

food

The Pantry

#3001 A

Native Missouri Mushrooms—Medicinal and Culinary



There are 2,000 or more kinds of wild mushrooms in Missouri. Some are poisonous, some are edible, and some have medicinal properties. The majority of mushrooms are not considered for food because of their small size or inferior flavor. Most mushrooms seen in wooded areas have an important and beneficial role in the environment. We will discuss the different culinary, medicinal, and beneficial mushrooms native to Missouri. For those that would like to join us, we will have a tour of ShroomHeads Organic Farm after the discussion.

CONVENER: Tena Bellovich (816-235-5761)

E-mail: bellovicht@umkc.edu; Web site: www.shroomheads.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, September 26; 10:00 AM - 12:00 PM; Grand Court Four Seasons Farmers Market, 107th and Wornall Road, KCMO 64114 (Inside the Grand Court Retirement Center); LIMIT: 25

#3002 A

Parsley, Sage, Rosemary and Thyme: Cultivating and Cooking with Fresh Herbs



Prepare for an afternoon of learning! First we will tour the yard and learn how easy it is to cultivate fresh herbs for use in your kitchen. After discussing planting options and cultivation we will head inside for a luncheon that includes fresh herb-infused teas, fresh sage and prosciutto wrapped tilapia filets, and much, much more! Participants will return home with their own starter plant, a full stomach, and plenty of recipe ideas.

CONVENER: Christine Shuck (816-331-5502)

E-mail: christineshuck@kc.rr.com;

Web site: www.cs-creativesolutions.com

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

Sec. A: 1 session; Saturday, October 10; 10:00 AM - 1:00 PM; 16204 Hight Ave, Belton, MO 64012; LIMIT: 20

#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! You can make two flavors in one, cherry and apple or peach and strawberry. Bring: two different cans of filling and a pastry cutter. Take home a ready-to-bake pie or save by freezing! Please bring \$3 to class for materials. Gabrielle learned to weave a pie crust as a child from her father.

CONVENER: Gabrielle Lawson Person

Web site: gabrielle.sytes.net

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 24; 7:00 PM - 8:30 PM; Tony Aguirre Community Center, Kitchen, 2050 W. Pennway, KCMO, 64108; LIMIT: 5

#3004 A

Herbed Spreads: Fresh Herb-Infused Butters



Prepare for an afternoon of learning! First we will tour the yard and learn how easy it is to cultivate fresh herbs for use in your kitchen. After discussing planting options and cultivation we will head inside to learn how to quickly and easily prepare fresh, herb-infused butters and cream cheese spreads and use in a variety of applications - from breakfast to dessert. Fresh herbs from the gardens will be gathered and prepared. A tasty array of foods will be prepared to compliment the fresh herbed spreads. Participants will return home with a full stomach and their own starter plant. Recipes will also be provided.

CONVENER: Christine Shuck (816-331-5502)

E-mail: christineshuck@kc.rr.com

Web site: www.cs-creativesolutions.com

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

Sec. A: 1 session; Saturday, October 17; 10:00 AM - 1:00 PM; 16204 Hight Ave, Belton, MO 64012; LIMIT: 20

Online Catalog!
www.umkc.edu/commu

#3005 A

Whole Grain Bread Making



Learn the basics of baking bread. We will learn a tried and true recipe adaptable to a wide variety of breads. We will work with different types of whole grain flour. Learn how to make a sliceable whole wheat bread, crusty French bread and raisin cinnamon rolls.

CONVENER: Regina Compemolle (816-547-0266)

E-mail: sacredeartharts@aol.com

CLASS FEE: \$14 + \$15 material fee = \$29

Sec. A: 1 session; Wednesday, September 30; 6:00 PM - 10:00 PM; Call Regina for directions.; LIMIT: 10

#3006 A

Making Bagels from Scratch



This is a fun and yummy class. Learn to make delicious dough for making bagels from scratch and dunk the little babies in boiling water to make them swim! MUAHAAHAA! We'll make egg, onion and cinnamon raisin bagels. You'll have plenty to take home.

