COOKING

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

**UNIQUE KITCHEN SKILLS: SUSHI**

Come out and learn to make your favorite food and save a bunch of money in the process. First we’ll make miso soup. Then you’ll learn about all of the components of sushi including rice, fish, seaweed, wasabi, soy, and ginger. Class will make Nigiri Zushi (individual pieces), mat rolls, and hand rolls using smoked salmon, tuna, crab and spicy shrimp. The course is taught by renowned Chef Jonathan Bean.

HEC C02-01, NILES N, 1 Mon., 1/26, 7-9 pm
CRN 40229

**UNIQUE KITCHEN SKILLS: POLISH COOKING**

With more Polish natives than in any city outside Warsaw, Chicago is ideal city to learn about Poland, her people, and cuisine. Come out and learn how to make pierogi, Poland’s renowned filled, boiled dumplings. Then we’ll cook bigos, a delicious stew made with meats, mushrooms, and sauerkraut. We’ll also prepare golabki-stuffed cabbage rolls. This is hearty food, so bring a big appetite and containers for leftovers. The course is taught by renowned Chef Jonathan Bean.

HEC C02-02, NILES N, 1 Mon., 2/9, 7-9 pm
CRN 40230

**SOUPS, SALADS AND APPETIZERS**

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., 1/28, 7-9 pm
CRN 40232

**PASTRY BAKING**

This course will focus on techniques rather than just recipes. Students will learn the differences between the creaming and the cut-in methods. Then learn the key to a perfect pie crust. Starting with the basics, students will build up to the creation of custards, cream puffs, and other flawless desserts. Chef Susan Taves is a graduate of the French Pastry School and completed the Master Decorating Class at the Wilton School.

HEC C24-01, NILES N, 4 Wed, 4/8, 7-9 pm
CRN 40231

**AMERICAN REGIONAL**

Join Chef Susan Taves to explore distinct food and cultural influences of four regions of the United States. Learn to make the best Southern caramel cake and fried chicken, not to mention hush puppies and a foolproof sweet potato pie. Discover the allure of Maryland crab cakes, corn chowder and real maple syrup glazed duck breast. Does Boston Cream Pie really come from Boston? Go West, young man, with New Mexican enchiladas, Native American fry bread, and spicy chocolate truffles. California, here we come, to experience a Wolfgang Puck – inspired pizza and “raw” cheesecake.

HEC C26-01, ETHS, 4 Tue., 2/3, 7-9 pm
CRN 40305

**VIVA MEXICO!**

Mexican cuisine is much more than tacos and arroz. In this four-part series, taught by Chef Susan Taves, you will learn the depth and secrets of a true mole from Oaxaca with sumptuous chicken, homemade tortillas, and a sinful chocolate flan. Considered the first “European” city on the North American mainland find out why the cuisine of Veracruz has a strong African influence. The cuisine of the Maya reveals a rich Caribbean heritage with spicy salsas and marinated fish cooked over an open fire. Learn how to adapt Yucatan cooking techniques to enhance your repertoire.

HEC F11-01, ETHS, 4 Tue., 3/3, 7-9 pm
CRN 40842

**SOUTH AMERICAN CUISINE**

Back by popular demand, we will be re-visiting delicious dishes from Brazil, Argentina, Columbia, and Ecuador. Chef Susan Taves will demonstrate step-by-step preparation details, while students observe and taste prepared dishes. All classes include recipe handouts. No class 4/7.

HEC C27-01, ETHS, 4 Tue., 3/31, 7-9 pm
CRN 40319
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.

Va Pensiero
1566 Oak Avenue, Evanston

Regional Italian FEE: $115, for each 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.” Each series consists of two Friday night classes. Students may register for either or both series at a discount or for any individual class. No senior discount.

Series I
HEC E79-01, VPEN, 2 Fri., 1/30 and 2/27, 6:30-8:30 pm CRN 40212
Series II
HEC E79-02, VPEN, 2 Fri., 3/27 and 4/24, 6:30-8:30 pm CRN 40213

A Valentine’s Day Refresher FEE: $65
Why would a restaurant want to teach you how to cook your own Valentine’s Day meal? Because, quite frankly, every fine dining restaurant is going to sell out anyway, so our motivations are entirely altruistic. And if you procrastinate and can’t get a last-minute reservation, simply pretend that a romantic dinner at home was always your plan. Experience fabulous results with simple recipes for Jumbo Sea Scallops with Orange Essence, Wrapped in Romaine; Salmon and Manila Clams Baked in Parchment; and Decadent Dark Chocolate Mousse. And who could forget the libations? We’ll begin with a cocktail and teach you all you need to know about sparkling wine.

Series I
HEC F55-01, VPEN, 1 Fri., 1/30, 6:30-8:30 pm CRN 40216

Winter in the Italian Alps FEE: $65
Welcome to northern Italy, where Austrian-Germanic influences reign. This is about as close as the Italians get to schnitzel! Samples of the evening’s recipes include Gratin of Montasio Cheese, Hazelnuts, and Pears; Pasta of Penne Rigate in a Gorgonzola-Tomato Sauce; and Risotto With Asparagus, Pancetta and Thyme. As for wine, savor the Alsatian-like whites and the delicate reds that are produced in this cold climate.

Series II
HEC F69-01, VPEN, 1 Fri., 2/27, 6:30-8:30 pm CRN 40217

Cheese! Glorious Cheese! FEE: $65
Italians savor nothing more than the local cheeses. In this class we will learn how to cook with cheese, what foods to pair cheese with, and what to look for when buying cheese.

Series II
HEC F92-01, VPEN, 1 Fri., 3/27, 6:30-8:30 pm CRN 40214

Seafood Demystified FEE: $65
As the weather heats up for summer, we look for lighter foods that will fill us up but not weigh us down. We also need to maintain those thin waistlines until the safety of winter sweaters returns. The problem with seafood is that almost everyone seems to have an irrational fear of cooking it. Thus, we present this class on how to sauté, grill, poach, and marinate scallops, crab, halibut, tuna, salmon, and more. Of course, a nice sampling of summer white wines will be tasted!
CROSS COUNTRY BARBEQUE
“ROAD TRIP”  FEE: $180, 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, Texas, and the Carolinas. Your instructor, Alex Cothell (a.k.a. Dr. Porkenstein), of The Barbecue Factory restaurant in Kenosha, has won numerous barbecue awards. You will leave with some of his secrets for making fantastic barbecue at home—but not before you have had appetizers, generous barbecue samples, side dish and your appropriate beverage of choice. You may register for the series of four classes at a discount, or for individual classes. No senior discount.

INDIVIDUAL CLASSES
Kansas City Barbeque
HEC E29-01, BBAR, 1 Thu., 2/19, 7-9 pm, $49  CRN 40839

Memphis Barbeque
HEC E35-01, BBAR, 1 Thu., 3/19, 7-9 pm, $49  CRN 40840

Carolina Barbeque
HEC E17-01, BBAR, 1 Thu., 4/16, 7-9 pm, $49  CRN 40841

Texas Barbeque
HEC E14-01, BBAR, 1 Thu., 5/14, 7-9 pm, $49  CRN 40838