

COOKING

Cooking with the Chefs

We are fortunate to join with some of the area's best restaurants in presenting these new classes for the new year, 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. You may register for an entire series at a discount, or for individual classes. There is no senior discount for these special classes.

SERIES I, Dream Cakes (formerly DelecToGo)

3455 W. Dempster St., Skokie

BAKING AND PASTRY ARTS **FEE: \$277 for series**

DelecToGo is a unique gourmet and pastry shop offering a truly artful array of baked goods, exciting catering solutions, and last-minute food to go when you've no time to cook. They specialize in distinctive weddings, unique dinner parties, and corporate events, as well as the everyday needs of their customers. Classes at DelecToGo are hands-on, with everything-recipes, ingredients, equipment and aprons-included. You'll take home your delicious finished products. The series instructor is Chef **Mark Kwasigroch**, an owner of DelecToGo, who also teaches pastry arts at Kendall College School of Culinary Arts. You may register for an entire series at a discount, or for individual classes. No senior discount.

HEC F58-01, DCAKES, 4 Tue., 1/22, 2/5, 3/11, 4/15, 7-9 pm CRN 40073

KNIFE SKILLS **FEE: \$70**

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 F58-02, DCAKES, 1 Tue., 1/22, 7-9 pm CRN 40074

CHOCOLATE DESSERTS **FEE: \$79**

The world of fine chocolate is as varied and complex as the world of fine wine. So, how do you recognize a truly exceptional chocolate? Chef Mark will teach us to discern the ideal aroma, taste and texture of the full range of chocolate types—from deep, dark, and intense to white, sweet, and mild. After we have finished this richly rewarding task, we will use this "food of the gods" to create decadent desserts to take home, just in time for Valentine's Day. No senior discount.

HEC F58-03, DCAKES, 1 Tue., 2/5, 7-9 pm CRN 40075

EASTER AND PASSOVER BAKING **FEE: \$79**

Easter and Passover of course are religious holidays, but they also represent spring and the return of fertility to the land. In most cultures, by the time spring came around the fresh fruits, vegetables and meats stored over the winter were long gone. Therefore, traditional foods for the springtime celebration were baked goods—mostly flour and eggs—which could be made year round. Chef Mark will share his expertise in making wonderful Easter and Passover baked goods, and you will take home what you make. No senior discount.

HEC F58-04, DCAKES, 1 Tue., 3/11, 7-9 pm CRN 40076

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 F58-05, DCAKES, 1 Tue., 4/15, 7-9 pm CRN 40077

SERIES II - Va Pensiero

1566 Oak Avenue, Evanston

REGIONAL ITALIAN **FEE: \$115 FOR SERIES**

Va Pensiero stands out among the North Shore's finest Italian restaurants. Executive chef **Eric Hammond'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.

HEC E79-01, Va Pensiero, 2 Fri., 2/8 and 3/7, 7:30-9:30 pm CRN 40805

VENICE: THINK OF ALL THOSE PIGEONS AS SQUAB **FEE: \$60**

Sure, there are pigeons and murky canals. But there's also love in the air, and incredible food on the plates! A refined lot—some say the fork,

napkin, and table manners were born in Venice—Venetians owe the sophisticated cosmopolitan qualities of their cuisine to the myriad of food and spices making their way through this coastal port.

HEC E79-02, Va Pensiero, 1 Fri., 2/8, 7:30-9:30 pm CRN 40806

WHO ARE YOU CALLING A NEOPOLITAN? FEE: \$60

Campania: most people can't find it on a map, but mention Naples, the Amalfi Coast, or Vesuvius (the volcano, not the chicken) and mouths start to water. Aside from local girl Sophia Loren, Campania also boasts some of the best fruits and vegetables in Italy—and then there is that famous thistle, the artichoke.

HEC E79-03, Va Pensiero, 1 Fri., 3/7, 7:30-9:30 pm CRN 40807

SERIES III - The Backyard Barbeque Store

1147 Greenleaf Ave., Wilmette

CROSS COUNTRY BARBEQUE

ROAD TRIP

FEE: \$130, SERIES

The title of this class says it all—and admit it, you've always wanted to do it! But we at Oakton understand that you might not be able to get away right now. The next best thing is this wonderful series that will allow you to understand and taste the difference between the barbecue styles of Kansas City, Memphis and the Carolinas. Your instructor, **Alex Cothell**, is a well-known barbecue expert with numerous national awards to his credit. You will leave with some of his secrets for making fantastic barbecue at home—but not before you have had a complete barbecue dinner that is the crowning touch of the evening. You may register for the series of three classes at a discount, or for individual classes. No senior discount.

