

# Culinary

Fall 2024

## NEW! Cooking with the Chef

Spend a few hours in the kitchen with Chef Sara Brown, owner of Rutabagas Comfort Food, a plant-based eatery and food truck in Lincoln. You will learn how to make a few American comfort food classics—creamy dreamy mac and cheese with a few plant-based protein mix-in options, lentil meatloaf and side dishes to complement these main dishes.

You will go home with all of your prepared creations—enough food to feed your family of four for a few days. **Keyword: Chef**

Oct. 6	U	3-6 p.m.	\$89
Lincoln, RTBG	Brown	LLLX-2206-CEFA	

## On Boards: Casually Chic Spreads

The charcuterie board is the essence of easy entertaining for the host and a favorite of the guests. You will discover lots of ideas and tricks to make a stunning board, and you get to keep the wood charcuterie board provided in class.

Bring to class: a box of your favorite crackers, along with your imagination and creativity. **Keyword: Spreads**

Nov. 2	S	9 a.m.-Noon	\$59
Lincoln, CEC, 104	Coatney	LLLX-1656-CEFA	

## Truly Mexican: Pozole

A new chapter in the Truly Mexican cookbook: chicken pozole with green chile, black bean tostadas, rice, cilantro cream and agua fresca. A unique Mexican soup.

Bring an apron and small storage containers to take leftovers home should there be any. Wear closed-toe shoes. **Keyword: Mexican**

Oct. 12	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Hickey	LLLX-1641-CEFB	

## NEW! Truly Mexican: Conchas

A sweet page out of the Truly Mexican cookbook as Lupe will show you the secrets to Conchas, (a Mexican sweet bun) and Cochinitos (a bun sweetened with molasses in the shape of a pig).

Bring your aprons and wear closed-toe shoes. **Keyword: Mexican**

Nov. 9	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Hickey	LLLX-2209-CEFA	

## Twisted Pretzel Pairs

Join us for a morning of pretzel play. We will be making soft pretzel dough and learning how to shape and bake. We also will make dipping sauces. Grab your pretzel-loving partner and let's get cooking.

Bring an apron for each participant, tie hair back (if longer) and wear closed-toe shoes. Bring a container to take pretzels home. Class is designed for one child aged 7-12 and one adult. Only the adult needs to register. **Keyword: Pretzel**



Dec. 7	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Coatney	LLLX-0466-CEFA	

## Kolaches & Cinnamon Twists

Learn the art of Czech baking, including kolaches and cinnamon twists. As a bonus, you will learn the basics of dumplings and sauerkraut.

Bring to class: one (3-quart) large bowl, a hand mixer, one large mixing spoon to stir dough, a paring knife, two or three large cookie sheets, and a container to transport kolaches home. Wear closed-toe shoes. **Keyword: Kolaches**

Oct. 26	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Niemann	LLLX-1613-CEFB	



## Confections Sweet & Spicy

Perfect for gift giving – sweet and spicy treats! You will make spiced nuts, colorful meringue cookies and chewy oven-baked caramel corn.

Bring to class: two cookie sheets and a container to take your goodies home. Wear hair restraint and nonslip shoes. Optional: a mixer powerful enough to whip meringue. **Keyword: Sweet**

Dec. 14	S	1-4 p.m.	\$49
Lincoln, CEC, 104	Harper	LLLX-2157-CEFA	

## Cookie Capers

Join us for a fun morning where we will customize a basic cake mix into five different cookie recipes and share ideas for additional varieties. Creativity is the key . . . the sky's the limit. Grab your cookie partner and let's get baking.

Class is designed for one child aged 7-12 and one adult. Only the adult needs to register and pay. Bring to class: your apron and a container to take home your cookies. Please tie back long hair.

**Keyword: Cookie**

Oct. 5	S	9-11:30 a.m.	\$49
Lincoln, CEC, 104	Coatney	LLLX-0499-CEFA	

### Location Key

Lincoln, CEC .....Jack J. Huck Continuing Education Center,  
301 S. 68th St. Place  
Lincoln, RTBG .....Rutabagas Comfort Food, 854 N. 70th St.



