



Department of Continuing Education 2014 Winter and Spring Culinary Schedule

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. The Chef will demonstrate the steps necessary to create each of the recipes and will guide and assist the participants in making their own dish. 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

Meet Our Chefs

Chef Henry Hom

Area Corporate Executive Chef with extensive culinary experience that spans the globe. Former Executive Chef at the International Monetary Fund, Federal Reserve Board, American Red Cross, and currently an Executive Chef with Sodexo. His latest accomplishment is working at the Summer Olympics in London during the summer of 2012.

Chef Hom is totally passionate about anything culinary, and loves to share that passion with like-minded individuals. His cooking philosophy is that food is the common thread for all nationalities and is the intangible fabric that weaves our memories with families and friends. Regardless of your skill level, Chef Hom, will provide you with the techniques, organization, buying tips, garnishing skills, insights, and trade secrets harvested over thirty years in the field. Let's cook like we mean it!!

Chef Kelly Dietrich

Former Executive Chef, graduate of the Culinary Institute of America and Champlain College with a degree in Culinary Arts and Hospitality Management. Chef Dietrich has owned and operated a successful catering business and Brazilian Style Restaurant. He founded and operated the Culinary School for Kids for 17 years. Chef Dietrich has also hosted a talk radio program and television cooking show. Currently he is involved with several charitable organizations serving and donating meals.

Chef Dietrich now brings all of his talents and past experiences to help you become the best chef you can be. He is passionate about food and wine and sharing these moments with others. Exploring new cuisines and cultures are some of the exciting factors he brings to the table.

Chef Henry Hom's Classes will include:

January 18th - FIRE ALARM for CHILIHEADS – Love spicy food?? Come to this class to discover everything hot, hot, hot. If you like your heat, better come with a headband as we learn everything about peppers, making Homemade Hot Sauce, creating Jalapeno Poppers, Jerk Chicken, and 10 Alarm Chicken Wings

February 1st – Super Bowl Extravaganza

Be the talk of the town with “Killer” food for your annual Super Bowl get together. Learn how to make stuffed Potato Skins, Chili Con Carne, New Orleans Jambalaya, Deluxe Nacho Platter, Buffalo Chicken Wings and Chili Bean Dip.

February 8th - Valentine's Day Date Night

Prepare that special meal for your better half. Shrimp Scampi, Teriyaki and Honey Glazed Salmon, Lemon Chicken Piccata, Scalloped Potatoes, Bundled Asparagus, and Chocolate Covered Strawberries for your sweetheart.

March 1st - Sushi Party

Discover the mystery of sushi, and how to roll your own at home. Create California, Spicy Tuna, and Eel rolls. Learn everything from cooking the rice to displaying your finished masterpieces.

March 8th - Tough to Tender

Learn the basics to braising and utilizing inexpensive cuts to prepare delicious entrees. Mom's Pot Roast, Braised Short Ribs, Corn Beef, and North Carolina Pulled Pork are on the menu.

April 5th – Sides Make the Meal

Learn various side dish recipes to complement your entrees. Sides actually make the meal; learn how to make Supreme Baked Potatoes, Stuffed Roast Tomatoes, Asparagus Bundles, Sweet Potato Patties, Hasselback Potatoes, Creamed Spinach, and more.

April 12th - Upscale Appetizers II

If you missed the first one or want to expand on class I, look no further. Upscale appetizers to impress your guests. Menu will include Shrimp Toast, Monte Cristo Triangles, Shrimp Stuffed mini Croissants, Scallop & Bacon Skewers, Petite Crab Cakes.

May 10th - Basics of Steaming

Learn the healthiest way to cook your favorite dishes without oil, and getting the maximum nutrients from your food. Steamed whitefish, chicken, vegetables, dim sum, and other great ideas utilizing the cleanest energy source for cooking.

May 17th – Sticks / Skewers / Satays

Meat on a stick – mankind's most primal cooking technique completely covered with international variations. Yakitori Chicken, Beef Kabobs, Sweet & Spicy Shrimp Skewers, Caprese Skewers, Tandoori Chicken Satays are on the menu with corresponding dips and sauces.

June 21st - Stir Fry Mania

Learn the basics and finishing techniques to prepare stir fry dishes that rival any Oriental restaurant. Learn how to prep the vegetables, the protein, and how to “Wok & Roll” with attitude. Enjoy some of the classics such as Quick Beef Stir Fry, Mandarin Shrimp Stir Fry, Deluxe Fried Rice, and more.

