

# Learn to Cook Like a Pro... From a Pro!

## MEET OUR CHEFS!

### **Chef Jack Garrison**

Former owner/executive chef of cafe stella blue, began his training in culinary school in Washington, D.C. His passion for flavors has led him to many areas throughout the world including Madrid, Paris, Hong Kong, Manila, Bangkok and New Orleans.

Guided by a strong belief in the power of flavor and the purpose of food to enhance life and bring people together, he would like to share that passion and knowledge with you. Whether you cook on weekends or throughout the week, on a budget or lavishly, no matter what your degree of skill is, Chef Garrison believes in helping you to become a better, more creative cook.

### **Chef Marjory Erixson, CEC**

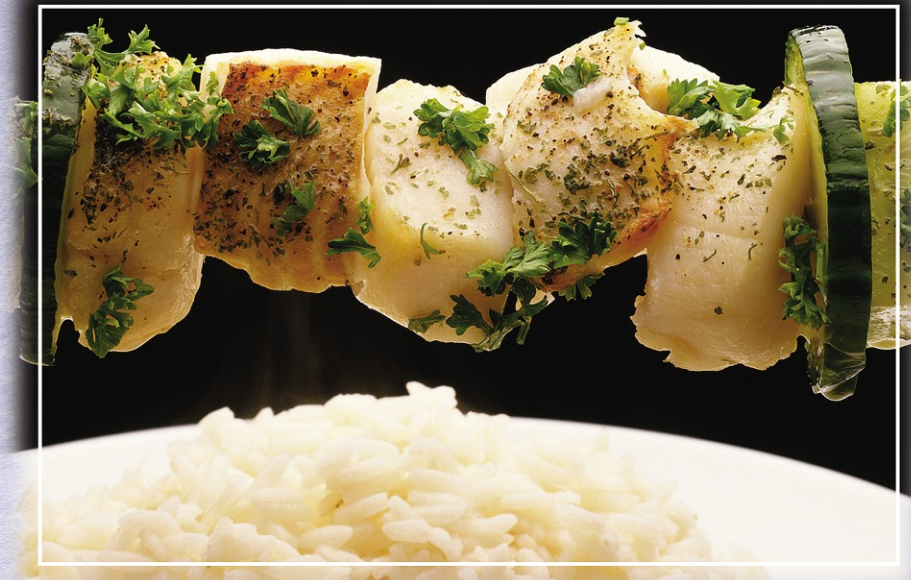
A Certified Executive Chef, Chef Erixson brings 30 years of culinary experience to our Community Cooking Classes. Following graduation from culinary school, she perfected her culinary talents in resorts in the Caribbean and Pacific Islands and has successfully owned and operated her own restaurant. Chef Erixson has worked with top Pastry Chefs and brings baking, nutrition and the use of herbs to our table! We know that you will enjoy her creative touch.

### **Chef Deborah A. Buza**

Chef Buza's true passion is the art of baking and cooking. She attended culinary school and graduated as valedictorian of her class. With ten years of experience as a caterer, as well as many years as a business owner, Chef Buza now gives back to the industry through education. She is very enthusiastic and creative and wants to teach everyone to enjoy cooking and baking as much as she does.



## CONTINUING EDUCATION



## KEISER UNIVERSITY CONTINUING EDUCATION

900 S. Babcock St  
Melbourne

Advance Reservations Required!

Call 321.409.4801

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# MENU OF CULINARY CLASSES WINTER/SPRING 2010



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EDUCATION

## WINTER/SPRING 2010 CULINARY CLASSES

### 1-DAY COOKING CLASSES

with **CHEF JACK GARRISON**

**Saturdays 9:00 AM – 1:00 PM**

Classes begin with demonstration & explanation of the cooking techniques for the daily recipes. Participants will then prepare the recipes with assistance from the Chef. All ingredients, supplies, aprons and recipes will be provided including “to go” boxes.

#### **January 9 - Soups and Stews**

Incredible flavors to warm you from winter through spring.

#### **January 16 – Northern Italian**

Unique rich flavors from the northern regions of Italy.

#### **January 23 - Cuban**

Learn the secrets of real Cuban cuisine.

#### **January 30 – Cajun/Creole**

Modern and traditional techniques to add depth to your cooking.

