

# food

## Yummy

### #3001 A

#### Barbeque

Learn my taste-tested techniques of smoking and grilling. We'll review sauces, marinades and dry rubs. Come hungry! Samples prepared prior to and during the class will include ribs, brisket, chicken, fish and others. The convener is an American Royal Rib Champion and winner of over 50 ribbons.

CONVENER: Guy Simpson (913-631-3233)  
CLASS FEE: \$9 + \$15 material fee = \$24

**Sec. A:** 1 session; Tuesday, September 25; 6:00 PM - 8:00 PM; 14004 W 69th, Shawnee Mission, KS, taking I-35, exit at 67th st; go west 3 miles until reaching Cottonwood (between Pflumm & Midland Dr.); left on Cottonwood; turn right on 69th St; corner house; LIMIT: 25

### #3002 A

#### Midwest Mexican Cooking: The Two-Hour Tamale

The Two-Hour Tamale. They say it can't be done but we are here to break the "all-day-long" myth of making tamales. Learn methods of preparation with a variety of tasty fillings. Hands-on is the name of this game. Just in time for the holidays. Tamales for Christmas this year!

CONVENER: Christina Gallegos & Anna Walker (913-262-7200)  
E-mail: a\_walker2001@yahoo.com

CLASS FEE: \$9 + \$10 material fee = \$19

**Sec. A:** 1 session; Thursday, October 18; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

We're more "emo" than you think!  
Visit our blog at [communiversityumkc.blogspot.com](http://communiversityumkc.blogspot.com) to get the latest on what's happenin' in our world!

### #3003 A

#### Weave a Pie Crust! And Make a Half n Half Pie!

Pie-crust weaving seems to be a dying art. Fake weaves or no weaves abound. Come and learn to weave your crust and impress your friends! Half-n-Half? Two flavors in one! Cherry and apple? Peach and strawberry? Bring: two different cans of filling, rolling pin, mixing bowl, 1 tbsp. spoon, table knife, fork or pastry cutter. Take home a ready-to-bake pie or save for Thanksgiving by freezing! Please bring \$2 to class for materials. Gabrielle learned to weave a pie crust as a child from her father. Whenever she makes a pie, she simply must weave it!

CONVENER: Gabrielle Person (816-452-8387)  
E-mail: [gabrielle.person@gmail.com](mailto:gabrielle.person@gmail.com) Web site: [gabrielle.sytes.net](http://gabrielle.sytes.net)  
CLASS FEE: \$9

**Sec. A:** 1 session; Tuesday, November 20; 7:00 PM - 8:30 PM; Call convener for location (Northland area); LIMIT: 6

### #3004 A

#### How to Make Baby Food



Learn to make a nutritious variety of baby food, enhancing the flavor using natural herbs, all in less than 30 minutes per week and for as little as \$55 per year! We will cover the benefits of home-prepared foods, making and serving baby food, kitchen tools, food choices, baby food to go, how and when to introduce solid foods, considering all of your babies' dietary essentials, and more! Food preparation techniques will be demonstrated and tasted! Mothers will receive a set of two baby food trays and recipe cards.

CONVENER: Kimsé Fard (913-621-7177)

E-mail: [kimse@livingrightinc.org](mailto:kimse@livingrightinc.org)

CLASS FEE: \$9 + \$20 material fee = \$29

**Sec. A:** 1 session; Saturday, October 6; 11:00 AM - 1:00 PM; The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfy North 7th St. Trfy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct. (the 2nd Townhome on the right side); LIMIT: 15

### #3005 A

#### Fall in Love with Stew—Vegan



The produce of fall is abundant and the temperatures are cooling down. Join in as we prepare two warming vegetable stews extraordinaire that will have you falling in love with stew all over again. We'll throw in a quick bread just for the enjoyment of it and dine on our creations. Recipes provided. Students are invited to bring their favorite spoon.

