

FOODS

Bread in a Jar

Imagine all the stores are closed, the electricity out, and there is nothing to eat. You could open some Bread in a Jar and eat moist, fresh-tasting pumpkin bread anytime. Find out how to make pumpkin bread and keep it for instant eating months later. Perfect for catastrophes like unexpected guests or the end of the world.

Jenni Thiessen, Instructor. 6-9 pm, Tuesday. Stephens Middle School.

Session 1 – Jan. 10

(CRN 61442) \$49 Register by Jan. 5 or register online and save \$10

Session 2 – Jan. 17

(CRN 61443) \$49 Register by Jan. 12 or register online and save \$10

Culinary Tour of Italy Series

Explore the regions and foods of Italy during this great Culinary Tour of Italy, hosted by Chef Ruby Lewis, owner and operator of Pizza King in historical downtown Albany. Enroll in the series and save \$38; the series includes the workshops described below.

Ruby Lewis, Instructor. 1-4 pm, Saturdays, Feb. 11 to Mar. 10. Chemeketa Center for Business and Industry, Kitchen.

(CRN 61440) \$139

My Favorite Italian Desserts – Feb. 11

Dessert is probably the most important stage of the meal; it is the last thing your guests will remember. Let's prepare a Grand Finale sure to dazzle your friends and family. Let's make two types of Panna Cotta, with two elegant sauces and two types of delicious and fun to make Biscotti. Here's the menu: Vanilla Panna Cotta, Raspberry & Chocolate Sauce, Espresso Panna Cotta, Orange Craisin Biscotti and Sorpressa. Yum!

(CRN 61439) \$59 Register by Feb. 3 or register online and save \$10

The ABC's of Pasta – Feb. 25

Join us as we continue to learn how to make incredible fresh pasta. You'll surely have fun as you get your hands on the pasta, feeling the right texture of the pasta as it comes together. This class will feature Fettuccine Alfredo, Tagliatelle, and Perfecto Pesto Pasta. Better yet, you'll be ready for classes on more advanced pasta making techniques that will be offered in the Spring.

(CRN 61434) \$59 Register by Feb. 17 or register online and save \$10

Entertaining Made Easy – Mar. 10

Entertaining guests is like putting on a show. Let's show how to plan and put together an Entertaining Show, filled with flair and style, and completely simple and fun. You'll find out how to dazzle everyone with all new luscious appetizers, two special beverages, and two delightfully decadent desserts. After this class, here's what you'll be making for your guests: Crespelle Antipasto, Frico, Crostini, Port & Pears, Chocolate Napoleon, and Panettone Dolci.

(CRN 61416) \$59 Register by Mar. 2 or register online and save \$10

Vegan Cooking Series

Register for all three cooking classes listed below & save \$48.

David Gabbe, Instructor. 6-9 pm, Wednesdays, Center 50+, North Hall.

(CRN 61362) \$69

David's Vegan Kitchen – Jan. 11

There is an incredibly rich diversity of wholesome dishes to be found in a low-fat, vegan diet. Join us as we explore soy foods as well as beans and whole grains and see how quick and easy it is to prepare a medley of delicious, budget-friendly, gluten-free, cholesterol-free dishes —including yummy desserts! Do come hungry.

(CRN 60010) \$39 Register by Jan. 6 or register online and save \$10

Vegan Cooking with Greens – Feb. 1

Making cooked greens a regular on your dinner table can provide significant protections against cancer and osteoporosis. Come learn all about such calcium-rich greens as collards, kale, and broccoli that you'll find are widely available year round. Watch how they can be turned into savory dishes that are inexpensive, low-fat, gluten-free, cholesterol-free, and vegan. Come hungry, too.

(CRN 60009) \$39 Register by Jan. 27 or register online and save \$10

Vegan Adventures with Tofu – Feb. 29

Eating tofu daily may result in reduced risk of cancer, heart disease, and osteoporosis. And mixed with the right seasonings, tofu is downright tasty! But do you feel befuddled about what to do with those soft, white blocks? Or, are you simply looking for ideas how to transform tofu into new dishes? Come learn all about tofu and watch how easy it is to prepare inexpensive, low-fat, gluten-free, cholesterol-free, vegan meals with tofu. Come hungry, too.

(CRN 60011) \$39 Register by Feb. 24 or register online and save \$10
