be brewing a five gallon batch of beer using malt extracts. During the brew day, we will discuss proper sanitization, how to use specific brewing tools, proper temperature control during the brewing process, chilling the wort, transferring the wort to the fermenter, and pitching the yeast. Must be 21 to attend.
CLFB-3020 / 1 session / $49
>67885 Sat 1-4pm Apr 11
Hubert
>67894 Wed 6-9pm Jun 17
Hubert

Greek Cooking: Chicken Lemon Soup
Come learn how to prepare a wonderfully simple and delicious chicken lemon soup from Crete native Eleonora. We’ll follow up the soup with a simple wedding cookie, topped with powdered sugar. Materials fee $15.
CLFB-1360 / 1 session / $39
>67642 Sun 11:30am-2pm Apr 12
Rieck

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 your taste buds! Priyantnogo appetita! Bring take-home container, knife and apron. Materials fee $15.
CLFB-1310 / 1 session / $34
>66279 Mon 6-9pm Apr 13
Scroggins

Discovering Pasta: Pierogies and Pot Stickers
Explore beyond the borders of everyday pasta. Join Chef Andrew for an evening making pasta that feels right at home in Cedar Rapids. This class will cover making pierogi dough, classic and new fillings, and different methods for cooking pot stickers. Be sure to bring a take home container! For a discounted tuition, take all three Discovering Pasta classes by enrolling in the Discovering Pasta series. Materials fee $15.
CLFB-5520 / 1 session / $49
>68107 Tue 6-8pm Apr 14
Irwin
>68109 Tue 6-8pm Aug 25
Irwin
The Culinary Experience: Entrees
Fear your kitchen no more! The Entree Basics class is for those who want more kitchen confidence in understanding the basics of preparing savory entrees. From grilling to braising, duck to lamb and sauces to chutneys, Entree Basics will teach you how to prepare three classic entrees. 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!
CLFB-5065 / 1 session / $69
>68019 Thu 6-8:30pm Apr 16
Dennis

Anytime Burritos
In this class, we will be making a variety of burritos that can be enjoyed any time of the day – from breakfast to dinner to dessert. We will be learning how to prepare, roll, and freeze them for easy preparation later. This will be a hands-on class, so bring your own knives and storage containers to take leftovers to share with friends and family. Tuition includes all fees.
CLFB-1335 / 1 session / $59
>67554 Sat 1-3pm Apr 18
Hernandez

Chinese Cooking: Egg Plant
Enjoy an afternoon of learning how to prepare delicious eggplant the Chinese way! Bring your appetite to learn and grow in this hands-on cooking class. Tuition includes all fees.
CLFB-1334 / 1 session / $39
>68251 Sat 4-6pm Apr 18
Liao

Introduction to Home Brewing: Let’s Brew a Honey Blonde Ale
In this interactive class, we will go over all the basics of getting started brewing your own beer at home. This beginner-friendly course will cover equipment, ingredients, terms, and we will actually brew up and bottle a batch of Honey Blonde Ale! Must be 21 to attend. Materials fee $10.
CLFB-3020 / 1 session / $69
>67708 Sun 1-6pm Apr 19
Williams

Make Your Own Mozzarella and Ricotta
Nothing compares to fresh, homemade mozzarella and ricotta cheeses. Come learn how to make various mozzarella and ricotta cheeses using different milks and techniques, then take some home with you to enjoy with some fresh bread and sliced tomatoes or on your homemade pizzas. Tuition includes all fees.
CLFB-1322 / 1 session / $39
>68395 Sun 10:30am-12pm Apr 19
TBA
>68397 Sat 4-6pm Jun 6
TBA

Boozy Cupcakes
Ready to take your cupcakery to a whole new level? In this class you will infuse cupcakes, frostings, and toppings with a variety of adult drinks. Bring your appetites, and don’t forget to bring containers to bring home the leftovers! Materials fee $15. Must be 21 to attend.
CLFB-1030 / 1 session / $49
>67598 Tue 6-8:30pm Apr 21
Kosek

Cooking With Kale
In the fall we receive another round of highly nutritious and prolific greenery. We will focus on not just kale, but also many other seasonally available greens. Chef David Burt of Four Square Meals will pick from those available which could include mustard greens, collard greens, spinach, chard, beet greens and turnip greens. We will prepare the very popular kale chips and perhaps another green chip for comparison. We will sear greens with garlic, with onion and garlic, and with leeks. We will braise greens with herbs and spices, try balsamic braised greens, and consider cooked slaws, creamed collards and mustard greens. Materials fee $10.
CLFB-7920 / 1 session / $39
>68047 Wed 6-8pm Apr 22
Burt

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!
CLFB-5070 / 1 session / $69
>68020 Thu 6-8:30pm Apr 23
Dennis

Asian Favorites: Intro to Wok Cooking
Learn the tricks to your favorite Asian dishes and see why traditional wok cooking is simple, quick, and extremely delicious. We’ll cover familiar dishes like Sesame Chicken and Mongolian Beef, and explain how to achieve the complex balance of flavors and textures that are distinct in Asian cuisine.
CLFB-1334 / 1 session / $39
>67678 Fri 6:30-8:30pm Apr 24
Schelin
>67679 Sun 12-2pm Jun 7
Schelin

Register at www.kirkwood.edu/newbo
Intro to Home Brewing and Craft Beer: Priming, Racking, and Bottling

In our final class, we learn how to prime the fermented wort, also known as beer, to achieve the proper carbonation level once it is bottled. We will then prime and bottle all five gallons of our fully fermented beer. Cheers! Must be 21 to attend.