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home.

For more information, contact us at 402-437-2700 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

## Sugar Cookie Party

Basic, but never boring, the sugar cookie has an invitation to almost any celebration. It can be a blank canvas for festive shapes and designs. Discover how to take this blank canvas of festive shapes and designs and decorate it with smooth royal icing for beautiful creations.

Bring to class: a rolling pin, two large cookie sheets with sides, a small spatula, a 1- or 2-cup measuring cup, your favorite cookie cutters, and an apron. Wear closed-toe shoes and hair restraint.

**Keyword: Cookie**

Dec. 14	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Harper	LLLX-2053-CEFB	

## Macarons

Discover the techniques needed to make beautiful and delicious macarons. We will make and share chocolate ganache, buttercream and pastry cream fillings.

Bring to class: two heavy/sturdy cookie sheets, a spatula and 1-cup liquid measuring cup. Optional: mixer or food processor powerful enough to whip egg whites into meringue. Wear closed-toe shoes and a hair restraint. **Keyword: Macarons**

Oct. 19	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Harper	LLLX-0159-CEFA	
Oct. 19	S	1-4 p.m.	\$49
Lincoln, CEC, 104	Harper	LLLX-0159-CEFB	



## Cheesecake

Cheesecake is one of the most versatile desserts. You will learn about different types of crusts, filling flavors and toppings.

Bring to class: Four 8-ounce packages of cream cheese, a 9-inch or 10-inch round springform pan or silicone cheesecake pan and a tray to take home your cheesecake that will still be hot. We also will have a surprise project to work on while the cheesecake is baking. Wear a hair restraint and non-slip shoes. Optional but helpful: food processor, stand or hand mixer. **Keyword: Cheesecake**

Nov. 16	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Harper	LLLX-1967-CEFA	
Nov. 16	S	1-4 p.m.	\$49
Lincoln, CEC, 104	Harper	LLLX-1967-CEFB	

## Hand Pies

Sweet, fruity, flaky, and compact, a hand pie is the perfect on-the-go snack. You will explore different methods of making the crust and a variety of fillings.

Bring to class two cookie sheets, a rolling pin, a whisk, a medium-sized microwave-proof bowl, and a container to transport your pies home. Wear closed-toe shoes and a hair restraint. **Keyword: Pies**

Nov. 23	S	9 a.m.-Noon	\$49
Lincoln, CEC, 104	Harper	LLLX-0165-CEFA	



## Elderberry Syrup

Learn how to make this popular remedy using locally harvested Elderberry. We will be brewing up a batch together and you will leave with a recipe and your own 4 oz. bottle.

Your instructor is a clinical and community herbalist. **Keyword: Syrup**

Oct. 21	M	6:30-8 p.m.	\$19
Lincoln, CEC, 102	Svoboda	LLLX-1469-CEFA	



## Kitchen Herbalism

Explore the medicinal benefits of common herbs, spices and produce as we explore recipes and create a batch of Fire Cider together. You will leave with a jar to take home. Discover a variety of accessible and practical home remedies for keeping you and your loved ones healthy through cold and flu season.

Your instructor is a clinical and community herbalist.

**Keyword: Herbalism**

Nov. 11-12	M, T	6-7:30 p.m.	\$39
Lincoln, CEC, 102	Svoboda	LLLX-1471-CEFA	

## Air Fryer 101

Did you know the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices, and tasty recipes. **Keyword: Fryer**



Oct. 8	T	6:30-8 p.m.	\$19
LIVE Online, Zoom	Fangmeier	AREA-4396-TCFYB	



## Fall Gardening

It may seem that the end of summer is the end of the gardening season. In fact, for many, fall is the perfect season for gardening. There's less heat, fewer weeds and insect pests are disappearing. Topics covered include planting vegetables that thrive in the fall, how to plant bulbs for the spring and winterizing your garden.