CONVENER: Regina Compemolle (816-547-0266)

E-mail: sacredeartharts@aol.com

CLASS FEE: \$14 + \$15 material fee = \$29

Sec. A: 1 session; Thursday, October 22; 6:00 PM - 10:00 PM; Call Regina for directions.; LIMIT: 10

Ethnic

#3101 A or B

Indian Cooking: Chicken Tikka Masala

Learn to make this Indian favorite: Chicken marinated in yogurt and spices and then served in a tomato cream sauce. You'll learn to cook this dish from scratch using traditional spices and techniques. 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.

CONVENER: Ajay & Sabira Sood (913-268-3608) or

(913-963-1787); E-mail: ajappel123@yahoo.com

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

Sec. A: 1 session; Wednesday, September 30

Sec. B: 1 session; Thursday, October 22

MEETS: 6:00 PM - 8:00 PM; Tony Aguirre Community Center, Kitchen, 2050 W. Pennway, KCMO, 64108; LIMIT: 15

#3102 A

Midwest Mexican Cooking: Savory Salsas



Come join us in the preparation of savory salsas that include salsa verde, rojo and cruda. We'll scale the "heat index" and find our comfort zone using a variety of chiles. Then we'll prepare a heap of fresh homemade crunchy tostadas that are sure to find a place in your fiesta menu. Recipes provided and appetites invited!

CONVENER: Christina Gallegos & Anna Walker

E-mail: a_walker2001@yahoo.com

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

Sec. A: 1 session; Thursday, October 1; 6:00 PM - 8:00 PM;

Tony Aguirre Community Center, Kitchen, 2050 W. Pennway, KCMO, 64108; LIMIT: 10

#3103 A

Midwest Mexican Cooking: The Two-Hour Tamale

Back by popular demand! They say it can't be done, but we're here to break the dreaded "all day long" myth of making tamales. Be ready to learn with hands-on preparation. A delectable variety of fillings include the traditional red pork chile, spicy chicken and a cheesy jalapeno that's guaranteed to please any palate. We'll even have time to sneak in some sweet tamales you won't soon forget! Local mother and daughter present family recipes from generations of experience in regional cooking along with 20+ years in food service industry.

CONVENER: Christina Gallegos & Anna Walker

E-mail: a_walker2001@yahoo.com

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

Sec. A: 1 session; Thursday, October 22; 6:00 PM - 8:00 PM;

Tony Aguirre Community Center, Kitchen, 2050 W. Pennway, KCMO, 64108; LIMIT: 10

Wholistic Health Fair

Sunday, November 8th—11 AM - 6 PM

Call 816-235-1448 for information

www.umkc.edu/commu

BOOTHS ARE STILL AVAILABLE!

#3104 A or B

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), misir watt (red lentils in berbere sauce), 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 Web site: kcbluenilecafe.com

CLASS FEE: \$9 + \$18 material fee = \$27

Sec. A: 1 session; Monday, October 12

Sec. B: 1 session; Monday, November 9

MEETS: 5:00 PM - 7:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 15

Register & Pay
Online Anytime
www.umkc.edu/commu

Vegetarian

#3201 A or B

Vegetarian Cooking Made Easy

If you want to move toward a more vegetarian or vegan diet, but need cooking tips, this practical class is for you. You'll learn why a plant-based diet is beneficial, how to make the transition, what things to stock in your kitchen, what to cook instead of meat, and get copies and samples of great recipes. Come get answers to all your questions about vegetarian/vegan cooking, and get on a healthier path for you and your family! Carol, an educator and massage therapist, is a vegan and natural health advocate. Please bring \$8 to class for handouts and food samples.