CLFB-3020 / 1 session / $49
>67887 Sat 1-4pm Apr 25
>67897 Wed 6-9pm Jul 1

Sweet and Savory Crepes

Learn how to make crepe batter and how to stuff them. You will learn recipes for gourmet sweet crepe suzettes (orange cream and flambe) and stuffed savory crepes with mushrooms, spinach, ham, and cheese. Materials fee $15.

CLFB-1475 / 1 session / $59
>67616 Sun 11:30am-1:30pm Apr 26

Savory Waffles

Come explore new flavors and creative dinner ideas! Learn to make waffles three different ways. You will make tomato waffles filled with gooey cheddar cheese, maple waffles with smoked ham and horseradish cheese, and a sweet sugar cookie waffle with apples and creamy vanilla sauce. Tuition includes all fees.

CLFB-7025 / 1 session / $44
>67611 Mon 6-8pm Apr 27

The Whole Chicken

Want to save money and put dinner on the table? Learning basic, at-home butchering techniques will improve your cooking, and save you money. Join Chef Andrew for an introduction to basic chicken butchery and cooking. This class will cover basic knife skills, pan searing, and roasting. Recipes for chicken stock, sanitation techniques, and safety tips will also be covered. Materials fee $20.

CLFB-4600 / 1 session / $49
>67892 Tue 6-8pm Apr 28

Russian and Ukrainian Cooking: Kasha

Kasha is a wonderfully delicious dish from Russia. It is an inexpensive, nutritious, and versatile food. Kasha can be served for breakfast or as a side dish for supper, and can be prepared many different ways. Come join Russian and Ukrainian native Nina and learn how you can authentically prepare this unique dish at home.

CLFB-1310 / 1 session / $34
>67649 Wed 6-9pm Apr 29

Plant Based Whole Foods: Vegetables

The vegetarian diet is ideally suited to having vegetables at its center. Using vegetables as a focal point allows us to eat seasonally and locally, which many consider being the healthiest way to eat. The range of phytonutrients is wide and varied over the year, fiber and micronutrient content is maintained. Recipes will be included and general guidelines discussed. Materials fee $10.

CLFB-6006 / 1 session / $39
>67913 Thu 6-8pm Apr 30
Secrets of the Top Chefs: Sous Vide
Discover the secret behind the success of the top restaurants and find out how you can replicate delicious results time and time again. Pioneered by superstar chefs like Thomas Keller, sous vide cooking refers to the method in which food is vacuum sealed and then placed in a water bath set to a very specific temperature. Achieving a perfect medium rare steak at 134.5°F is achievable, every single time. Come learn, eat delicious food, and understand why sous vide is perfect for hassle-free gourmet food at home.
CLFB-7180 / 1 session / $49
>67672 Sat 3:30-5:30pm May 2
Schelin
>67673 Sat 12-2pm Jun 20
Schelin

Celebrating Mediterranean Diet Month
Mediterranean Diet Month generates awareness of the delicious foods and amazing health benefits associated with this diet. Join us to discover the fabulous flavors and foods that make up this way of eating, including couscous, hummus, pesto, salmon, and tapas. Materials fee $10.
CLFB-1336 / 1 session / $49
>68077 Sat 12:30-2pm May 2
TBA

Greek Cooking: Lamb and Chicken Shish Kabobs and Tzatziki Sauce
Join Crete native Eleonora in preparing traditional lamb and chicken shish kabobs (souvliaki) and creamy delicious tzatziki sauce. Materials fee $15.
CLFB-1360 / 1 session / $39
>67844 Mon 6-8:30pm May 4
Rieck

Cinco de Mayo Fiesta
Instead of going out for this popular day, why not prepare everything a home? In this hands-on class, you will make authentic appetizers such as salsa, white cheese dip, fresh pico de gallo, guacamole, fajitas, and margaritas. Bring your own knives and storage containers to take leftover to share with friends and family. Don’t forget to bring your friends! Must be 21 to attend.
CLFB-1335 / 1 session / $79
>67676 Tue 6-8pm May 5
Hernandez

Introduction to Canning: Homemade Jellies
This demonstration class offers an introduction to canning with an emphasis on homemade jellies. You will leave with all the information on equipment and safety that you will need to get started at home!
CLFB-1820 / 1 session / $69
>67606 Wed 6-8pm May 6
Hernandez

Advanced Home Brewing:
Ingredients, Recipe Development and Beer Tasting
This class will be focused on the many varieties of malted barley and specialty grains used in the brewing process. We will discuss the differences between the grains and how they will affect the flavor of the finished beer. We will also sample a variety of craft beers as we discuss recipe development and plan out our all-grain brew day.
CLFB-3020 / 1 session / $59
>67907 Sun 1-4pm May 3
Hubert
>67727 Wed 6-9pm Jul 8
Hubert

Plant Based Whole Foods: Beans and Grains
Beans and grains maintain the healthy protein balance essential for life. Eating a wide variety of beans and grains ensures that the body has available all the essential amino acids. We will provide techniques and recipes for cooking a very wide variety of different beans and grains. Materials fee $10.
CLFB-6002 / 1 session / $39
>67915 Thu 6-8pm May 7
Burt

