

## COOKING

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### Special Engagement!

#### IN DEFENSE OF FOOD:

##### THE OMNIVORE'S SOLUTION

FEE: \$37

Real food—the kind your great-grandmother would recognize as food—is being undermined by science on one side and the food industry on the other, both of whom want us to focus on nutrients, good and bad, rather than actual plants, animals, and fungi. The rise of “nutritionism” has vastly complicated the lives of American eaters without doing anything for our health, except possibly to make it worse. Nutritionism arose to deal with a genuine problem: the fact that the modern American diet is responsible for an epidemic of chronic diseases. However, the movement often obscures the roots of that problem and stands in the way of solutions. Join author Michael Pollan to explore what the industrialization of food and agriculture has meant for our health and happiness as eaters, and the growing national movement to renovate the food system. A book signing will follow the lecture. Class meets at Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe.

BOT E89-01, GARD, 1 Mon., 9/21, 2-3 pm, Pollan CRN 60311

### Cooking

Cooking classes are demonstrations where students observe step-by-step preparation and taste prepared dishes.

#### SOUPS, SALADS, APPETIZERS AND ENTREES FEE: \$95

Try interesting, healthy, low-fat recipes for appetizers, soups and salads. Inhale the aromas, and sample the foods of Provence and Tuscany. Recipes will mostly be vegetarian.

HEC G01-01, NILES N, 4 Wed., 10/7, 7-9 pm, Mirani CRN 60913

#### TASTE OF YUCATAN

FEE: \$35

After a recent trip to Mexico, Chef Jonathan Bean wanted to bring the “taste of Yucatan” home with him. For this class we'll prepare Sopa de Lima, spiced lime soup with chicken; Panuchas de Pescado, fish packets (with shark if available); Puerco Adobado, marinated pork with potatoes; and Xni Pec, a habanero salsa. We'll also sample horchata, a ground rice beverage. As always, you'll get recipes, resources, and grocery store suggestions as well as restaurant tips locally and in Mexico.

HEC S75-01, NILES N, 1 Mon., 10/19, 7-9 pm, Bean CRN 60590

#### MEDITERRANEAN AND MIDDLE

##### EASTERN APPETIZERS

FEE: \$40

Incorporate gourmet dishes into your recipe repertoire. Join instructor Mariam Sayadian and create appetizing meals in thirty minutes. Prepare dishes that are unique to the Middle East, including hummus, baba ghanouj, fattoush, and tabbouleh. Fee includes demonstration, food samples, copies of recipes, listings of local restaurants, and groceries.

HEC B42 01, MAINE E, 1 Thu., 9/24, 7-9 pm CRN 61171

HEC B42-02, MAINE E, 1 Thu., 10/22, 7-9 pm CRN 61172

HEC B42-03, MAINE E, 1 Thu., 11/19, 7-9 pm CRN 61173

#### TASTE OF THE MIDDLE EAST

FEE: \$35

After spending more than seven years in Israel, Chef Jonathan Bean knows something about the region's cuisine. In this class we'll make a variety of salads including hummus, tehinah, tabbouleh, and Turkish salad. We'll also make Falafel. For dessert we'll make baklava and real Turkish coffee. You'll get recipes, resources, and grocery store tips, and restaurant suggestions.

HEC S76-02, NILES N, 1 Mon., 11/2, 7-9 pm, Bean CRN 60591

#### SPICE IT UP!

FEE: \$95

Explore spices and dishes from around the world. Learn to prepare sumptuous hummus with sumac; curry rubs; garam masala; and a perfectly balanced jerk rub for chicken or fish that will transport you to Jamaica. Learn how to enhance mundane sweet and savory dishes with lavender. Chef Susan Taves has worked in Jamaica, studied in Italy, and taught culinary arts at the college level. She also develops recipes for books and curriculum as well as her catering business, *Sweet Cassava*, specializing in unusual flavor combinations and food history. Join us to learn how to turn an ordinary dish into something *spicetacular!*