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: [zoelagrece@yahoo.com](mailto:zoelagrece@yahoo.com)

CLASS FEE: \$9 + \$15 material fee = \$24

**Sec. A:** 1 session; Wednesday, October 3; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3002 A for directions); LIMIT: 12

### #3006 A

#### Holiday Baking



Get ready to wow your friends and family with elegant naturally sweetened Cranberry Mini-Muffins, Red and White Pinwheels (colored with beet powder), Apricot Nut Spirals and Jelly Bellies. Add these to your celebrations and save your dietary indiscretions for another time! We'll use maple syrup, brown rice syrup, Sucanat (natural sugar cane) and honey if you please with options for vegetable oil or butter. Recipes provided and treats to eat or take home.

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: [zoelagrece@yahoo.com](mailto:zoelagrece@yahoo.com)

CLASS FEE: \$9 + \$15 material fee = \$24

**Sec. A:** 1 session; Wednesday, November 7; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3002 A for directions); LIMIT: 12

### #3007 A

#### Food Through History



If you like food and are wondering about its history, then this is the class for you! In this class we will make a historical dish and really get into the history of food from all over the world. This class is designed to be fun, as well as very entertaining. Bob Winner is currently the executive chef for a new company called Food Threw History and is a noted food historian.

CONVENER: Bob Winner (816-931-5323)

E-mail: [wmcume@yahoo.com](mailto:wmcume@yahoo.com)

CLASS FEE: \$9 + \$25 material fee = \$34

**Sec. A:** 1 session; Wednesday, October 24; 7:00 PM - 8:45 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3002 A for directions); LIMIT: 5

## Ethnic

### #3101 A or B

#### Indian Cooking

Learn to cook Indian dishes from scratch using traditional spices and techniques. Each section will delve into a unique world of cookery delights. Ajay ran an Indian grocery store and was often asked how to use Indian spices. He now teaches cooking classes along with his wife and his mother. Take one section or both.

CONVENER: Ajay & Sabira Sood (913)-268-3608 or (913) 963-1787; E-mail: [ajappel123@yahoo.com](mailto:ajappel123@yahoo.com)

CLASS FEE: \$9 + \$12 material fee = \$21

**Sec. A: Chicken Tikka Masala:** 1 session; Saturday, October 6; 3:00 PM - 5:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3002 A for directions); LIMIT: 12  
**Sec. B: American Okra and Chutney:** 1 session; Saturday, October 27; 3:00 PM - 5:00 PM; Hillcrest Community Center, 10401 Hillcrest Rd., KCMO, at Bannister (East from 71 Hwy) or 95th, go south on Hillcrest (intersection by K-Mart), go 1 mile, take a left at yellow blinking light; LIMIT: 12

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#3102 A

**Vegetarian Ethiopian Cooking**

Learn centuries-old Ethiopian traditional cooking. Learn to use Ethiopian spices in this hands-on class. Learn to prepare injera (soft, spongy and flat national bread), gomen (Collard greens), and atiklet watt (cabbage, carrots and potatoes). You'll receive complete instructions on how to prepare this unique cuisine.

CONVENER: Daniel Fikru (816-283-0990)

E-mail: [dfikrud@yahoo.com](mailto:dfikrud@yahoo.com) Web site: [kcbluenilecafe.com](http://kcbluenilecafe.com)

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Monday, October 8; 4:30 PM - 6:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 12

#3103 A

**Hungarian Ethnic Cooking**

It's the way Hungarian food is prepared that makes it so distinctive. The convener will demonstrate how to prepare paprikash (Hungarian chicken), dumplings, fantastic cucumber salad and Hungarian dessert (palachinta). Come prepared to feast!