Register at www.kirkwood.edu/newbo
Bratwurst and Sausage Workshop
Are you ready to stock your freezer full of your own handmade brats and sausages for the summer grilling season? In this hands-on class, you will learn how to make your own Beer Brats and Cheddar Wursts. From casings to selecting and grinding meat, this class covers it all! You are sure to leave class with a few new skills and a whole lot of grillables to get you through an extended Iowa grilling season. Remember to bring freezer bags and containers to take your work home with you. Tuition includes all fees.
CLFB-1420 / 1 session / $69
>68032 Sat 1-4pm May 9 TBA

Baking with Mom
Come spend the afternoon learning to bake the perfect pie with mom at the Kirkwood Culinary Kitchen. Tuition includes all fees. Ages 8 and up.
CLFB-1038 / 1 session / $49
>68021 Sun 1-3pm May 10 TBA

Cooking with Mom
What better way to spend a couple hours with mom on Mother’s Day than in the kitchen learning new cooking tips and tricks? You’ll make sweet pepper crostini’s, sautéed shrimp with tomatoes and arugula, and raspberry ice cream sandwiches. Tuition includes all fees. Ages 8 and up.
CLFB-1038 / 1 session / $59
>68023 Sun 4:30-6:30pm May 10 TBA

Mixology Part 1
Be creative and have fun by taking part in a highly interactive session where you and your friends will learn how to think about, and prepare, classic and modern cocktails while you taste history in a glass! Utilize a blend of core bartending tools, multitasking skills, creativity, and apply elements of science. Learn how to structure and enhance flavors. Learn the latest trends in cocktail creation. Find out techniques for special garnishes and accents. Discover how ratios, formulas, and rules work. You will have the opportunity to use juices, syrups, bitters, and tinctures to create your own unique cocktails! Must be 21 to attend. Materials fee $25 per couple.
CLFB-3075 / 1 session / $49
>68091 Mon 6-8pm May 11 Kossek

Pizza Lovers: Chicago Style Deep Dish
Learn how to make a true pizza pie, the Chicago way! Students will make a classic Chicago style deep dish pizza as well as a stuffed crust pizza. Sign up for all four Pizza Lovers classes for a discounted price! Materials fee $10.
CLFB-7156 / 1 session / $59
>68233 Tue 6-8pm May 12 Clark

Cooking with Herbs and Spices
Don’t know what to do with those dry herbs or spices in your cabinet? In this class, we will learn how to use and store dry herbs and spices. Let’s not forget about those fresh herbs as well! This class will be hands-on and you will make a delicious chicken-based entree, using herbs and spices. Please bring your own knives and storage containers to take leftovers home.
CLFB-1870 / 1 session / $44
>68456 Wed 6-8pm May 13 Hernandez

Plant Based Whole Foods: Soy Products
Soy is important in the plant based diet due to it complete protein profile. It contains all the essential amino acids necessary for life and has become an important component of the plant-based diet. We will discuss which soy products are most important, including those that are less desirable. A wide variety of techniques and recipes will be provided. Materials fee $10.
CLFB-6004 / 1 session / $39
>67918 Thu 6-8pm May 14 Burt

Make Ahead Gourmet Meals
Join Chef Valerie in the kitchen as she prepares classic shrimp cocktail, classic French coq au vin braised in Riesling wine and mushrooms, and chocolate fondant with English cream. Samples of all food will be shared, so bring your appetite. Materials fee $20.
CLFB-1475 / 1 session / $54
>68048 Sat 12-2pm May 16 Martin

Chinese Cooking: Veggie Dumplings
Dumplings are a savory dish that can be prepared a number of ways – fried, boiled, or baked. Come learn how to prepare veggie dumplings, and expand your culinary knowledge of Chinese cooking! Tuition includes all fees.
CLFB-1334 / 1 session / $39
>68253 Sat 4-6pm May 16 Liao
Advanced Home Brewing: All Grain Brewing
This class will be a full-blown brew day! We will be brewing a five gallon batch of beer using malted barley and specialty grains. During the brew day, we will discuss proper sanitization, how to use specific brewing tools, proper temperature control during the brewing process, mashing and lautering, chilling the wort, transferring the wort to the fermenter, and pitching the yeast.

CLFB-3020 / 1 session / $59
>67908 Sun 1-5pm May 17
Hubert
>67732 Wed 6-10pm Jul 22
Hubert

Cook Like You’re Irish
Spend the evening immersed in Irish culture and food. Learn all about traditional Irish comfort foods and pub favorites! Materials fee $15.

CLFB-1348 / 1 session / $39
>67568 Mon 6-8:30pm May 18
Kosek

Iowa Pork Tenderloin
What says Iowa more than a fried pork tenderloin sandwich? Join Chef Andrew and learn how to use one of Iowa’s best cuts of meat. This class will cover cleaning the tenderloin, making breaded tenderloin, and making a stuffed roast. This class finishes with a roast to take home. Materials fee $20.

CLFB-4600 / 1 session / $59
>67898 Tue 6-8pm May 19
Irwin

Plant Based Whole Foods: Soups and Sauces
Soups are important to include as they are highly digestible and the nutrients easily available to the body. Soups are also important in their ability to use up leftovers! Sauces add a final level of panache to dinners and can help elevate a very simple preparation to a higher level, both for the individual and in the context of dinner parties. Recipes will be provided and techniques applicable beyond these recipes will be discussed. Materials fee $10.

CLFB-6010 / 1 session / $39
>67921 Thu 6-8pm May 21
Scroggins

Discovering Breads: Bread Baking Basics
Fresh baked bread is delicious and easy to make. Join Chef Andrew for a great beginning in making bread from scratch. Learn simple methods and use easy to find products to make delicious breads. Perfect for beginners who like hands-on cooking experiences. For a discounted tuition, take all three Discovering Bread classes by enrolling in the Discovering Bread Series. Materials fee $10.