CONVENER: Carol Meyer (913-677-8672)

E-mail: wisdomways@planetkc.com

Web site: www.wisdom-ways.org

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, September 23

Sec. B: 1 session; Monday, December 14

MEETS: 7:00 PM - 8:45 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 10

#3202 A

Wednesday Night Dinner

It's mid-week, you want to eat well but what to cook? Learn to prepare a healthy mid-week feast that can be parlayed into a second meal later in the week. Efficiency can help transform doldrums into yum yums. We'll learn how to cook that perfect pot of grain, delicious digestible beans, then multiple alternative flavors utilizing those same basic ingredients like a curried sauce for one meal and an elegant wine reduction with fruity undertones and a whisper of cayenne for a second. Add a well-seasoned vegetable side and a simple fruit crisp for dessert and we shall attain the afore mentioned yum yums! Not sharing in the results is frowned upon!

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: zoelagrece@yahoo.com

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

Sec. A: 1 session; Wednesday, October 21; 6:00 PM - 8:00 PM;

Tony Aguirre Community Center, Kitchen, 2050 W. Pennway, KCMO, 64108; LIMIT: 12

#3203 A

Raw Food Basics

Discover how delicious and healthful raw food can be. In four hours we'll prepare nut milk, two salads with dressing, wheat-free pasta, non-dairy alfredo sauce and a marinara sauce. We'll feast as we work preparing the food. You'll leave with great suggestions on how to incorporate raw food in your busy life. Gwyneth is a holistic health educator.

CONVENER: Gwyneth Jones

CLASS FEE: \$14 + \$25 material fee = \$39

Sec. A: 1 session; Saturday, November 7; 10:00 AM - 2:00 PM;

Tony Aguirre Community Center, Kitchen, 2050 W. Pennway, KCMO, 64108; LIMIT: 10

#3204 A

Gourmet Cooking on a Budget

Learn to build complex flavor with seasonings, stocks and savory ingredients that don't torch your budget or take all day to make. We'll learn to stock a healthy delicious pantry as inexpensively and efficiently as possible, then create some masterful sauces and side dishes that will wow your lucky dinner guests or family. Be ready to strut your culinary stuff this holiday season with vegan green beans and portabellas, vinaigrette extraordinaire for the slathering of your preference, pilaf three ways, curried yams, tapenade for a simple self-spread presentation or fancy individually crafted bruchetta. Of course we'll delight in devouring these tasty concoctions.

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: zoelagrece@yahoo.com

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

Sec. A: 1 session; Wednesday, November 4; 6:00 PM - 8:00 PM;

Tony Aguirre Community Center, Kitchen, 2050 W. Pennway, KCMO, 64108; LIMIT: 12

#3205 A

Vegan Cooking Essentials

Come learn all about delicious vegan cooking: why it is good for your health, the Earth and animals; how to eat healthier; what food products to use; how to make tasty recipes; which are the best cookbooks, and much more. We'll also do some cooking and food sampling and give you recipes. Beth writes the "Eating As Though the Earth Matters: Ideas and Recipes for a Changing Diet" column for the Sierra Club's Planet Kansas newsletter. Carol is an educator and environmentalist who teaches various classes, including vegetarian cooking. Bring \$15 for handouts and food.

CONVENER: Beth Redwood (913-961-9977) & Carol Meyer

(913-677-8672); E-mail: wisdomways@planetkc.com

Web site: www.wisdom-ways.org

CLASS FEE: \$9

Sec. A: 1 session; Thursday, October 8; 6:00 PM - 9:00 PM;

13205 S. Noland, Overland Park, KS; LIMIT: 20

#3206 A

Vege Cooking—Kitcheree

We'll cook and enjoy a time honored recipe called Kitcheree, a combination of mung beans and rice, that gives a perfect balance of protein and carbohydrate. This recipe comes from Ayurveda, a healing science from ancient India. Kitcheree not only tastes great but will make you healthy and light like an angel.