CONVENER: George Detsios (913-268-6091)

CLASS FEE: \$9 + \$10 material fee = \$19

Sec. A: 1 session; Wednesday, October 24; 5:00 PM - 7:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3002 A for directions); LIMIT: 12

#3104 A

**Spanish Cuisine with Pepe**

One of my most popular Spanish dishes is cazuela de pescado. It's a delicious stew full of mussels, squid, shrimp, filet of sol and of course seasoned with saffron (the ingredient that adds the rich unique flavor). We'll start off the evening with gazpacho (a cold and very fresh Spanish soup).

CONVENER: Don Pepe

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Friday, October 12; 6:00 PM - 7:30 PM; Johnny Cascone's Italian Restaurant, 6863 West 91st Street, OPKS; LIMIT: 20

**Drink**

#3301 A

**Enjoy Authentic Masala Chai**

Did you know that REAL Masala Chai doesn't come out of a box of concentrate? Learn how to prepare and enjoy masala chai made from scratch using, loose tea, whole spices (e.g. cardamom pods, stick cinnamon, fresh ginger, peppercorns), milk, water and sweetener. We will experiment by making chai with different blends of spices and sample the results in class. If you haven't tasted real masala chai before, you will be amazed at how much better it tastes than the premixed concentrate that is served at Starbucks or many other coffeehouses. Bring \$15 for materials—everyone will receive a package of Masala Chai mix. Keith manages Temple Slug, a local retail store. Being half British and half Chinese, Keith represents two of the major tea cultures and has been drinking it all his life (you might say it's in his blood).

CONVENER: Keith Buchanan (816-531-5147)

E-mail: [info@templeslug.com](mailto:info@templeslug.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, December 11; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3002 A for directions); LIMIT: 8

#3302 A

**Wine Tasting for Beginners**

Join Kansas City's legendary Artiste Extraordinaire, Linister, for a sampling of some tasty, yet inexpensive wines. Relax in a comfortable, authentic artist's studio while you snack on cheese and fruit and learn what makes a wine good. Linister has been in 12 museum shows including The Nelson-Atkins and The Albrecht-Kemper Museum in St. Joseph, MO.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$16.50 material fee = \$25.50

Sec. A: 1 session; Saturday, October 6; 6:00 PM - 8:30 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 20

#3303 A

**Introduction to Champagne**

Gain a little knowledge and have a lot of fun at this benefit for the Kansas City Art Club. Sampling ranges from the most delicious champagne in the world (in Linister's humble opinion) to a lesser, but enjoyable Spanish or Australian bubbly. You will learn how to buy and store wines, and how to order wine in a restaurant. Cheese, fruit and cold white wine and champagne/sparkling wine compliment the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$21 material fee = \$30

Sec. A: 1 session; Saturday, November 17; 6:00 PM - 8:30 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 20

#3304 A or B

**White, Green and Oolong Tea and the Chinese Tea Ceremonies**

Learn how to select, prepare and enjoy fine Chinese white, green and oolong tea. We will conduct a Chinese Gongfu Tea Ceremony, with fine loose leaf oolong tea and traditional tea ware, as well as learn how to prepare tea in a Gaiwan, or covered cup. Join us, and enjoy some of the highest quality and most exclusive tea available in Kansas City. Please bring \$10 for materials. Keith manages Temple Slug, a local retail store.

CONVENER: Keith Buchanan (816-531-5147)

E-mail: [info@templeslug.com](mailto:info@templeslug.com)

CLASS FEE: \$9

Sec. A: 1 session; Sunday, October 7; 2:00 PM - 4:00 PM;  
Sec. B: 1 session; Sunday, November 4; 3:00 PM - 5:00 PM;  
MEETS: Temple Slug, 4303 Jefferson, KCMO; LIMIT: 8

#3305 A

**Brewing Techniques: Perfecting Your Coffee Experience**

How would you like to know how to make the perfect cup of coffee or espresso every single time? Are you having trouble making your coffee taste like the coffee at your favorite restaurant or coffee shop? Then this is the class for you! Learn the history of coffee brewing, the advancements in coffee knowledge and techniques and have the opportunity to taste some of the world's best coffee and espresso. Be ready to get wired! Please bring \$10 for materials.