HEC B37-01, ETHS, 4 Thu., 10/1, 7-9 pm, Taves CRN 60720

**WINTERLAND SOUPS****FEE: \$95**

There is nothing more wholesome than soup other than the soup you make yourself, especially during winter. Come and explore the techniques of creating cream soups, bisques, purees and broths, focusing on vegetables and fruits. Once you understand the techniques and how flavors pair together, soup preparation can be a tasty and rewarding experience. Enjoy a medley of homemade soups to warm your insides as we wait for warmer weather. Classes include all supplies, demonstrations by Chef Susan Taves, samplings of each soup, and take-home recipes

HEC B38-01, ETHS, 4 Thu., 11/5, 7-9 pm, Taves CRN 60721

**SUSHI-MAKING WORKSHOP****FEE: \$74**

Once an exotic specialty, sushi has evolved into a popular cuisine that is nutritious and fun. Your instructor has been making sushi since she was a child in Japan; now she teaches students how to choose and purchase sushi materials and ingredients, explains the different types of sushi, and reveals how easy and economical it can be to create these delicacies at home. All ingredients and materials will be supplied. Wear close-toed, rubber-soled shoes. Bring a sharp knife, cutting board, and container to take your creations home. Class will be held at Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe (Plant Science Lab).

BOT E80-01, GARD, 1 Tue., 8/11, 6:30-8:30 pm, Awazu CRN 60302

## Cooking with the Chefs

**The Popular Series Returns!**

We are fortunate to join with the area's best restaurants in presenting these classes, taught by executive chefs in their own working restaurant kitchens. If you have ever dreamed of learning professional cooking techniques in a restaurant kitchen, here is your chance! Enrollment is limited for all classes. Senior discount does not apply for these special classes.

**The Backyard Barbecue Store**

1147 Greenleaf Avenue, Wilmette

**BARBECUE SERIES****FEE: \$139 for series**

At the Backyard Barbecue Store, they are passionate about bringing customers the very best in barbecue grills and accessories, as well as furniture for outdoor entertaining. This dedication to excellence pervades everything the store stands for—and over the years, it has become justly famous for its wonderful barbecue classes! These classes are taught by recognized professionals who are enthusiastic about sharing their delicious expertise. Classes include very generous tastings with appropriate beverages and side dishes. *No senior discount for the series or for any individual class.*

HEC E28-01, BBAR, 3 Thu., 9/10, 10/22, 11/19, 7-9 pm CRN 60280

**PIZZA ON THE GRILL****FEE: \$49**

Try something new! Pizza was invented in a wood-fired oven, so why bake it in a pan? Grilled pizza is the best you'll ever eat. After this class you'll never order takeout again!

HEC E29-01, BBAR, 1 Thu., 9/10, 7-9 pm CRN 60281

**STEAK!****FEE: \$59**

Joe Spera from Al's Meat Market in Wilmette will be the instructor for this steak class. He will butcher an entire 75 pound prime beef loin to demonstrate the many different cuts of steak. He will then show you how to grill them over both charcoal and gas flames. Along the way, you'll learn professional tips, tricks, and recipes for making the perfect steak.

HEC E13-01, BBAR, 1 Thu., 10/22, 7-9 pm CRN 60282

**TURKEY ON THE GRILL****FEE: \$49**

Crispy on the outside and juicy on the inside, with succulent flavor all the way through – is that how you like your turkey? Grilling is the best way to get that magic combination, with the added advantage of freeing up kitchen and oven space. Barbecue champion/restaurateur Alex Clothell is your instructor.

HEC E15-01, BBAR, 1 Thu., 11/19, 7-9 pm CRN 60283

## Dream Cakes

3100 Dundee Road, Suite 701, Northbrook

### BAKING AND PASTRY ARTS

*Dream Cakes is back!* We are very happy to be able to again offer classes through this unique gourmet pastry shop offering a truly artful and delicious array of baked goods. Classes at Dream Cakes are hands-on, with everything included—recipes, ingredients, equipment, and aprons. You'll take home your delicious finished products. The series instructor is Chef Mark Kwasigroch, an owner of Dream Cakes, who also teaches pastry arts at Kendall College School of Culinary Arts. You may register for an entire series of 7 classes at a discount, or for individual classes. *No senior discount for the series or for any individual class.*

**Series I** **Fee: \$500 for series of 7 classes**  
HEC F58-01, DCAKES, 7 Mon, 7-9 pm, 8/24 CRN 60352

**Series II** **Fee: \$500 for series of 7 classes**  
HEC F58-02, DCAKES, 7 Mon, 7-9 pm, 10/5 CRN 60354

### Series I

*New!*

#### ARTISAN BREADS I **FEE: \$79**

What is artisan bread? It is bread that is crafted, rather than mass produced. Baked in small batches with special attention given to quality ingredients, artisan bread differs from prepackaged supermarket loaves in just about every important way. Homemade bread is making a comeback! Return to this age-old tradition with Chef Mark, who will share his professional expertise and recipes. No senior discount.