CLFB-1622 / 1 session / $44
>68026 Tue 6-8pm Jun 2
Irwin

American Cuisine: Southern California Wine Country
Decadent simplicity and bright fresh flavors. Join Chef Dennis for a hands-on tour of southern Californian/Napa county cuisine with recipes inspired by Alice Water and Thomas Keller. SoCal Cuisine is a laid-back, hands-on class for those with some kitchen confidence. Please bring a chef’s knife, an apron, and containers to take home your work. Tuition includes all fees.

CLFB-5901 / 1 session / $59
>67937 Thu 6-8pm Jun 4
Dennis

White Chocolate Crème Brûlée and Other French Desserts
Join French native Valerie as she prepares a dangerously delicious white chocolate crème brûlée, apple tarte tatin, and French butter cakes, also known as madeleines. Samples of all food will be shared, so bring your appetite. Materials fee $15.

CLFB-1475 / 1 session / $44
>67625 Sat 12-2pm May 30
Martin

Advanced Home Brewing: Kegging and Bottling
In this class, we will explore the many tools and techniques used for kegging and bottling our finished beer. We will discuss the differences between kegging and bottling, how to force carbonate a beer that has been racked into a keg, how to prime a beer to achieve proper carbonation in the bottle, and how to safely handle and operate CO2 tanks and regulators.

CLFB-3020 / 1 session / $59
>67909 Sun 1-4pm May 31
Hubert
>67734 Wed 6-9pm Aug 5
Hubert

Greek Cooking: Gyros and Grilled Lamb Chops
Come learn how to prepare delicious gyros and grilled lamb chops with Greek salad from Crete native Eleonora. Materials fee $15.

CLFB-1360 / 1 session / $49
>67645 Mon 6-8:30pm Jun 1
Rieck
One-Pot Meals

Come learn great dinner ideas that you can make all in one pot. In this cooking demo, Chef Rachel will prepare cheesy chicken taco rice, beef stroganoff with orzo, and paprika chicken thighs. This will be a demo class with some hands-on.

CLFB-1765 / 1 session / $49
>68062 Sun 4-6pm Jun 7
TBA

French Picnic

This class will cover everything you need to know to enjoy a classic French picnic in the park. You’ll learn to make picnic tabbouleh, tomato and caramelized tarte tatin, bacon and leek quiche, and pound cake. Samples of all food will be shared, so bring your appetite. Materials fee $15.

CLFB-1475 / 1 session / $69
>67628 Sat 12-2pm Jun 13
Martin

Classic Cocktails

Ready to impress your friends Mad Men style? Come discover the art of creating classic cocktails. You’ll discuss traditional recipes, glass selection, a little historical perspective and a few modern variations on classics. Must be 21 or older to attend. Materials fee $15.

CLFB-3075 / 1 session / $39
>68092 Mon 6-8pm Jun 8
Kosek

American Cuisine: Chicago Deep-Dish

Italian influence combines with an American innovation in this Chicago style pizza class. Come prepared to learn what makes Chicago style pizza unique to the windy city, and be sure to bring your appetite! Learn how to make a true pizza pie, the Chicago way! Students will make classic Chicago style deep-dish pizzas as well as Chicago style stuffed pizzas. Tuition includes all fees.

CLFB-5901 / 1 session / $59
>67938 Thu 6-8pm Jun 11
Clark

Stuffed Croissants: Sweet and Savory

Come learn how to make croissants and how to stuff them with sweet and savory fillings. This is a hands-on class with Chef Valerie, a native of France. Samples of all food will be shared, so bring your appetite. Materials fee $15.

CLFB-1475 / 1 session / $44
>67631 Sun 11:30am-1:30pm Jun 14
Martin

American Cuisine: Chicago Deep-Dish

Italian influence combines with an American innovation in this Chicago style pizza class. Come prepared to learn what makes Chicago style pizza unique to the windy city, and be sure to bring your appetite! Learn how to make a true pizza pie, the Chicago way! Students will make classic Chicago style deep-dish pizzas as well as Chicago style stuffed pizzas. Tuition includes all fees.

CLFB-5901 / 1 session / $59
>67938 Thu 6-8pm Jun 11
Clark

Wingin’ It

Tired of the standard chicken wing? Come learn new ideas for chicken wings! We will have fun with sticky wings, Sriracha honey wings, and garlic ginger wings. Materials fee $12.

CLFB-1660 / 1 session / $59
>67657 Sun 4-6pm Jun 14
TBA
>67659 Sat 4:30-6:30pm Aug 8
TBA

Additional questions? Call 319-398-1022 or 800-332-8833.
Discovering Breads: Cinnamon Rolls and Sweet Dough
Join Chef Andrew for a Baking Experience for everyone’s sweet tooth. This class will cover making sweet breads, cinnamon rolls, and cream cheese frosting. The class finishes with a pan of take-and-bake cinnamon rolls. For a discounted tuition, take all three Discovering Bread classes by enrolling in the Discovering Bread series.

CLFB-1618 / 1 session / $44
>68028 Tue 6-8pm Jun 16
Irwin

American Cuisine: A Taste of New Orleans
Come experience flavors, spice, and great dishes. We will create shrimp po’boys, spicy BBQ shrimp, and New Orleans shrimp pizza. So come enjoy a little vacation without leaving Iowa! Tuition includes all fees.

