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 for the general public. 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 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 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.

4 sessions / $239

> Thu 6-8:30pm Aug 7-Aug 28

Dennis

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

>51504 Thu 6-8:30pm Aug 14

Dennis

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

>51503 Thu 6-8:30pm Aug 7

Dennis

Discovering 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! Tuition includes all fees.

CLFB-1398 / 1 session / $69

>51505 Thu 6-8:30pm Aug 21

Dennis

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

>51507 Thu 6-8:30pm Aug 28

Dennis
Discovering Breads Series
Bread has been essential to civilization all across the world. From white to wheat and baguettes to flatbreads, the Discovering Breads series will explore a variety of breads and rolls. Discovering Breads is a laid back, three course series for those wishing to expand their baking skills. If you are looking to discover new foods, while learning a few new tricks of the trade, join Chef Andrew for food, fun and new friends. For a discounted tuition, take all three Discovering Breads classes by enrolling in the Discovering Breads series. Classes included: Bread Baking Basics, Savory Breads and Sweet Rolls and More. Materials fee $10 per class. 3 sessions / $129
> Tue 6-8:30pm Mar 25-Apr 8
Irwin
> Tue 6-8:30pm Jul 15-Jul 29
Irwin

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 Breads classes by enrolling in the Discovering Breads Series. Materials fee $10.
CLFB-1622 / 1 session / $49
>51709 Tue 6-8:30pm Mar 25
Irwin
>51679 Tue 6-8:30pm Jul 15
Irwin

Discovering Breads: Savory Bread
Sesame sticks and stuffed breads are just some of the possibilities in this class. Join Chef Andrew for a hands-on tour of specialty breads from all over the baking world. Perfect for beginners and bakers looking for new recipes. For a discounted tuition, take all three Discovering Breads classes by enrolling in the Discovering Breads Series. Materials fee $10.
CLFB-1623 / 1 session / $49
>51710 Tue 6-8:30pm Apr 1
Irwin
>51680 Tue 6-8:30pm Jul 22
Irwin

Discovering Breads: Sweet Rolls and More
Fresh baked cinnamon rolls and more are just a step away. Join Chef Andrew for a baking experience that satisfies everyone’s sweet tooth. Perfect for beginners and bakers looking for new recipes. For a discounted tuition, take all three Discovering Breads classes by enrolling in the Discovering Breads Series. Materials fee $10.
CLFB-1627 / 1 session / $49
>51711 Tue 6-8:30pm Apr 8
Irwin
>51682 Tue 6-8:30pm Jul 29
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 courses, 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.
4 sessions / $239
> Thu 6-8:30pm Apr 10-May 1
Dennis

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
>51713 Thu 6-8:30pm Apr 10
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
>51714 Thu 6-8:30pm Apr 17
Dennis

Register at www.kirkwood.edu/newbo
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! Tuition includes all fees.

CLFB-5095 / 1 session / $69
>51715 Thu 6-8:30pm Apr 24
Dennis

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 pasta classes at a discounted rate. Classes included: Classic Handmade Pasta, Stuffed Pasta and International Noodles. Materials fee $10-15 per class.

3 sessions / $129
> Tue 6-8pm Apr 22-May 6
Irwin

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
>51671 Tue 6-8pm Apr 22
Irwin

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
>51673 Tue 6-8pm Apr 29
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
>51675 Tue 6-8pm May 6
Irwin

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 lastly Soups and Sauces. Materials fee $5-10 per class.

4 sessions / $129
> Sat, Sun 1-3pm May 24-Jun 15
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 / $35
>51883 Sun 1-3pm May 25
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 / $35
>51887 Sat 1-3pm Jun 7
Burt

Additional questions? Call 319-398-1022 or 800-332-8833.
**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 / $35
>51882 Sat 1-3pm May 24
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! Saucues add a final level of panache 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 / $35
>51889 Sun 1-3pm Jun 15
Burt

**Vegan Indian Cuisine Series**

Indian cuisine is exotic, but is not out of the reach of the home cook. During this series you will discover a variety of spices, seasonings, and techniques you can apply to everyday cooking as well as how to use dynamic ingredients at a discounted rate. Classes included: Vegan Indian Cuisine 1 and Vegan Indian Cuisine 2. Materials fee $5-10 per class.

2 sessions / $65
> Wed 6-8pm May 7-May 14
Burt

**Vegan Indian Cuisine 1**

Indian cuisine is exotic, but is not out of the reach of the home cook. Discover a variety of spices and simple techniques you can apply to everyday cooking. Recipes will be included. Learn techniques for using cumin, roasted cumin, brown mustard seed and coriander, as well as the classic technique for preparing the perfect basmati rice. Also learn simple seasonings for beans and vegetables. This class can stand alone or serve as an introduction to Vegan Indian Cuisine 2. Materials fee $5-10.