#### **February 6 – Beef**

Best of beef with influences from Argentina to France to Vietnam.

#### **February 13 – French Country**

Southern French cooking at its best.

#### **February 20 – Vegetarian**

Real food full of taste, texture and flavor for vegetarians tired of the traditional choices.

#### **February 27 – Mediterranean**

Part 1 begins at Portugal and ends at Greece.

#### **March 6 – Modern Southern Cooking**

New ideas and flavors; not too sweet and not too fried.

#### **March 13 - Mexican**

Go beyond the traditional and discover the more sophisticated flavors of Mexico.

#### **March 20 – Middle Eastern**

Diverse flavors using unique blends of spices.

#### **March 27 – Southern Italian**

Learn the secrets of the best traditional sauce, pasta and seafood.

#### **April 10 – Southwestern**

Roasted spices, slow deep flavors and incredible chili.

#### **April 17 – Seafood**

From elegant to adventurous, a must for any fish lover.

#### **April 24 – Mediterranean**

Part 2 follows Greece to North Africa and on to Turkey.

#### **May 1 – French Bistro**

Classic French; refined and full of technique.

#### **May 8 – Sandwiches**

A new twist to a good old standard; discover what a sandwich can really be!

#### **May 15 - Sauces**

Perfect sauces with flavor combinations to enhance any meal.

#### **May 22 – Summer Appetizers**

Great ingredients and sophisticated flavors to get your party started.

#### **June 5 – Vegetarian**

Part 2 fresh ideas to include seasonal flavors.

#### **June 12 – Southeast Asian**

Crisp and tangy; enjoy great ingredients and spicy flavors.

#### **June 19 – Spain**

Southern dishes from modern Spain.

#### **June 26 – Summer Desserts**

Great summer pies and tarts, seasonal flavors and Italian Meringues.

### FUNDAMENTALS of SPICES & HERBS

with **CHEF JACK GARRISON**

**Wednesday, January 6 6:00 PM – 9:30 PM**

Discover the difference a burst of flavor can make to your cooking. Flavors, textures and various cooking techniques to enhance the natural goodness of spices and herbs.

### CULINARY SKILL SERIES

with **CHEF JACK GARRISON**

**Wednesdays 6:00 PM – 9:30 PM**

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.

**Level 1 ..... January 13, 20 & 27 or April 7, 14 & 2**

Knife skills, essential techniques, improving your palate, ingredient familiarity.

**Level 2 ..... February 3, 10 & 17 or May 5, 12 & 19**

Principles of beef and seafood, sauces to compliment.

### SENSATIONAL SERIES of THREE

with **CHEF JACK GARRISON**

**Wednesdays 6:00 PM – 9:30 PM**

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

**Seafood Series – February 24, March 3 & 10**

Discover the secrets to perfect seafood each and every time. A complete course in how to select, prepare and cook the best that Florida has to offer.

**Baking Series – March 17, 24 & 31**

Every good cook needs a repertoire of home-baked goods to share with family and friends. Includes breads and rolls; pies and a variety of pie crusts; pastries and cakes.

**Southwestern Series - May 26, June 2 & 9**

American regional cuisine; travel the best of the West without leaving Melbourne! Enjoy bright, bold Native American flavors from New Mexico and Texas.

**Southeast Asian Series – June 16, 23 & 30**

A perfect balance of incredible flavors and influences from Thailand, Vietnam, Malaysia and the Philippines.

### HEART HEALTHY MAKEOVER

with **CHEF MARJORY ERIXSON**

**Saturday, February 20 9:00 AM – 1:00 PM**

Make over a traditional recipe and make it Heart Healthy. A full menu to include an appetizer, main course and dessert. Tasty and healthy all at one time.

### BEST of BREAD SERIES

with **CHEF DEBORAH BUZA**

**Wednesdays, April 7 and 14 6:00 PM – 9:00 PM**

A series of two classes to learn the “tricks of the trade” to make delicious home-baked bread. Includes Chocolate Bread, Braided Pumpkin Yeast Bread, Whole Wheat Bread and much more.

**RESERVATIONS  
REQUIRED  
CALL  
321.409.4801  
for Cooks  
of all levels!**