CONVENER: Sarabnam Singh Khalsa

E-mail: sarabnam@gmail.com

CLASS FEE: \$9 + \$8 material fee = \$17

Sec. A: 1 session; Friday, October 16; 5:00 PM - 7:30 PM;

Khalsa Chiropractic, 101 E 36th St., KCMO; LIMIT: 10

This Catalog is
Lovingly Dedicated To
Julie Hise

Julie was my assistant at Communiiversity for 13 years. She was involved in everything at Communiiversity, from finding new teachers to publishing the catalog and from dishing out puns and one liners to unsuspecting registrants to delivering catalogs to far away places.

Most importantly, she would constantly and relentlessly question my ideas and whenever I disagreed she would retort, "No one ever listens to the skinny brown haired girl." In rare occasions when she agreed with me her favorite line was, "You have a point but your hair covers it nicely."

She was diagnosed with neuro-endocrine cancer in late April. She left us on June 28, 2009 after only 46 years on the planet, this time around. Many of you will remember her fondly after only speaking with her briefly. She had quick wit and a big heart, exceedingly long hair and many diverse and wonderful friends.

Julie gave to others right to the end, donating her long brown hair to Locks of Love, a nonprofit organization that manufactures hair pieces for children suffering from medical-related hair loss.

Friends of Julie created a website about her at friendsofjulie.com. She will be missed but not forgotten.

On Monday, September 28 from 7 - 11 PM, Horace Washington (a dear friend of Julie's and a fine musician) will play at the Blue Room and dedicate the evening to Julie. Come raise your glasses high and let's toast her farewell.

Rick Mareske



Photo by Heather Sprigler

Drink

#3301 A

Good Wine at a Good Price

Anyone can spend \$20 and get a decent bottle of wine. The trick lies in spending \$5 or less for a decent bottle of wine. Join artist Linister in his studio where he will share some of his favorite inexpensive wines. Fruit, cheese and bread complete the evening.

CONVENER: Linister (816-753-2183)

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

Sec. A: 1 session; Saturday, October 10; 6:00 PM - 8:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

#3302 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 + \$16.50 material fee = \$25.50

Sec. A: 1 session; Saturday, October 24; 6:00 PM - 8:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

#3303 A

Beer Appreciation 101

This class is a basic introduction to the world of beer. It is held at Boulevard Brewing Company and features an educational tour and sampling with Neil Witte, the brewery's Field Quality Manager and certified Cicerone, who is also a former brewer at Boulevard. Included in the class are details on the brewing process and ingredients, beer styles, flavor evaluation and the basics of pairing beer and food. Must be 21 to attend.

CONVENER: Neil Witte Web site: www.boulevard.com

CLASS FEE: \$14 + \$15 material fee = \$29

Sec. A: 2 sessions; Monday & Wednesday, December 7 & 9; 6:00 PM - 8:00 PM; Boulevard Brewing Co., 2501 Southwest Blvd., KCMO; LIMIT: 20

#3304 A

History of Coffee: The Art of Cupping

In this class you will learn the history of coffee: its origins, myths, mysteries and facts. Learn everything you always wanted to know about coffee and then some! Please bring \$10 for materials and coffee. David is the Master Roaster and Chief Coffee Officer for the Roasterie Coffee Company. He has over eight years' experience in roasting and brewing some of the world's best coffee!

CONVENER: David Hermann, The Roasterie Inc (816-931-4000) Web site: www.theroasterie.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, October 1; 6:00 PM - 7:00 PM; The Roasterie Plant, 1204 W. 27th St., KCMO; LIMIT: 20

#3305 A

The Art of Latte Creations and Espresso



See first hand how the experts create exotic art on your favorite latte. You will also be taken on a historical Espresso journey. Get ready to be wired! Please bring \$10 for handouts, espresso and coffee. Danny O'Neill is the founder of The Roasterie, Inc, a specialty coffee roasting company which services espresso bars and coffee houses, fine restaurants and upper end grocers.