**Keyword: Gardening**

Oct. 3	Th	6-8 p.m.	\$29
LIVE Online, Zoom	Row	AREA-6082-TCFHA	



For more information, contact us at 402-437-2700 or [continuing@southeast.edu](mailto:continuing@southeast.edu)



## NEW! Starting Your Food Truck Business

Designed for aspiring entrepreneurs, culinary enthusiasts or business-minded individuals, this course provides the road map to kick-start a thriving food truck enterprise. We will explore business planning, menu development, permits, and regulations specific to food trucks. You will learn about location scouting, marketing strategies, and operational best practices for maximizing profitability. **Keyword: Food**

Dec. 10 T 7-8 p.m. \$10  
LIVE Online, Zoom Dauel AREA-0110-TCYFA

## Food Protection Manager Online Class

This class is accepted by the Lincoln-Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

This course is delivered entirely online and facilitated by SCC faculty. You will receive your assignments online through Canvas. Upon completion of each reading assignment, you will complete an online quiz. A minimum of 80% is required on each quiz for you to qualify to take the final exam (ServSafe exam). The ServSafe exam is administered online at SCC locations in Lincoln, Beatrice, Falls City, Nebraska City, and York.

You will need a computer (PC or laptop) with high-speed internet access (smartphones and tablets do not work) as well as working knowledge of computer and internet experience. The course textbook is available at the SCC Campus Store, 8800 O St., Lincoln, or at [sccbookstore.com](http://sccbookstore.com). Make sure to purchase the accompanying online exam access code. Please note, that it may take up to 24 hours to gain access to the course once you're registered.

Class will be active now through Dec. 20 and all coursework needs to be completed by then. This course will reopen Jan. 5.

**Keyword: Protection**

Online Oerman \$65 FSDT-3000-WBFC

## Exam Prep – CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the Certified Dietary Manager Credentialing Exam. Each course module begins with a pretest to help you identify your understanding of the content area. You will move through the course at your own pace, utilizing the interactive review materials, example calculations with tutorial videos, flashcards, and reading materials to focus your study. Practice questions include rationale for answers and explanations for calculations. The course culminates with a simulated practice CDM exam.

**Contact Vicki Rethmeier at 402-437-2528 or [vrethmeier@southeast.edu](mailto:vrethmeier@southeast.edu) for registration details.** Cost is \$99 per person. You will have from Aug. 19 to Dec. 20 to complete your course.



[ed2go.com/scce](http://ed2go.com/scce)

### BROWSE COURSES IN

Accounting and Finance  
Business  
College Readiness  
Computer Applications  
Design and Composition  
Health Care and Medical

Language and Arts  
Law and Legal  
Personal Development  
Teaching and Education  
Technology  
Writing and Publishing

**Cancellation/Refund Policy:** You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



## Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [southeast.edu/collegecatalog](http://southeast.edu/collegecatalog) for additional information.

\* Required

PLEASE PRINT

Social Security Number OR SCC Student ID Number		* Birth Date	Name: * Last		* First	Middle Initial
* Residence Mailing Address			* City	* State	* Zip	County #
* Email Address			* <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home		Business Phone	
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

### SIGNATURE

Check  Mastercard  AMEX  Discover  VISA V Code \_\_\_\_\_

(Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

Name as it appears on card: \_\_\_\_\_ Exp. Date \_\_\_\_\_

CC # \_\_\_\_\_

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?  
 Yes  No

SCC Staff Tuition Waiver ( )

**TOTAL DUE**

FOR OFFICE USE ONLY

ID# \_\_\_\_\_

DE \_\_\_\_\_

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex\*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. [southeast.edu/diversity](http://southeast.edu/diversity) \*The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

# Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)  
Key Word Example: *Driver*  
Course Number Example: *TRAN-3398*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
7. Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.



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301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • 800-828-0072 • FAX 402-437-2703  
[southeast.edu/business-and-community/index.php](http://southeast.edu/business-and-community/index.php)

\* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.