CLFB-5901 / 1 session / $59
>67941 Thu 6-8pm Jun 18
TBA

Creating with Whole Foods
Learn to adapt recipes to your own tastes and begin creating your own recipes using vegetables, beans, and grains. We will create a meal adapted from recipes provided. We will also create simple dessert variations. The idea of this class is to learn to keep learning about food by showing the limitless possibilities of taste within the bounds of the plant world through hands-on experiences. This class is taught by Chef David Burt of Four Square Meals. Please bring your chef’s knife. Materials fee $10.

CLFB-6015 / 1 session / $49
>68059 Fri 6-8pm Jun 19
Burt

Sushi for Beginners
Looking to be a little more adventurous? Did you know that not all sushi contains raw fish? In fact, sushi is the rice and sashimi is the raw fish that often accompanies the flavorful rice. Have fun creating traditional sushi rolls and inside-out rolls with wasabi and soy dipping sauce. Price includes all food and materials fees.

CLFB-1330 / 1 session / $59
>68335 Sat 3-5pm Jun 20
TBA

Father’s Day Steak Dinner
Come learn how to prepare steakhouse classics right in your own home. You’ll create and enjoy a delicious father’s day meal, consisting of a Caesar salad, twice-baked potatoes, steakhouse mushrooms, apple crisp with vanilla ice cream, and most important of all, grilled strip steaks with garlic herb butter. Tuition includes all fees. Ages 8 and up.

CLFB-1038 / 1 session / $79
>68029 Sun 4:30-7pm Jun 21
TBA

Dinner Party Planning Basics
Love to entertain, but don’t know where to start? Come learn how to plan a menu, the basics of dinnerware, glassware and table settings. Also go home with some simple hors d’oeuvres, entrée, dessert and drink ideas. Sample and learn some great ideas from a professional chef. Bring your appetites, and don’t forget to bring containers to bring home the leftovers! Materials fee $15.

CLFB-1795 / 1 session / $39
>68071 Tue 6:30-8pm Jun 23
Kosek

American Cuisine: Kansas City Barbeque
Come and enjoy the delicious world of BBQ and educate yourself on the true process of Kansas City style Pit-BBQ, then enjoy the delicious ribs, chicken, and more! There are few things more delicious and simple than authentic smoked BBQ. Tuition includes all fees.

CLFB-5901 / 1 session / $59
>67940 Thu 6-8pm Jun 25
Schelin

Date Night: Sushi and Saki
This couples class will explore the world of Japanese cuisine through the creation of various sushi dishes and pairings with various sake drinks. Price includes all food, drink, and materials fees, as well as registration for two people. Must be 21 to attend.

CLFB-1770 / 1 session / $109
>67591 Sat 7-9pm Jun 27
TBA

Grillin’ with Dad
This hands-on grilling class provides a great experience for all dads who want to learn the finer points of preparing and grilling various meats, as well as a fun opportunity for the young grill masters-in-training to come along and cook with dad. Tuition includes all fees. Ages 8 and up.

CLFB-1038 / 1 session / $49
>68025 Sun 11:30am-1:30pm Jun 21
Schelin
French Cuisine: Soufflés
This is a hands-on cooking class introducing you to the best tastes of French cuisine. Learn from French native Valerie how to make multiple soufflés including cheese, smoked salmon, and raspberry. Materials fee $15.
CLUFB-1475 / 1 session / $84
>67632 Sat 12-2pm Jun 27 Martin

Introduction to Home Brewing: Let’s Brew an IPA
In this interactive class, we will go over all the basics of getting started brewing your own beer at home. This beginner-friendly course will cover equipment, ingredients, terms, and we will actually brew up and bottle a batch of IPA! Must be 21 to attend. Materials fee $10.
CLUFB-3020 / 1 session / $69
>67709 Sun 12-5pm Jun 28 Williams

Summer Clambake and Craft Beer Pairing
Come learn the basics of a New England Style Clambake right here in Iowa. We will teach you some techniques and tricks to doing your very own clambake in your very own backyard for summer entertaining. We will also show you some beer pairing options to go along with this great seafood feast. Bring your appetites, and don’t forget to bring containers to bring home the leftovers! Material Fee $25. Must be 21 to attend.
CLUFB-7900 / 1 session / $69
>67952 Tue 6-8:30pm Jun 30 Kosek

State Fair Foods: Iowa Classics
Bring the best of the State Fair home to your own kitchen! In this hands-on cooking class, you will re-create classic Iowa State Fair foods.
CLUFB-7801 / 1 session / $49
>67972 Mon 6-8pm Jul 6 TBA

The Donut Workshop
Learn how to make your favorite donuts. Everything from raised donuts and cake donuts, to filled donuts and long johns. Learn how to create new and delicious combinations to put a gourmet twist on a classic breakfast favorite. You’ll learn tips and tricks from a professional chef on how to make the best fresh homemade donuts. Bring your appetites, and don’t forget to bring containers to bring home the leftovers! Materials fee $10.
CLUFB-7000 / 1 session / $49
>67602 Tue 6-8:30pm Jul 7 Kosek

Shop, Cook, Eat at the Farmers Market
Learn how easy and delicious it is to shop, cook and eat from your local farmer’s market. Take a walk to the farmer’s market and with your instructor, examine and learn how to choose some of the more unusual vegetables and everyday favorites fresh from the farm. Head back to the kitchen and get cooking. Discover easy, healthy, elegantly simple recipes you can use today and every day. Wear comfortable shoes and dress for the weather.
CLUFB-7735 / 1 session / $49
>67899 Sat 10:30am-1:30pm Jul 11 Rieck