CLFB-6080 / 1 session / $35
>51863 Wed 6-8pm May 7
Burt

**Vegan Indian Cuisine 2**

In this class we will look at more complex recipes and techniques that build on Vegan Cuisine 1, however, it is not a prerequisite. Explore recipes using beans, tempeh, tofu and vegetables. The recipes will be more involved but will be demonstrated fully during the class. Materials fee $5-10.

CLFB-6080 / 1 session / $35
>51865 Wed 6-8pm May 14
Burt

**Pizza Lovers Series**

The pizza lovers series of classes is an in depth look at different styles for the pizza fanatic in all of us. Each class will be dedicated to a specific style of pizza with the chance for hands-on experience making your own dough. Students who attend will also go home with a complimentary dry mix of ingredients to make your first pie on your own! Samples will be served at each class. 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 per class.

4 sessions / $139
> Thu 6-8pm Jul 3-Jul 24
Clark

**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 / $39
>51902 Thu 6-8pm Jul 10
Clark

**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 / $39
>51905 Thu 6-8pm Jul 17
Clark

**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! Materials fee $10.

CLFB-7156 / 1 session / $39
>51907 Thu 6-8pm Jul 24
Clark

**Pizza Lovers : Whole Grain Crust**

You will experiment with the addition of whole grains to your pizza crusts and boost the healthiness of your pizza. Reduce the calories and increase the nutritional benefits, while still getting great flavor. Sign up for all four Pizza Lovers classes for a discounted price! Materials fee $10.

CLFB-7156 / 1 session / $39
>51908 Thu 6-8pm Jul 24
Clark
Discovering Desserts: Cannolis
This classic Sicilian dessert is just the right ending for the perfect pasta night. These crispy pastry tubes can be filled with various fillings, or you can start the evening cocktail party with various savory filled ones. Materials fee $10.
CLFB-1020 / 1 session / $39
>S1892 Wed 6-8pm Apr 9 Delaney

Make a 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 $10.
CLFB-1029 / 1 session / $39
>S1497 Thu 6-8pm Jul 31 Kosek

Cupcakes, Fillings and Decoration
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
>S1502 Tue 6:30-8pm Jun 10-Jun 24 Kosek

Cookie Wars
Do you ever watch Cupcake Wars and wonder what you would do with the themed ingredients? During Cookie Wars, everyone will create the same basic cookie dough. You will then take your cookies to the gourmet level by adding in a variety of available ingredients presented in class. Lastly, we will taste test all the cookies to see who has made the most delicious creation and earned bragging rights as the winner of Cookie Wars. Materials fee $10.
CLFB-1071 / 1 session / $29
>S1767 Sun 2-4pm Mar 30 Williams
>S1769 Sun 2-4pm May 4 Williams

Healthy Chocolate Chip Cookies
The classic chocolate chip cookie is getting a healthy upgrade! Different variations will be taught including gluten free, flourless and low sugar. Feel good about eating these cookies at any time of the day! Materials fee $10.
CLFB-1071 / 1 session / $39
>S1742 Sun 2-4pm Jul 27 Russo

BAKING
Learn the techniques and recipes to prepare healthy and delicious baked goods!

Beer Breads
Beer isn’t just for drinking! Learn how to make a perfect Guinness bread and other breads with local Iowa beers. Also, learn how best to pair them with meals. Take your sandwiches to the next level with this bread! Materials fee $10.
CLFB-1655 / 1 session / $29
>S1749 Thu 6-8pm May 15 Russo

Everyday Baking: Gluten Free Cakes
Have you been feeling a bit at a loss with your recent change of cutting out gluten? Learn basic recipes for cakes and cupcakes and which gluten-free flours work best. You’ll have lots of time to share ideas and learn some new ones. Materials fee $10.
CLFB-1725 / 1 session / $49
>S1888 Mon 6-8pm Jun 9 Delaney

Gluten Free Breads and Flour Introduction
Baking with gluten free flours can be intimidating, as they all work in a different way. Learn how to navigate the different flour options and how best to substitute one for another. You can use them in place of gluten flours and will also receive a few easy baking recipes. Materials fee $10.
CLFB-1725 / 1 session / $39
>S1876 Sun 1-3pm Aug 24 Russo

Low Carb Baking
Low carb baking and cooking is part of Becky’s daily life as a Type 1 diabetic. Learn how to make snacks and even desserts that won’t cause your blood sugar to spike. Eating a low carb diet never needs to mean missing out on your favorite foods! Materials fee $10.
CLFB-4180 / 1 session / $39
>S1777 Tue 6-8pm May 27 Russo

Vegan Baking Basics
We will talk about and work on a few everyday basic recipes. We can create results that are just as tasty as any other baked goods, except we won’t be using any dairy products. Materials fee $10.
CLFB-6032 / 1 session / $39
>S1778 Mon 6-8pm Apr 14 Delaney

Additional questions? Call 319-398-1022 or 800-332-8833.
EAT AND RUN – LUNCHTIME COOKING CLASSES
A fun alternative for a personal or professional lunch outing!