June 28th - Indoor Grilling – Grill like a “Pit Master” inside your home. Learn how to marinate, dipping sauces, and prep your indoor grill like a pro. Menu items to include Whole Roasted Salmon Filet, Traditional Texas Pulled Pork, Memphis Style Ribs, and assorted skewers for the grill.

Chef Kelly Dietrich's Classes will Include:

January 25th – Winter Soups

Time to take the chill out of the air and warm up with these delicious new soups. Butternut Squash and Carrot, Tortellini Florentine, Spicy Chickpea, South American Chowder and a tried but true Split Pea Soup.

February 15th – Italian Regional Cuisine

Stamp your passport to Italy and learn some classic dishes from around Italy. Pasta Cookery using fresh Pasta, Alfredo, Marinara, Manicotti, Vegetable Lasagna, Risotto.

February 22nd - 30 Minute Meals

In the fast pace of the life we live today; this class will help you prepare soup, salad, entrée, and dessert all in under 30 minutes. Recipes will include chicken, beef and fresh vegetables.

March 15th – Hot and Cold Appetizers

Just in time for the perfect St. Patrick's Day Party. You will learn to make brochettes with beef and chicken, rumaki, flavored meatballs and puff pastry delights. Plus an assortment of cold canapés including asparagus and salmon roll ups.

March 22nd – Classic Chicken

Learn the classic dishes including Chicken Cordon Bleu, Chicken a la King, Chicken Marcela. All entrees will have tasty accompaniments including vegetables and potato.

March 29th - Brunch

Enjoy the wonderful flavors between Breakfast and Lunch. Learn to create some of the best dishes including Quiche Lorraine, Eggs Benedict, Curried Chicken Salad and Fruit Molds.

April 26th – Desserts

Banana Foster Flambé, Chocolate Trifle, Fruit Crepes, Pastry Crème to fill our Chocolate Eclairs are on the menu for this delicious class.

May 3rd – Shellfish

Soft Shell Crab, Lobster Thermidor and Shrimp Scampi are all on the menu today. Learn how to select the best fresh product and turn it into a delicious meal.

June 7th – Classic Beef

Have fun with these classic beef recipes and techniques; Beef Wellington, Steak Au Poivre and Braised Beef.

June 14th – A Cold Buffet

Refreshing Salads including Caesars, South American Potato Salad, Asian Slaw, Vegetable Crudite, Turkey & Avocado. Pate to include a chicken liver pate and a beef/Pork pate.

CULINARY SKILL SERIES - Fridays 6:00 PM – 9:00 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 - Beginner/Introduction to Cooking Basics 2/7/14, 2/21/14 and 2/28/14

Class 1 Hands-on Knife Skills

Discover how effortless food preparation can be by learning the correct techniques for proper knife handling. This class is a must for anyone who wants to maximize productivity in the kitchen.

Class 2 Essential Cooking Techniques

Understanding the fundamental principles of sautéing, grilling and roasting will enable you to create succulent and delicious meals. You will be able to apply the key techniques of these cooking methods to insure consistent success at the dinner table.

Class 3 Herbs and Spices

Learn all about fresh herbs, how to use and recognize spices and how to season your meals for a perfect outcome.

Level II - Intermediate 3/14/14, 3/21/14 and 3/28/14

Class 1 – Chicken

Learn how to work with chicken including everything from how to clean, cut, and prepare the best recipes using whole chickens as well as individual cut up pieces.

Class 2 – Beef

All about beef. Learn everything from selecting the different types of beef and which cooking techniques are best suited for each type of beef.

Class 3 – Fish

Learn how to select and recognize fresh fish. Add on the best cooking techniques for the various types of fish and you will have perfect fish each and every time.

Level III - Advanced 5/2/14, 5/9/14 and 5/16/14

Class 1 - Sauces

You can make virtually anything taste delicious with a superb sauce. Learn the principles of stocks and sauces by applying the exact steps to create consistency in your technique.

Class 2 – Pairing Proteins

Ever wonder how chefs have the knowledge of what will work when pairing foods: veal chop with Dungeness crab, rock lobster with free-range chicken, filet mignon with mahi mahi. Learn the do's and don'ts of protein pairing.

Class 3 – Desserts

Complete your meals with the perfect touch of sweetness.

**Please call 321-409-4801 or e-mail dianab@keiseruniversity.edu
for additional information or to secure a reservation.**