New School Sandwiches
Let me inspire you with creative sandwich ideas to make at home. We will make fried green tomatoes, Cajun chicken salad, and spicy turkey meatball subs. Come try a new sandwich! Materials fee $12.
CLUFB-7100 / 1 session / $59
>68041 Sun 3-5pm Jul 12 TBA

State Fair Foods: Blue Ribbon Recipes
You will bring home the blue ribbon with the tips and tricks you will learn in this baking class! Learn to make perfect pies and sweet treats, utilizing blue ribbon winning recipes from across Iowa.
CLUFB-7801 / 1 session / $49
>67973 Mon 6-8pm Jul 13 TBA

Raw Foods: Hummus, Dips and Flax Crackers
Hummus and flax crackers are staples in any raw food diet. You’ll learn how to make zucchini hummus, onion dip, quick cheese, and crispy ginger flax crackers. This is an experiential class, so you will not only get the recipes, but you’ll also help in making them! Materials fee $5.
CLUFB-1530 / 1 session / $29
>67685 Tue 6-8pm Jul 14 Sweet Raw Joy

Introduction to Home Brewing: Let’s Brew a Witbier (Wheat Beer)
In this interactive class, we will go over all the basics of getting started brewing your own beer at home. This beginner-friendly course will cover equipment, ingredients, terms, and we will actually brew up and bottle a batch of Witbier! Must be 21 to attend. Materials fee $10.
CLUFB-3020 / 1 session / $69
>67712 Sun 1-6pm Jul 19 Williams
State Fair Foods: Stick with It
You haven’t been to the State Fair until you have tried something on a stick! This class will explore the ever-so-popular trend of creating, cooking, and eating delicious meals and appetizers on a stick.
CLFB-7801 / 1 session / $49
>67974 Mon 6-8pm Jul 20

Pizza Lovers: Flat-bread Style Pizza
Students will make several variations of the micro-thin crust varietals, including traditional flat-bread style as well as a thin cracker crust style pizza. Sign up for all four Pizza Lovers classes for a discounted price! Classes include Classic American Style, Chicago Style Deep Dish, Flat-bread style Pizza and Whole Grain Crusts. Materials fee $10.
CLFB-7156 / 1 session / $44
>68238 Tue 6-8pm Jul 21

Cooking with Locally Raised Meat
This class will teach you all you need to know about sourcing, selecting, and preparing meat from local Iowa producers. Tuition includes all fees.
CLFB-4500 / 1 session / $54
>67956 Thu 6-8pm Jul 23

Date Night: Szechwan Cooking
Come enjoy a unique evening out by preparing a delicious and fun meal for two. We will make shrimp pot stickers with dipping sauce, hot and sour soup, Szechwan chicken and rice, and gingery stir-fried green beans. Feel free to bring your own local wine and beer to enjoy while you cook. Price includes all food and materials fees, as well as registration for two people. Must be 21 to attend.
CLFB-1770 / 1 session / $59
>67592 Sat 7-9pm Jul 25

State Fair Foods: Fairly Healthy
Not everything at the fair has to be double deep-fried or wrapped in bacon! This class will focus on the healthier side of our State Fair food favorites.
CLFB-7801 / 1 session / $49
>67975 Mon 6-8pm Jul 27

Cream Puffs and Eclairs
Come learn how to make this this French classic from a full-time Pastry Chef. You’ll learn the basics of making a classic pate de choux, including fillings and glazes for eclairs and cream puffs alike. Bring your appetites, and don’t forget to bring containers to bring home the leftovers! Materials fee $10.
CLFB-1000 / 1 session / $39
>67603 Tue 6-8:30pm Jul 28

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! Materials fee $10.
CLFB-1394 / 1 session / $59
>67695 Thu 6-8:30pm Aug 6

Introduction to Home Brewing:
Let’s Brew an Irish Stout
In this interactive class, we will go over all the basics of getting started brewing your own beer at home. This beginner-friendly course will cover equipment, ingredients, terms, and we will actually brew up and bottle a batch of Irish Stout! Must be 21 to attend. Materials fee $10.
CLFB-3020 / 1 session / $69
>67713 Sun 1-6pm Aug 9

The Perfect Cookie
Do your cookies turn out too hard, too thin, or just not right? Learn some tips and techniques to get the perfect homemade cookie every time! Materials fee $10.
CLFB-1071 / 1 session / $39
>67880 Tue 6-8:30pm Aug 11

DIY Sauces, Dips, and Condiments
This is a class to learn how to make your own sauces, dips and condiments from scratch. Learn how to create Masala sauce, Jalapeno dip, and Cajun garlic aioli. Materials fee $10.
CLFB-1430 / 1 session / $34
>68073 Wed 6-8pm Aug 12

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! Materials fee $10.
CLFB-1396 / 1 session / $59
>67696 Thu 6-8:30pm Aug 13
Greek Cooking: Saganaki and Dolmades
Discover Greek cooking as you learn to make two easy and delicious Greek appetizers. Saganaki is an irresistible classic Greek specialty of fried cheese popular in many taverns. Saganaki cheese is flambeed at the table with a shout of "opa!" and served with warm pita bread. Dolmades are stuffed grape leaves and another popular Greek delicacy often served as part of an appetizer plate. Popular stuffing choices include meat or vegetables. Samples will be provided. Materials fee $15.
CLFB-1360 / 1 session / $39
>67647 Mon 6-8:30pm Aug 17
Rieck

