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