CONVENER: The Roasterie Staff (816-931-4000)

E-mail: [danny@theroasterie.com](mailto:danny@theroasterie.com) Web site: [www.theroasterie.com](http://www.theroasterie.com)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, September 27; 7:00 PM - 9:00 PM; The Roasterie, 1204 W. 27th St., KCMO; LIMIT: 15

#3306 A

**Celebrate the Fall Beer Harvest**

We will "pick" and taste Pumpkin Ales, Octoberfest Lagers and more great beer- from Coast-to-Coast and The Continent. Plus our own World Class Boulevard Brewery (think Bob's and The New Smokestack series). A measure of beer education will also be served. Presented by the Beer Jockey and Royal Liquor's own beer expert, Beer Jockey Jim.

CONVENER: Jim Quinn (414-520-7265) E-mail: [BeerJockeyJim@yahoo.com](mailto:BeerJockeyJim@yahoo.com)

Web site: [BeerJockey.blogspot.com](http://BeerJockey.blogspot.com)

CLASS FEE: \$9 + \$14 material fee = \$23

Sec. A: 1 session; Saturday, October 20; 5:00 PM - 7:00 PM; Royal Liquors, 1301 W. 103rd, KCMO; LIMIT: 12

#3307 A

**Coffee Connoisseur's Conscience**

Explore and expand into uncharted coffee experiences. Taste, not just dream, your ultimate cup, and enjoy it with the passion of Righteousness. Find connections to the best coffees and the people who produce them. Explore environmental impact on lands and migratory birds caused by various coffees and growing methods. Also learn how your choice of "Joe" affects the farmers. Convener is the local Human Being of the Human Bean Company. Material fee covers coffee and Mexican sweetbreads.

CONVENER: Peter Stauffacher (816-242-1033)

CLASS FEE: \$9 + \$7 material fee = \$16

Sec. A: 1 session; Saturday, November 3; 10:00 AM - 12:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3002 A for directions); LIMIT: 10

#3308 A

**Two Great Inventions—Waldo Pizza and Quality Beer**

A brand new Pub room and 14 more tap handles will be the subject of our beer appreciation scrutiny! Sample draws from Belgium, Germany, England and even Italy (hey, it's a pizza parlor!). Sure, we'll have World Class Boulevard and other craft beers as well. You will learn about beer making and brewing history—even if you aren't paying close attention.

CONVENER: Jim Quinn (414-520-7265)

E-mail: [BeerJockeyJim@yahoo.com](mailto:BeerJockeyJim@yahoo.com) Web site: [BeerJockey.blogspot.com](http://BeerJockey.blogspot.com)

CLASS FEE: \$9 + \$14 material fee = \$23

Sec. A: 1 session; Saturday, October 6; 3:00 PM - 5:00 PM; Quinn, 7433 Broadway at Wornall Road; LIMIT: 22

**Indulgences**

#3401 A or B

**Wine & Chocolate Tasting and Truffle Making**

Join us as we pair wines with chocolates and chocolate desserts. Following the tasting and sampling we will have a hands-on session covering how to make chocolate truffles at home. Each guest will make and take home their own box of truffles. This is a wonderful session to attend with a friend. Guest will also receive a wine tasting booklet including the wine.

CONVENER: Kimsé Fard (913-621-7177)

E-mail: [kimse@livingrightinc.org](mailto:kimse@livingrightinc.org)

CLASS FEE: \$9 + \$30 material fee = \$39

Sec. A: 1 session; Saturday, September 29; 12:00 PM - 2:00 PM;

Sec. B: 1 session; Saturday, November 3; 2:00 PM - 4:00 PM;

MEETS: The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfy, North 7th St. Trfy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct. (the 2nd Townhome on the right side); LIMIT: 15