Raw Foods: Chocolate Torte and Date Nut Torte
Make a delicious raw Chocolate Torte and Date Nut Torte! Nothing enhances a picnic or potluck like serving a dessert that everyone can enjoy. These will be raw (not heated, so all the nutrients are alive and active in the food), sugar-free, dairy-free, wheat-free, and soy-free. These desserts are not made with 'traditional' ingredients, but they have all the flavor, texture, and sweetness of traditional desserts! This is an experiential class, so you will not only get the recipes, but you'll also assist in making them! Materials fee $7.
CLFB-1530 / 1 session / $29
>67686 Tue 6-8pm Aug 18
Sweet Raw Joy

Center Stage Side Dishes
It's time for new ideas for sides at dinner. Learn new easy recipes to enjoy with your family. We will create southern style green beans, turnip French fries with herbs, and roasted winter vegetables with herbs. Materials fee $15.
CLFB-1700 / 1 session / $49
>68068 Wed 6-8pm Aug 19
TBA

Disco Displaying International Foods: Mexican Cuisine
A fun, hands-on class focusing on the creation of an authentic Mexican meal from appetizer to dessert. Discovering Mexican 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! Materials fee $10.
CLFB-1398 / 1 session / $59
>67897 Thu 6-8:30pm Aug 20
Dennis

Pizza Lovers: Classic American Style
Learn the basics of great pizza making in the traditional American style as it started in New York City. Students will learn how to make a basic, thin style crust as well as variations such as beer crust and cornmeal crust. Sign up for all four Pizza Lovers classes for a discounted price! Materials fee $10.
CLFB-7156 / 1 session / $59
>68240 Tue 6-8pm Sep 1
Clark

Cooking with Locally Raised Bison
Naturally low in fat and high in protein, bison meat is quickly becoming a healthy and popular alternative to other meats. This class will give you the knowledge of where to locally source bison meat, as well as a few recipes and cooking tips to help you prepare delicious meals at home. Tuition includes all fees.
CLFB-4500 / 1 session / $59
>67955 Thu 6-8pm Sep 3
Dennis

French Fall Recipes
Come learn to make an authentic French onion soup, gratin dauphinois (potatoes gratin), and fall fruits compote in red wine with ice cream. Samples of all food will be shared, so bring your appetite. Materials fee $15.
CLFB-1475 / 1 session / $59
>67634 Sat 12-2pm Sep 5
Martin
Amazing Cookie Bouquets
Learn creative ways to decorate cookies! Roll up your sleeves and learn to make decorative sugar cookies and fancy cookie bouquets. Perfect your decorating skills as you create beautiful designs on different varieties of cookies. We will teach decorating techniques using several tips to make fancy cookies. Ages 10-15.

CLYO-2240 / 3 sessions / $149
>67821 M-W 8:30am-12pm Leaverton
>67819 M-W 8:30am-12pm Leaverton

Healthy Eating!
Tater tots and mac and cheese don’t have to come from a bag or a box, but instead can be made from scratch with healthy ingredients! Give your favorite foods a nutritious makeover! Whether it’s after school, on the way to sports practice or at home, having healthy homemade snacks is the way to go! You’ll make granola balls, crackers, chips and more! Also, learn how to remake the cookie so that it is healthy enough to eat for breakfast, but still tastes delicious! You will finally take charge of creating healthy dishes using only items from an Iowa garden, learning how to cook with seasonal produce and how to combine herbs, spices and vegetables to get the most out of your garden harvests! Ages 6-14.

CLYO-2290 / 4 sessions / $175
>67724 MWFTh 12:30-4pm Jun 22-Jun 26 TBA

Pizza and Calzones
Why order pizza when you can make it! That’s where the real fun starts. Learn to make different types of pizza dough, homemade pizza sauce, and mix and match toppings to customize your very own gourmet pizza and calzone. As a young chef, you’ll also master basic knife skills, learn how to use kitchen equipment and read recipes, understand proper kitchen sanitation, and prepare an authentic meal. Ages 11-15.

CLYO-2294 / 1 session / $65
>67736 Th 8:30am-12pm Jun 25-Jun 26 Dennis

Opening a Concession Stand
Learn the basics of running your own business by opening a concession stand! We will talk about expenses, supplies, what to sell, determine markup costs, and create menus and advertising. During the last hour of camp, you’ll practice customer service skills, as invited parents, grandparents and friends are welcome to stop by and buy your products! Ages 8-14.

CLYO-2300 / 2 sessions / $89
>68167 MT 12:30-4pm Jul 6-Jul 7 Young

Italian Cooking
A four-day course that will end in a delicious and authentic Italian meal made entirely in class and with local ingredients! Learn how to make your own Italian cheeses such as ricotta, mascarpone and mozzarella. Tackle the béchamel, and you’ll go home with a skill that will last you a life time! You’ll have fun finding different household items to use instead of a rolling pin, and learn how to make different pastas including ravioli, linguini, tortellini, penne and colored pastas and herb speckled pastas all by hand. Finish up the class by making mascarpone chocolate cannolis! Ages 9-14.

CLYO-2295 / 4 sessions / $175
>67930 MTWF 12:30-4pm Jul 13-Jul 17 TBA

Breakfast Foods
Bacon, eggs, and pancakes – oh my! Breakfast is the most important meal of the day, but cooking a delicious breakfast takes practice. Learn the skills you need to become a master of the morning kitchen. By the end of you camp, you’ll be amazing your friends and family with mouthwatering breakfast! Ages 8-14.