HEC E28-01, BBAR, 3 Thu., 2/21, 3/20, 4/17, 7-9 pm CRN 40490

Kansas City Barbeque

HEC E28-02, BBAR, 1 Thu., 2/21, 7-9 pm, \$49 CRN 40491

Memphis Barbeque

HEC E28-03, BBAR, 1 Thu., 3/13, 7-9 pm, \$49 CRN 40492

Carolina Barbeque

HEC E28-04, BBAR, 1 Thu., 4/17, 7-9 pm, \$49 CRN 40494

The following cooking classes are demonstrations where students observe step-by-step preparation and taste prepared dishes.

COOKING AROUND THE WORLD

FEE: \$90

Travel the globe through international cuisine. Each week learn to create and sample delicious dishes from a different country or region. Handouts include recipes, bibliographies, and suggested area restaurants and grocery stores.

Part I, Caribbean Cuisine - Infused with Dutch, French, Spanish and English influences

HEC C26-01, MAINE E, 4 Thu., 2/28, 7-9 pm, Taves CRN 40451

Part II, South American Cuisine - Dishes from Brazil, Argentina, Columbia and Ecuador

HEC C26-02, MAINE E, 4 Thu., 4/10, 7-9 pm, Taves CRN 40493

New!

COOKING FOR ONE

FEE: \$90

Using just one main ingredient each week, Chef Jonathon Bean will stretch his creations to include several dishes with plenty of delicious leftovers—enough to savor throughout the week. Fee includes preparations, demonstrations, recipes, and weekly tastings.

Week 1: Chinese Barbeque Pork; **Week 2:** Beef; **Week 3:** Turkey; and, **Week 4:** Cod

HEC C02-01, NILES N, 4 Mon., 4/7, 7-9 pm, Bean CRN 40674

DECADENT DESSERTS

FEE: \$90

Discover the secrets of great pastry baking. Explore various types of dough, from tart to sweet bread, and learn the best techniques for working with them. Use these skills to make spectacular desserts to share with your family and friends. Sampling of finished pastries is highly recommended!

HEC C24-01, NILES N, 4 Wed., 4/9, 7-9 pm, Mirani CRN 40504

New!

EASY WOKING

FEE: \$90

Wok cooking is simple, quick, nutritionally balanced and great tasting. In this fun class you will learn Chinese stir-fry and other wok cooking techniques, and some fun and festive ways to use chopsticks and a rice bowl. As the class progresses, you will learn about the major regions of Chinese cuisine, as well as the history, culture, customs, and spoken languages of China. Everyone will have a chance to try their hand with the wok. The instructor has 35 years of Chinese cooking experience. No Senior Discount.

HEC F53-01, ETHS, 4 Wed., 1/23, 6:30-8 pm CRN 40046

THE CUISINE OF REGIONAL ITALY

FEE: \$90

Learn to create an array of dishes from the various regions of Italia. Each week's presentation will include a sampling of a specific course—antipasti, pasta (from scratch), main courses, and desserts. Handouts will include recipes and suggestions for grocery stores and restaurants.

HEC S72-01, ETHS, 4 Tue., 2/26, 7-9 pm CRN 40518

HEC S72-02, NILES N, 4 Mon., 2/4, 7-9 pm, Bean CRN 40357

SOUPS, SALADS AND APPETIZERS**FEE: \$90**

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., 1/30, 7-9 pm, Mirani CRN 40502

SIMPLE, BUT ELEGANT, FRENCH MEALS**FEE: \$90**

Do you dream of being able to cook a delicious French dinner at home? Let Chef Susan Taves show you how to prepare simple, yet delicious, three-course French meals. Chef Taves is European-trained in the culinary arts, having studied in both France and Italy. Each week, sample the results, and receive recipes to try at home.

HEC E19-01, ETHS, 4 Tue., 4/8, 7-9 pm CRN 40499