CONVENER: David Hermann, The Roasterie Inc (816-931-4000) Web site: www.theroasterie.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, November 12; 6:00 PM - 7:00 PM; The Roasterie Plant, 1204 W. 27th St., KCMO; LIMIT: 20

#3306 A

The French Press and Other Alternative Brewing Methods

This class will cover the ins and outs of brewing the perfect cup of coffee. We will explore alternative brewing methods, different from the typical home "drip" unit including the classic French Press, table top Vacuum/Siphon pots, and Ceramic Pour-Over methods. You'll learn how to use each method to unlock the spectrum of flavor in each bean, and how to apply those secrets to your every day coffee brewing! David is the Master Roaster and Chief Coffee Officer for The Roasterie coffee company. Please bring \$10 to class for materials.

CONVENER: David Hermann, The Roasterie Inc (816-931-4000) Web site: www.theroasterie.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, September 23; 6:00 PM - 7:00 PM; The Roasterie Plant, 1204 W. 27th St., KCMO; LIMIT: 20



#3307 A or B

Coffee from Farm Gate to Your Cup



Learn how to roast, brew, and cup coffee. We'll discuss the behavior and character of different coffees from Ethiopia to Bolivia. Improve your pallet and enjoy coffee to the fullest. We'll line up a number of coffees from all over the world and you'll learn how to taste like a professional. Also, learn environmental, social and botanical history of coffee. You will roast fresh coffee with the roast master Habte Mesfin and you will take 1/2 lb. of your own roast home. Convener was born in Ethiopia and is a master roaster.

CONVENER: Habte Mesfin (913-671-0408) or (913-663-3695)

E-mail: habte@revocup.com; Web site: www.revocup.com

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

Sec. A: 1 session; Wednesday, October 7

Sec. B: 1 session; Wednesday, November 11

MEETS: 6:00 PM - 8:00 PM; Revocup Coffee, 11030 Quivira Rd., Overland Park, KS 66210; LIMIT: 15

#3308 A or B

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, milk, water and sweetener. We will sample the results in class. Everyone will receive a sample of their choice to take home. Keith manages Temple Slug, a local retail store which was founded in 1970. They are opening a new tea house next door to Temple Slug this fall. Being half British and 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 (816-806-8095)

E-mail: keithb@templeslug.com

Web site: www.TeaHouseKC.com

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

Sec. A: 1 session; Tuesday, October 27

Sec. B: 1 session; Tuesday, December 15

MEETS: 6:30 PM - 8:30 PM; The Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

Register & Pay
 Online Anytime
www.umkc.edu/commu

#3309 A

Real Drinking Chocolate

The best hot chocolate is rich, thick and very dark. And it doesn't come out of an envelope. Learn how to prepare and enjoy hot chocolate made from scratch using dark chocolate, milk, cream, sugar and spices. We will explore the history of drinking chocolate, sampling recipes from Mexico, Europe and North America and experiment with different ways of making this heavenly beverage. We'll also learn how to make Crème de Chocolate — a cross between chocolate mousse and pudding — that is made by simply cooking hot chocolate then chilling it. Keith manages Temple Slug, a local retail store. They are opening a new tea house next door to Temple Slug this fall.

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keithb@templeslug.com

Web site: www.TeaHouseKC.com

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

Sec. A: 1 session; Tuesday, November 24; 6:30 PM - 8:30 PM; The Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3310 A

Introduction to Tea

Did you know that tea is the second most popular beverage in the world, behind water? We will prepare, taste and discuss the different types of tea while learning about its history, varieties, cultural backgrounds and rituals, health benefits and different methods of preparation. You will receive a sample of your choice to take home. Keith manages Temple Slug, a local retail store. They are opening a new tea house next door to Temple Slug this fall. Being half British and 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 (816-806-8095)

E-mail: keithb@templeslug.com

Web site: www.TeaHouseKC.com

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

Sec. A: 1 session; Sunday, September 27; 2:00 PM - 4:00 PM; Temple Slug, 4303 Jefferson, KCMO; LIMIT: 8