Dine and Dash with Cyndie: Italian Feast
On a lunch hour? No problem! Learn to make your own vinaigrette atop a green salad, make and eat your own mini pizza with homemade tomato pizza sauce and tiramisu to die for! Recipes included. Dine, then dash back to work. Warning, you may need a nap first! Tuition includes all fees.
CLFB-7600 / 1 session / $25
>51762 Fri 11:30am-12:30pm Apr 11
Birchansky

Dine and Dash with Cyndie: Super Salads
Prepare and eat a variety of cold salads from green spring favorites, pasta, fruit and more. Here are some great pot luck ideas for your next picnic or party. You will take recipes home, and should also be full and happy! Tuition includes all fees.
CLFB-7600 / 1 session / $25
>51763 Fri 11:30am-12:30pm Apr 25
Birchansky

Dine and Dash with Cyndie: Le Petit Graduation (little graduation foods)
You’re so close to that graduation party, and still no ideas? Brace yourself for tips, ideas, treats and snacks to serve at your end of the year bash! Create finger foods and bite size marvels that wow your neighbors! Tuition includes all fees.
CLFB-7600 / 1 session / $25
>51764 Fri 11:30am-12:30pm May 9
Birchansky
Tour the food world and add a little culture to your cooking.

**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're used to eating, but you will thoroughly enjoy the dish and the history behind it! Priyantogo appetita! Materials fee $10-15.  
CLFB-1310 / 1 session / $29  
>51552 Wed 6-9pm Mar 26  
Scroggins

**Russian and Ukrainian Cooking: Borsch**  
Join Russia and Ukraine native, Nina, to learn how to put a new spin on ordinary vegetable soup. Borsch is a type of vegetable soup of Ukrainian origin that is popular in many eastern and central European countries. Priyantogo appetita! Material fees $10.  
CLFB-1310 / 1 session / $29  
>51551 Mon 6-8:30pm Apr 21  
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. Priyantogo appetita! Materials fee $10-15.  
CLFB-1310 / 1 session / $29  
>51550 Wed 6-8:30pm May 28  
Scroggins

**Russian and Ukrainian Cooking: Authentic Goulash**  
Join Russian and Ukraine native Nina to 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. Priyantogo appetita! Materials fee $10-15.  
CLFB-1310 / 1 session / $29  
>51547 Wed 6-8:30pm Jun 11  
Scroggins

**Russian and Ukrainian Cooking: Mlyntsi**  
Join Russia and Ukraine native, Nina, to learn how to prepare mlyntsi as an entree or dessert. Mlyntsi is a rolled creation stuffed with your favorite fillings from fruit and cream cheese, to meat and vegetables. You will love the versatility of this new recipe in your kitchen! Priyantogo appetita! Materials fee $10.  
CLFB-1310 / 1 session / $29  
>51546 Wed 6-8:30pm Aug 13  
Scroggins

**Russian and Ukrainian Cooking: Stolichnaya Russian Salad**  
Join Russian and Ukraine native, Nina, to learn how to prepare Russian salad, stolichnaya. This salad is 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! Priyantogo appetita! Bring take-home container, knife and apron. Materials fee $10-15.  
CLFB-1310 / 1 session / $29  
>51543 Wed 6-8:30pm Aug 20  
Scroggins

**Authentic Chinese Cooking: Sesame Chicken and Hot and Sour 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 / $39  
>51535 Thu 6-8pm Mar 27  
Liao  
>51537 Thu 6-8pm Sep 4  
Liao

**Authentic Chinese Cooking: Kung Pao Chicken and Chicken with Broccoli**  
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  
>51531 Wed 6-8pm Apr 2  
Liao  
>51532 Wed 6-8pm Aug 27  
Liao

**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  
>51533 Sat 2-4pm Apr 12  
Liao  
>51534 Sat 2-4pm May 31  
Liao

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

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 / $39
>51529 Sat 2-4pm May 3
Liao

Irish Soda Quick Breads
Learn how to make variations of a traditional Irish soda bread. Soda breads are easy, quick and perfect for almost every meal. Fresh bread doesn’t need to involve hours of kneading and rising times. Different herb, cheese and sweet bread variations plus a traditional Irish soda bread. Materials fee $10.