CLYO-2235 / 1 session / $45
>68174 T 8:30am-12pm Jul 14 Young

Young Chefs: Chinese Cooking

CLYO-2210 / 3 sessions / $160
>67737 MWF 12:30-4pm Jun 15-Jun 19 TBA

Young Chefs: Bakery Series
The Young Chefs Bakery series is a three-part class focusing on all things baked. From bread to breakfast Danishes and cookies to pie, become a master baker and tackle it all! As a young chef, you’ll learn basic bakery skills, how to use kitchen equipment and read recipes, and understand proper kitchen sanitation. Classes include; Young Chefs Bread, Breakfast Breads and Sweet Treats. Ages 11-15.

CLYO-2200 / 3 sessions / $180
>68193 TTh 12:30-4pm Jun 16-Jun 23 Dennis
Young Chefs: Breads
French breads, Focaccia, brioche and more! Discover bread and all of its wonderful and various forms. As a young chef, you'll learn basic bakery skills as you prepare various breads, how to use kitchen equipment and read recipes, and understand proper kitchen sanitation. Ages 11-15.

CLYO-2202 / 1 session / $65
>68194 T 12:30-4pm Jun 16
Dennis

Party Foods and Appetizers
Are you interested in becoming a party planner? Gain confidence in your party planning skills by preparing delicious appetizers for your friends and family! We will create a variety of party and appetizer dishes. Prepare to get hands-on with finger foods! Ages 8-14.

CLYO-2235 / 1 session / $45
>68176 Th 12:30-4pm Jul 16
Young

Young Chefs: Breakfast Breads
Muffins, scones, quick breads and more! Discover delicious, sweet breakfast breads in all of its wonderful and various forms. As a young chef, you'll learn basic bakery skills as you prepare various breakfast breads, how to use kitchen equipment and read recipes, and understand proper kitchen sanitation. Ages 11-15.

CLYO-2202 / 1 session / $65
>68196 Th 12:30-4pm Jun 18
Dennis

Young Chefs: Kitchen Basics
A hands-on series for the beginning chef. Learn how to start off a great meal and how to finish it by adding just the right touches. Young chefs will learn basic knife skills, how to use kitchen equipment, how to read recipes and proper kitchen sanitation. Ages 9-11.

CLYO-2260 / 2 sessions / $119
>67741 ThF 8:30am-12pm Jun 18-19
Dennis
>67746 ThF 8:30am-12pm Jul 23-Jul 24
Dennis

Run Your Restaurant
Come experience a three-part, hands-on, interactive class exploring the world of restaurants, from concept to service, led by a professional restaurant chef! On day one, we'll hold a discussion of kitchen etiquette, different culinary styles, recipe reading and writing, and form a democratic decision on what type of restaurant we would like to create, and what our menu should include. On day two, food preparation of selected menu items and valuable lessons including safety, sanitation, knife skills, dish washing and proper use of kitchen equipment will be discussed. On our final day, each student is welcome to invite two guests to come and experience our student built restaurant. Participants will act in all roles from server to expeditor to chef. Ages 10-15.

CLYO-2300 / 3 sessions / $160
>67814 M-W 8:30am-12pm Jul 20-Jul 22
Dennis
>67816 M-W 8:30am-12pm Jul 27-Jul 29
Dennis

Young Chefs: Sweet Treats
Cookies, pies, tarts, custards and more! Bring your sweet tooth and discover why the best part of every meal is dessert. As a young chef, you'll learn basic bakery skills as you prepare various desserts, how to use kitchen equipment and read recipes, and understand proper kitchen sanitation. Ages 11-15.

CLYO-2202 / 1 session / $65
>68198 T 12:30-4pm Jun 23
Dennis

Yummy, Yummy Cupcakes
Cupcakes are the perfect treat! Learn about the amazing variety of flavors and textures. Cupcakes are quick and easy. Experiment on your own on how to change the frosting flavors to come up with your own unique varieties. Most of all, have a great time with them! Ages 8-14.

CLYO-2255 / 3 sessions / $145
>67954 M-W 8:30am-12pm Jul 6-Jul 8
TBA

Holidays in July
Learn what it takes to be the host of a holiday meal party! You will tackle everything from place settings and plate arrangements to making a delicious meal, complete with sides and desserts, to serve to family and friends! Each participant may invite two guests to enjoy the meal with them at the end of the class. Ages 8-14.

CLYO-2290 / 1 sessions / $45
>68171 F 12:30-4pm Jul 24
Young

Prepare Four Courses in Four Days
Get ready to show off your cooking skills and dazzle your whole family with a four-course meal made by their very own top chef! Bring your apron and have some cooking fun as you whip up kid approved appetizers, salads, entrees and desserts. Taste testing is allowed, and you will take home samples to share. Basic cooking skills and comfort in the kitchen is preferred. Ages 10-14.

CLYO-2290 / 4 sessions / $160
>67947 M-Th 12:30-4pm Aug 3-Aug 6
TBA

Cheesecakes!
Who can resist the melt in your mouth bliss of a cheesecake? Use various cheesecake recipes to create cheesecakes and little dessert treats, layered with cake, mousse, pastry creams, toppings and berries. Ages 10-15.

CLYO-2255 / 3 sessions / $145
>67739 TWTh 8:30am-12pm Aug 4-Aug 6
TBA

KICK SUMMER CAMPS
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.

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Kirkwood Community College
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