



## **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

#### **July 9 – Tapas II**

All new perfect portions with the influences of Spain.

#### **July 16 – The Flavors of Provence**

Aromatic herbs, vegetables and fruits enhance this cuisine from Southern France.

#### **July 23 – Thai III**

Principles of authentic Thai cooking continued.

#### **July 30 – Summer Beef**

International flavors with America’s favorite meat.

#### **August 6 - Pork**

The versatile meat which pairs well with herbs, spices and more.

#### **August 13 – Soups of the Season**

Fruits and vegetables captured at peak season for incredible soups.

#### **August 20 – Mediterranean III**

New flavor profiles to explore from the Eastern Mediterranean.

#### **August 27 – Shrimp**

Florida seafood at its best!

#### **September 3 – Marinades**

Just in time for your Labor Day grilling.

#### **September 10 – Chicken II**

More great recipes and tricks of the trade for this family favorite.

#### **September 17 – Northern Spain**

Regional specialties featuring the essence of Northern Spain.

#### **September 24 – French III**

The art of distinctive refined French cuisine continued.

#### **October 1 - Duck**

The secrets and technique needed for roasting the perfect duck.

#### **October 8 – Sausages**

Something different for dinner full of new seasonings and flavors.

#### **October 15 – Central Italy**

Mixed grill regional soulfulness from the central regions of Italy.

**October 22 – Moroccan**

Cuisine rich in the use of spices to create unique new favorite dishes.

**October 29 – Baking**

Luscious desserts you have never experienced before.

**November 5 – Accoutrements and Sides**

Modern flourishes to add character to your entrees.

**November 12 – Cooking with Chocolate II**

So good and not just for dessert.

**November 19 – Great Egg Dishes**

New creative egg dishes you won't find anywhere else.

**December 3 – Crown Pork Roast Dinner**

A royal feast with premium pork roast, stuffing and vegetables.

**December 10 – Holiday Beef**

Renew your holiday dinners with America's favorite holiday meat.

**December 17 – Last Minute Holiday Desserts**

We saved the best until last; incredible delights sure to please.

**EVENING COOKING CLASSES**

Fridays 6:00 PM – 9:00 PM

**July 8 or October 21 – Spice World**

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

**September 23 – Salmon**

Contemporary ideas for savory Salmon.

**November 18 – Modern Stuffing**

Herbs, spices with a unique twist just in time for the holidays.

**SENSATIONAL SERIES of THREE**

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

Fridays 6:00 PM – 9:00 PM

**Seafood Series – July 15, 22 and 29**

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

**Baking Series – August 5, 12 and 19**

From pastry to pie crusts to breads and rolls, every cook needs a repertoire of home baked goodies.

**Holiday Entrees – October 28, November 4 and 11**

Entertain your family and friends with the best. All new creative menus for the perfect main course.

**Advanced Desserts and Baking – December 2, 9 and 16**

Make your sweet course more sophisticated than you ever have.

**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 – September 2, 9 and 16**

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

**Level 2 – September 30, October 7 and 14**

Intermediate cooking techniques, principles of beef and seafood.

**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**