CLFB-1348 / 1 session / $29
>51752 Mon 6-8pm Aug 25
Russo

More Greek Cooking!
Join Eleonora and learn how to make three Greek recipes. Koulourakia is an Easter cookie, Giaourtopita is a yogurt cake with filo dough and Souvlakia is a shish kabob with chicken or lamb. Materials fee $10.

CLFB-1360 / 1 session / $29
>51806 Mon 6-8:30pm Apr 7
Rieck

Greek Cooking: Stifado
Let’s get cooking! Stifado is one of Crete native Eleonora’s favorite Greek dishes. It’s a beef and onion stew served over rice pilaf. The flavors combine to make a unique, popular dish. Materials fee $10.

CLFB-1360 / 1 session / $29
>51808 Mon 6-8:30pm May 5
Rieck

Greek Cooking: Homemade Gyro Pizza
Discover how to make whole wheat pizza dough, and add a Greek twist to it. This flavorful meat helps to make a gyro pizza that you will love to make over and over again! Materials fee $10.

CLFB-1360 / 1 session / $29
>51803 Mon 6-8:30pm Jun 2
Rieck

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 / $29
>51499 Mon 6-8:30pm Jul 14
Rieck

French Cuisine: Classic Winter Lunch
Join a native of France and learn how to make a traditional French lunch. Come enjoy authentic French onion soup and a light crème caramel dessert. Leave with the recipes so you can recreate and enjoy this delicious and light lunch with family and friends. Materials fee $15.

CLFB-1475 / 1 session / $39
>51615 Sun 12-2pm Apr 6
Martin

French Cuisine: Classic French Stew
Join a native of France and learn how to make a classic French stew. Come enjoy beef bourguignon (beef Burgundy) and a marvelous tarte tatin, better known as an upside-down apple tart. Leave with the recipes so you can recreate and enjoy this delicious and light lunch with family and friends. Materials fee $15.

CLFB-1475 / 1 session / $39
>51658 Sun 3-5pm Apr 27
Martin
>51659 Sat 11am-1pm Jun 14
Martin

Register at www.kirkwood.edu/newbo
French Party Appetizers
Join French native, Valerie, and learn to make delicious French hors d’oeuvres. Dazzle your party guests with delicious French cuisine at your next holiday or New Year’s Eve party. Materials fee $15.

CLFB-1475 / 1 session / $39
>51661 Sun 12-2pm May 11
Martin
>51663 Sun 12-2pm Jul 20
Martin

French Cooking: Desserts
This is a hands-on cooking class introducing you to the best tastes of French cuisine. Learn from French native, Valerie, how to make a floating island, French silk pie and brioches. Materials fee $15.

CLFB-1475 / 1 session / $39
>51867 Sun 3-5pm May 18
Martin
>51866 Sat 11am-1pm Aug 2
Martin

French Picnic
Join French native, Valerie, for a traditional French picnic with chicken pate, cheese quiche and madelaines for dessert. Materials fee $15.

CLFB-1475 / 1 session / $39
>51869 Sun 12-2pm Jun 22
Martin
>51868 Sun 12-2pm Aug 17
Martin
COOKING FOR KIDS
Where cooking becomes an adventure!

Cupcake Decorating for Kids (Ages 8-12)
Who doesn’t love a good, classic cupcake? Kids, come and have some fun! Show off your creativity by decorating a few of your own cupcakes, as well as learning a few fun tips to make them look like you bought them at the store. Eat your creations as you please, or bring a container and take home and share with your family. For ages 8-12. Tuition includes all fees.

CLFB-1030 / 1 session / $29
>51651 Sun 2-4pm Aug 3
Delaney

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. Materials fee $10.

CLFB-1036 / 1 session / $39
>51492 Sun 2-5pm Jun 8
Schuttloffel

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
>51541 Mon 6-8pm Mar 24
Liao
>51542 Sat 2-4pm Sep 6
Liao

Adult and Child Chinese Cooking: Sweet and Sour Chicken and Chow Mein Noodles
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
>51860 Wed 6-8pm Apr 16
Liao
>51862 Sat 2-4pm Aug 16
Liao

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
>51530 Wed 6-8pm May 21
Liao
KICK SUMMER CAMPS
Enrich your summer experience with our Kirkwood Interactive Camps for Kids! For youth ages 9–15.

