



COMMUNITY COOKING CLASSES – Keiser University, Department of Continuing Education

1-DAY COOKING CLASSES

All classes are hands-on and begin with an introduction to the ingredients, flavor profiles and the various cooking techniques used during the daily lesson. Chef Garrison demonstrates each step of the recipes and will guide and assist the participants in making their own recipe. All ingredients, supplies, aprons and handouts will be provided including “to go” boxes, so that all menus created can be enjoyed at home!

Saturdays 9:00 AM – 1:00 PM

January 15 – Soups and Stews

Incredible flavors to warm your soul.

January 22 – Northern Italian

Diverse Italian flavors.

January 29 – Sausages

The secret is in the seasoning!

February 5 – Seafood

From gulf to ocean, a must for any seafood lover.

February 12 – Brunch

Traditional and contemporary dishes.

February 19 – Chicken

Get creative with a family favorite.

February 26 – Weekday Gourmet

Elegant meals without all of the fuss.

March 5 – Vegetables and Accoutrements

Creative and flavorful sides to complete a wonderful entrée.

March 12 – The Art of Substitution

Healthy alternatives with great taste.

March 19 – Thai Cuisine

Principles of authentic Thai cooking.

March 26 – Mediterranean

Cross cultural foods from all over the Mediterranean.

April 2 – Cooking with Chocolate

Unbelievably good and not just for dessert.

April 9 – Lamb

Global influences for unique leg of lamb.

April 16 – Elegant Easter 3 Course Dinner

Appetizer, entrée and a touch of sweetness just in time for the holiday.

April 30 - Baking

Baking done right with wonderful cakes.

May 7 - Spain

The essence and seasonings of Spain.

May 14 – Beef

Tricks of the trade for the meat lover.

May 21 – Summer Salads

Fruits, herbs and spices for tasty new salads.

June 4 – Tuscany

Savor the tastes of Tuscany infused with herbs, oils and cheese.

June 11 – Southwestern

Roasted spices and slow deep flavors.

June 18 – BBQ Sauces

Add some zest to your grilling with unique sauces.

June 25 – International Street Food

Hand held foods and artisanal cuisine.

SPICE WORLD

Discover an amazing world of flavors, textures and cooking techniques to enhance the natural goodness of spices.

Friday, April 1 6:00 PM – 9:00 PM

CRÊPES

Learn to create simple or elaborate crêpes including savory fillings and the tricks to perfect flambé technique.

Friday, June 24 6:00 PM – 9:00 PM

CULINARY SKILL SERIES

Advance your culinary skills! Each level consists of 3 classes designed to help you achieve consistency in your kitchen and immediately help lift the flavor profile of your everyday cooking.

Fridays 6:00 PM – 9:00 PM

Level 1 - January 28, February 4 and 11 or April 8, 15 and 29

Essential cooking techniques, knife skills, ingredient and flavor profiles.

Level 2 - February 18, 25 and March 4 or May 6, 13 and 20

Intermediate cooking techniques, principles of beef and seafood.

Level 3 - June 3, 10 and 17

Advanced cooking techniques, unique flavor combinations and desserts.

SENSATIONAL SERIES of THREE

Enjoy a series of 3 classes all focused on one specialty.

Fridays 6:00 PM – 9:00 PM

Seafood Series – March 11, 18 and 25

Surprising new flavors for seafood. A complete course on how to select, prepare and cook fish and shellfish.

**For additional information or to secure a reservation for a class
please call 321.409.4801 or 877.636.3618 or e-mail
dianab@keiseruniversity.edu**