HEC F47-01, DCAKES, 1 Mon., 8/24, 7-9 pm CRN 60350

*New!*

#### ARTISAN BREADS II **FEE: \$79**

This class continues and builds on knowledge and practice from Artisan Breads I. No senior discount.

HEC F47-02, DCAKES, 1 Wed., 8/26, 7-9 pm CRN 61593

*New!*

#### CRÊPES **FEE: \$79**

Crêpes are versatile—they can be made in advance and frozen, or made to order. They can be sweet or savory, humble or elegant. They can hold any filling you wish, and be served any time of day. These super-thin pancakes belong in everyone's repertoire. Chef Mark will show you how to combine basic ingredients and master the crêpes technique. No senior discount.

HEC F64-01, DCAKES, 1 Mon., 8/31, 7-9 pm CRN 60363

*New!*

#### DINER DESSERTS **FEE\$ \$79**

The word "diner" comes from "dining car," because early versions were created from renovated railroad cars retrofitted with counters and stools. Back then, every diner's success rested on its desserts and the same holds true today. Chef Mark will teach us to make some classics, from banana or chocolate cream pie, to classic black and white cookies.

HEC F63-01, DCAKES, 1 Wed., 9/2, 7-9 pm CRN 60360

*New!*

#### SAUCES 101 **FEE\$ \$79**

Sauces are used to enhance flavor and texture, as well as add moisture, succulence, and visual appeal to dishes. Mastery of sauces is critical to a professional chef's career; they know what home cooks should learn—that a good sauce can transform any dish. Chef Mark will cover basic sauces, plating guidelines, and pairing suggestions. No senior discount.

HEC F13-01, DCAKES, 1 Wed., 9/9, 7-9 pm CRN 60366

#### HOME MADE PASTA **FEE: \$79**

It's magic! You'll turn flour, eggs, water and a generous helping of laughter into delicious home made pasta. Dough technique, pasta shapes and flavor combinations will be covered. You'll never go back to dry boxed pasta again. No senior discount.

HEC E02-01, DCAKES, 1 Mon., 9/14, 7-9 pm CRN 60364

**KNIFE SKILLS****FEE: \$79**

Knowing how to skillfully use knives is critical for cooks, yet many people have never mastered proper technique. In this class you'll learn to safely chop, julienne, chiffonade and slice to perfection-this will save you lots of time in your cooking! You will also learn proper care of your knife, sharpening and honing. You'll take home everything you cut up! Bring your own chef and paring knife to the class. No senior discount.

HEC F74-01, DCAKES, 1 Mon., 9/21, 7-9 pm CRN 60365

**Series II****CAKE DECORATING 101****FEE: \$79**

A cake from Dream Cakes' is a truly spectacular work of culinary art. Chef Mark will share his techniques as you learn to fill, assemble, and then decorate your own cake with butter cream. You'll take home your beautiful and delicious creation.

HEC E26-01, DCAKES, 1 Mon., 10/5, 7-9 pm CRN 60367

*New!***CAKE DECORATING II****FEE: \$79**

This class is for those ready to take a step – or leap – beyond the basics, and build on previous cake decorating experience. No senior discount.

HEC E27-01, DCAKES, 1 Mon., 10/12, 7-9 pm CRN 60368

**FUN WITH CAKE MIXES****FEE: \$79**

Busy cooks use cake mixes, but who has the space to keep a separate mix for each dessert? Chef Mark will show you how to create brownies, fruit slices, and much more – all from one mix. You'll learn to exercise your creativity while saving shelf space and money.