KICK Camp: 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 included: Breads, Breakfast Breads and Sweet Treats. Ages 11-15
3 sessions / $155
> Tue, Thu 12:30-4pm Jun 17-Jun 24
Dennis

KICK Camp: 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 / $55
>51753 Tue 12:30-4pm Jun 17
Dennis

KICK Camp: 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 / $55
>51755 Thu 12:30-4pm Jun 19
Dennis

KICK Camp: 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 / $55
>51757 Tue 12:30-4pm Jun 24
Dennis

KICK Camp: Young Chefs: International Cooking Culinary Series
Tour the world from the kitchen! Young Chefs: International Series is a hands-on series exploring the world’s major cuisines. The three part series will visit Mexican, Mediterranean, and Asian Cuisines. Learning by doing, the young chefs will learn basic knife skills, how to use kitchen equipment, read recipes, and kitchen sanitation. Classes included: Mexico, Mediterranean, Asia. Ages 10-15.
5 sessions / $155
> Thu, Tue 12:30-4pm Jun 26-Jul 10
Dennis

KICK Camp: Young Chefs: Mexico
Tacos, tortillas, salsa and more! The world of Mexican cuisine will be discovered in Young Chefs: Mexico. Young Chefs: Mexico is a hands-on class focused on creation of a traditional Mexican meal. Learning by doing, young chefs will acquire basic knife skills, see how to use kitchen equipment, read recipes and understand kitchen sanitation. Ages 10-15.
CLYO-2222 / 1 session / $55
>51765 Thu 12:30-4pm Jun 26
Dennis

KICK Camp: Young Chefs: Mediterranean
Pasta, pesto, risotto and more! The world of Mediterranean cuisine will be discovered in Young Chefs: Mediterranean. Young Chefs: Mediterranean is a hands-on class focused on the creation of a traditional Mediterranean meal. Learning by doing, young chefs will acquire basic knife skills, see how to use kitchen equipment, read recipes and understand kitchen sanitation. Ages 10-15.
CLYO-2222 / 1 session / $55
>51766 Tue 12:30-4pm Jul 8
Dennis

KICK Camp: Young Chefs: Asia
Japanese, Chinese, Indian, Thai and more! The world of Asian cuisine will be discovered in Young Chefs: Asia. Young Chefs: Asia is a hands-on class focused on the expansive world of Asian ingredients. From sushi to curry, a whirlwind tour of a continent’s cuisine. Learning by doing, young chefs will acquire basic knife skills, see how to use kitchen equipment, read recipes and understand kitchen sanitation. Ages 10-15.
CLYO-2222 / 1 session / $55
>51768 Thu 12:30-4pm Jul 10
Dennis

KICK Camp: Young Chefs: Chinese Cooking
CLYO-2210 / 3 sessions / $155
>53353 Tue, Wed, Thu 8:30am-12pm Jul 29-Jul 31
Liao
>53354 Tue, Wed, Thu 8:30am-12pm Aug 5-Aug 7
Liao

KICK Camp: Pasta Perfect
You’ll learn how to prepare ravioli and other pasta dishes with different sauces to dress up this classical and comforting Italian dish. Some experience in the kitchen is necessary, and the ability to read ingredients, as well. Ages 9-15.
CLYO-2235 / 2 sessions / $89
>53389 Mon, Wed 12:30-4pm Jul 14-Jul 16
Vahanian
KICK SUMMER CAMPS

KICK Camp: Potatoes... Endless Possibilities
Rediscover the power of potatoes! Few ingredients come close to their versatility and ability to carry other flavors. After this class, you will see potatoes under a different light. You’ll cook different dishes using potatoes, such as oven baked potatoes with salsa, tortilla Española, shepherd’s pie, bombas de papas and more. All the recipes are carefully created to lend a healthy and flavorful product you and your family with enjoy. Ages 9-15.
CLYO-2235 / 2 sessions / $89
>53388 Mon, Wed 12:30-4pm Jul 21-Jul 23
Vahanian

KICK Camp: 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 / $139
>51662 Mon, Tue, Wed 8:30am-12pm Jul 7-Jul 9
Leaverton
>51664 Mon, Tue, Wed 8:30am-12pm Jul 14-Jul 16
Leaverton

KICK Camp: 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 10-15.
CLYO-2255 / 3 sessions / $139
>52157 Mon, Tue, Wed 8:30am-12pm Jun 18-Jun 18
Leaverton

KICK Camp: Love those Cheesecakes!
Who can resist the melt in your mouth bliss of a cheesecake? Use various cheesecake recipes and more to create cheesecakes and little dessert treats, layered with cake, mousse, pastry creams, toppings and berries. Ages 10-15.
CLYO-2255 / 3 sessions / $139
>52158 Mon, Tue, Wed 8:30am-12pm Jun 23-Jun 25
Leaverton

KICK Camp: 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-2250 / 2 sessions / $99
>51770 Thu, Fri 8:30am-12pm Jun 19-Jun 20
Dennis
>51772 Thu, Fri 8:30am-12pm Jul 10-Jul 11
Dennis

KICK Camp: Young Chefs: Kitchen Advanced
A hands-on series for the young chef with a bit more kitchen experience. Learn advanced techniques in how to start off a great meal and how to finish it by adding just the right touches. Young chefs will learn more advanced knife skills, how to use kitchen equipment for more advanced recipes, how to read more advanced recipes and kitchen sanitation. Prerequisite: Young Chefs: Kitchen Basics. Ages 12-15.
CLYO-2270 / 2 sessions / $99
>51784 Thu, Fri 8:30am-12pm Jul 24-Jul 25
Dennis

KICK Camp: Discover Italy Through Food!
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 9-15.
CLYO-2290 / 4 sessions / $155
>52306 Tue, Wed, Thu, Fri 12:30-4pm Jul 22-Jul 25
Russo
>52307 Tue, Wed, Thu, Fri 12:30-4pm Jul 29-Aug 1
Russo

KICK Camp: 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 9-15.
CLYO-2290 / 4 sessions / $155
>52308 Tue, Wed, Thu, Fri 12:30-4pm Aug 5-Aug 8
Russo

KICK Camp: 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 / $55
>51785 Thu 8:30am-12pm Jun 26
Dennis

KICK Camp: 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 10-15.
CLYO-2255 / 3 sessions / $139
>52157 Mon, Tue, Wed 8:30am-12pm Jun 16-Jun 18
Leaverton

KICK Camp: Love those Cheesecakes!
Who can resist the melt in your mouth bliss of a cheesecake? Use various cheesecake recipes and more to create cheesecakes and little dessert treats, layered with cake, mousse, pastry creams, toppings and berries. Ages 10-15.
CLYO-2255 / 3 sessions / $139
>52158 Mon, Tue, Wed 8:30am-12pm Jun 23-Jun 25
Leaverton

KICK Camp: 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-2250 / 2 sessions / $99
>51770 Thu, Fri 8:30am-12pm Jun 19-Jun 20
Dennis
>51772 Thu, Fri 8:30am-12pm Jul 10-Jul 11
Dennis
Gourmet Easy and Healthy Desserts
Dessert doesn’t have to be full of sugar, store bought or intimidating! Learn how to make desserts that are made with healthy ingredients and are easy to make that will impress your guests and families. Materials fee $10.

CLFB-1069 / 1 session / $39
>51743 Sat 1-3pm Jul 19
Russo

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.

CLFB-1315 / 1 session / $39
>51595 Mon 6-8:30pm Apr 28
Dennis
>51491 Thu 6-8:30pm Jun 19
Dennis

Make Your Own Mozzarella and Ricotta
Making your own cheese is not only rewarding taste-wise, but also nutrition-wise. You will now have control over what milk is used and what ingredients are added! Homemade mozzarella and ricotta cheese will take your Italian dishes to the next level! Materials fee $10.

CLFB-1322 / 1 session / $39
>51774 Wed 6-8pm Jul 23
Russo

Homemade Healthy Crackers
Once you start making your own crackers, store bought ones will be a thing of the past! Save money and snack healthier with homemade crackers. Learn how to make your favorites for half the price and none of the preservatives! Materials fee $10.

CLFB-1660 / 1 session / $29
>51760 Wed 6-8pm Aug 6
Russo

Granola Balls and Other Healthy Snacks
Stop spending money on granola bars and on-the-go snacks. Learn how to make them at home and control exactly what ingredients are used. You and your family will love the snacks you’ll bring home and not even notice that they are low in sugar and full of fruit, whole grains and nuts! Materials fee $10.

CLFB-1660 / 1 session / $39
>51756 Sat 1-3pm May 17
Russo

Cooking with... Eggplant!
Eggplant often scares people, but by following a couple of simple techniques and an understanding of how eggplant cooks, it can be sweet, palatable and delicious. Discover how easy it is to prepare eggplant for cooking, how to bread, bake and shallow fry eggplant, and get suggestions for seasoning simple eggplant dishes. Learn how to prepare several eggplant dishes including a Middle Eastern favorite, baba ghanoush, an Indian dish of pickled eggplant, vegan eggplant parmesan and eggplant steak with lemon dill sauce. Bring a container to take home samples. Materials fee $10.

CLFB-1720 / 1 session / $39
>51746 Tue 6-8pm Aug 12
Burt

Gluten Free Freezer Meals
You’ll no longer wonder what’s for dinner after you leave this hands-on gluten-free cooking class. Come ready to prepare a week’s worth of gluten-free meals to take home and freeze. All recipes will feed four to six people, and can be customized according to tastes. Bring your friends, and enjoy an afternoon of cooking, laughter and fun. Materials fee $30.

CLFB-1725 / 1 session / $39
>51879 Tue 6-8:30pm May 20
Schuttloffel
>51881 Sat 12:30-3pm Jul 12
Schuttloffel

Gluten Free Crackers and Snacks
While the gluten free sections of store are expanding, so are the price tags. Eating gluten free doesn’t have to mean spending twice as much at the grocery store. Learn how to stock your pantry with gluten free snacks by making them yourself! Materials fee $10.