HEC F20-01, DCAKES, 1 Mon., 10/19, 7-9 pm CRN 60369

*New!***THANKSGIVING SIDES****FEE: \$79**

It has been said that Thanksgiving dinner is really all about side dishes. Chef Mark will provide professional tips, tricks, recipes, and serving strategies that will take the stress out of creating truly memorable side dishes to serve at home or contribute to another cook's dinner. No senior discount.

HEC F49-01, DCAKES, 1 Mon., 11/9, 7-9 pm CRN 60361

**FALL PIES****FEE: \$79**

Step away from that frozen pastry! Learn to take a few basic ingredients and turn them into flaky, tender piecrust. Technique is the key and Chef Mark is the master you'll learn from. The perfect crust you create will be the basis for a variety of sweet and savory pies, which you'll bring home to delight your family. No senior discount.

HEC E86-01, DCAKES, 1 Mon., 11/16, 7-9 pm CRN 60370

*New!***BAKING 101****FEE: \$79**

For novice bakers, of course, but most will learn a lot from Chef Mark, even those who have been baking for years. You will learn basic baking techniques, essential bakeware and tools, stocking your pantry, time-saving techniques, organizing tips, and more! No senior discount.

HEC E05-01, DCAKES, 1 Mon., 11/30, 7-9 pm CRN 60371

*New!***HOLIDAY COOKIE EXCHANGE****FEE: \$79**

In this class we will make several kinds of holiday cookies to take home and eat, give as gifts or bring to a cookie exchange party. Save your time and energy for what matters this holiday season – connecting with friends and family – and get your cookie baking done here! As always, Chef Mark guides us with professional tips, tricks and recipes. No senior discount.

HEC F42-01, DCAKES, 1 Mon., 12/7, 7-9 pm CRN 60362

## Va Pensiero

1566 Oak Avenue, Evanston

### REGIONAL ITALIAN SERIES

**FEE: \$115 for each series**

Va Pensiero stands out among the North Shore's finest Italian restaurants. Chef Jeff Muldrow's seasonal menu features homemade pastas and breads, seafood, veal and lamb dishes, the freshest vegetables and exquisite desserts. The menu changes frequently and features hearty fare that sparkles with inventive combinations. The setting for this popular restaurant is as charming as it is romantic, and complements the extraordinary cuisine. Located inside the historic Margarita Inn, the look has been called "Italy in the 1920s." *No senior discount for the series or for any individual class.*

#### Series I

HEC E79-01, Va Pensiero, 2 Thu., 9/24 and 10/29, 6:30-8:30 pm CRN 60284

#### Series II

HEC E79-02, Va Pensiero, 2 Fri., 11/20 and 12/11, 6:30-8:30 pm CRN 60285

### Series I

#### CREPESLES (ITALIAN CREPES)

**FEE: \$65**

Yes, it's true—the Italians taught the French to cook. Learn the how and why of making these little "pancakes." Crepesles are a wonderful way to make any meal more elegant. We will learn three different recipes for making crepes and five fillings from appetizer to dessert.

HEC F55-01, VPEN, 1 Thu., 9/24, 6:30-8:30 pm CRN 60287

#### MINISTRONE TO ZUPPA

**FEE: \$65**

Nothing is more important to Northern Italian cooking than soup! This course requires the most basic of kitchen skills and yet is the easiest to do poorly. Soup is something Chef Jeff has always taken seriously; come in and learn the difference between good and great soups.

HEC F69-01, VPEN, 1 Thu., 10/29, 6:30-8:30 pm CRN 60288

### Series II

#### MAKING THE "CUT"

**FEE: \$65**

Chef Jeff will teach about different cuts of meat, the how and the why of choosing what cut to use for each different recipe. We will taste some of Va Pensiero's favorite offerings and learn to cook them all.

HEC F92-01, VPEN, 1 Fri., 11/20, 6:30-8:30 pm CRN 60290

#### ITALIAN APPETIZERS - "MERENDE"

**FEE: \$65**

Just in time for holiday entertaining, come in and learn all about merende, Italian small bites served between-meals in homes throughout Italy, or offered to guests in wine bars from Sicily to Piedmont. Enjoy the art of the Italian appetizer.

HEC F45-01, VPEN, 1 Fri., 12/11, 6:30-8:30 pm CRN 61141