CLFB-1725 / 1 session / $39
>51885 Mon 6-8pm Aug 11
Russo

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

CLFB-1735 / 1 session / $29
>51498 Sat 10am-1pm Aug 9
Rieck

Local Cuisine with Chef Daniel
The average American meal travels 1,500 miles to get from farm to plate! Iowa foods feed the world. Reconnect to our state’s bounty and feed yourself. Reduce your carbon footprint and support our local economy by learning to cook locally. This is a fun, hands-on, monthly class focusing on the use of seasonal ingredients available right here in the Cedar Rapids area. This is 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.

CLFB-1755 / 1 session / $49
>51650 Sat 12:30-3pm Apr 26
Dennis
>51652 Thu 6-8:30pm May 29
Dennis
>51653 Wed 6-8:30pm Jun 18
Dennis
>51655 Wed 6-8:30pm Jul 9
Dennis
>51657 Sat 12:30-3pm Aug 30
Dennis

Introduction to Canning
It’s harvest time—but what do you do with all of that wonderful produce that’s ripe and ready now? This class offers an introduction to canning. We’ll discuss which foods lend themselves to water bath canning, and which require pressure canning. This demonstration class provides all the information on equipment and safety you’ll need to get started right away!

CLFB-1820 / 1 session / $29
>51782 Sat 1-3pm Jul 26
Schuttloffel

Food Preservation
It’s harvest time, but what do you do with all of that wonderful produce that’s ripe and ready now? This class offers an introduction to food preservation. We’ll discuss which foods lend themselves to canning, freezing and drying. This demonstration class provides all the information on equipment and safety you’ll need to get started right away!

CLFB-1825 / 1 session / $29
>51781 Wed 6-8pm Jun 4
Schuttloffel

Cooking with Herbs and Spices
Pairing herbs and spices correctly can turn a good meal into an amazing meal! Learn how to best use herbs and spices in your everyday cooking. Materials fee $10.

CLFB-1870 / 1 session / $39
>51776 Wed 6-8pm Jul 18
Russo

Discovering Vegetarian Cuisine
A fun, hands-on class focusing on the creation of a vegetarian meal. Do you have friends or family living the herbivore lifestyle? Are you stumped every time they come over for dinner? This class is for you! Discovering Vegetarian Cuisine proves that vegetarianism means more than salads. Discovering Vegetarian 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. Materials fee $15.

CLFB-1900 / 1 session / $49
>51490 Thu 6:30pm Jun 5
Dennis

Wine Basics: The Reds
Interested in learning a little more about wine? Come join this laid-back presentation on the basics of wine appreciation. We’ll cover the basic red varietals, where they traditionally come from, how to recognize basic traits, using appropriate glassware and selecting traditional food pairings. Must be 21 or older to attend. Materials fee $15.

CLFB-2050 / 1 session / $39
>51744 Mon 6-8pm Jul 7
TBA

Wine Basics: The Whites
Interested in learning a little more about wine? Come join this laid-back presentation on the basics of wine appreciation. We’ll cover the basic white wine varietals, where they traditionally come from, how to recognize basic traits, using appropriate glassware and selecting traditional food pairings. Must be 21 or older to attend. Materials fee $15.

CLFB-2050 / 1 session / $39
>51745 Mon 6-8pm Aug 4
TBA

Beer Appreciation: American Craft Beer
Explore how the American brewing industry rose from the ashes of Prohibition to become a world player in beer. Sample and discuss the different styles of American craft beer available in the market today. Topics include the brewing process and ingredient use and illustrated by sampling a variety of the American beers. Must be 21 to attend.

CLFB-3000 / 1 session / $39
>51495 Thu 7-9pm Apr 3
Ball
Beer Appreciation: Old World Style
Take a trip through the history and evolution of beer as you explore how beer from different regions is made within the context of regional differences and traditions. Topics will include how environmental factors affect brewing cultures and, in turn, the final product. Focus will be on classic European styles including German, Czech, U.K., Irish and Belgian. Must be 21 to attend.
CLFB-3000 / 1 session / $45
>51654 Thu 7-9pm May 8
Ball

Cooking with Local Meats and Proteins
Beef, chicken and pork that is grass fed, pastured and raised down the road from where you live not only tastes much better than industrialized meat, it is also much healthier for you! Materials fee $10.
CLFB-4500 / 1 session / $39
>51974 Tue 6-8pm Jul 1
Russo

Discovering: Gnocchi
Made like a pasta, cooked like a dumpling and served anyway you’d like! Gnocchi are a fun and delicious food. Join Chef Andrew for a relaxed evening in the kitchen making and cooking gnocchi. Great for beginners and bakers looking for new recipes. Materials fee $10.
CLFB-5600 / 1 session / $49
>51644 Tue 6-8pm Apr 15
Irwin
>51632 Tue 6-8pm Aug 5
Irwin

Hand Rolled Pasta
Impress your dinner guests and family by forgoing the boxed pasta and making your own! No need to buy a fancy pasta roller or cutter, learn how to make pasta using only what you currently have in your kitchen. Different styles will be taught including ravioli, tortellini, fettuccini and more! Materials fee $10.
CLFB-5600 / 1 session / $39
>51748 Sat 1-3pm Aug 23
Russo

Vegan Summer Soups
In this class, we will be working on a few soups that you can create once that garden starts growing. Best thing yet, there’s no dairy products being used, and it’s all vegetarian. Materials fee $10.
CLFB-6030 / 1 session / $39
>51779 Mon 6-8pm Jul 21
Delaney

Breakfast Done Right
Breakfast is a rushed meal during the week for most people. Learn how to premake healthy breakfast options that can even be eaten on the go, if necessary! Materials fee $10.
CLFB-7000 / 1 session / $39
>51780 Sat 1-3pm Apr 5
Russo

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 / $49
>51643 Tue 6-8pm May 13
Irwin
>51631 Tue 6-8pm Sep 2
Irwin

Italian Pesto and Marinara Sauces
Take your pesto to the next level by learning how to make it the traditional Italian way along with a simple fresh marinara sauce. You won’t look at conventional pesto the same way again! Materials fee $10.
CLFB-7160 / 1 session / $39
>51775 Wed 6-8pm Apr 30
Russo

Kale and Greens
This class will focus not just on kale, but also many other seasonally available greens. Chef Dave will pick from those available which could include mustard greens, collard greens, arugula, spinach, chard, beet greens and turnip greens. We will prepare the very popular kale chips and perhaps another green chip for comparison. We’ll sear spinach with garlic and with leeks. We’ll braise greens with capers and mustard, try a balsamic braised green salad and bake scalloped greens with potatoes. Finally, we’ll steam greens and season with the Japanese condiments umeboshi vinegar and tamari, capers with lemon juice and chipotle with lime. Materials fee $10.
CLFB-7920 / 1 session / $39
>51791 Mon 6-8pm Mar 31
Burt

Kale Salads, Cooking with Kale
Kale gets a lot of attention for its health benefits, but cooking with it can be intimidating. Learn how to make raw kale salads, and learn how to substitute kale for other leafy greens in your favorite dishes. Materials fee $10.
CLFB-7925 / 1 session / $39
>51795 Wed 6-8pm Sep 3
Russo

Cooking with Tomatoes from the Garden
By August, those with gardens have more tomatoes than they know what to do with, and they are inexpensive in the grocery stores. With so many variations available, one can be a bit intimidated with which tomato to use for a dish. Learn which tomatoes are best for roasting, turning into a sauce and using in salads, along with simple and easy recipes! Materials fee $10.
CLFB-7925 / 1 session / $39
>51973 Tue 6-8pm Jul 8
Russo
Seasonal Cooking and Farmers Market and Meals
Iowa provides us with the opportunity to eat seasonally, if we want to, with a farm and garden rich community. Learn how to eat and cook with seasonal and local foods straight from our surrounding farms. Materials fee $10.
CLFB-7930 / 1 session / $39
>51771 Sat 1-3pm Jun 21
Russo

Classic Summer Garden Salads and Meals
Making an entire meal from your garden is a great feeling, and can be recreated using local produce from your farmers' market or store. Learn how to break out of your usual summer salad and garden meals with these easy and delicious recipes. Materials fee $10.
CLFB-7950 / 1 session / $39
>51773 Wed 6-8pm Jun 25
Russo

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 a week’s worth of meals to take home and freeze. All recipes will feed four to six people and can be customized according to tastes. Bring your friends, and enjoy an afternoon of cooking, laughter and fun. Materials fee $30.
CLFB-8050 / 1 session / $39
>51501 Thu 6-8:30pm May 22
Schuttloffel
>51500 Mon 6-8:30pm Jul 28
Schuttloffel
Four easy ways to register:

Online at www.kirkwood.edu/ce

Call 319-398-1022 or 1-800-332-8833 between 8 a.m. and 4:30 p.m. any weekday.

Fill out the enrollment form below and mail with payment.

Fill out the enrollment form below and fax to 319-398-7185.

Please register me for:

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Name
___________________________________________________________________________________________________

Address
_________________________________________________________________________________________________

City ____________________________________________________    State __________     ZIP ___________________________

Phone (day) ____________________________

Phone (evening) ____________________________

Email Address
__________________________________________________________________________________________

Social Security # ____________________________

Card Number ____________________________

Expiration date: _______/_______/________

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 is 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.