

food

Ethnic

#3101 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 + \$15 material fee = \$24

Sec. B: 1 session; Monday, March 22; 5:00 PM - 7:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 15

#3103 A

Midwest Mexican Cooking: Eat a Gordita!

Hands-on with this authentic dish of little corn cakes stuffed with multi-faceted fillings that include delectably seasoned ground beef, awesome refried beans and miraculous Mexican cheese.

Fresh salsa is the icing on the cake. Make haste to taste! Local mother and daughter team up to demonstrate the preparation of their adapted traditional family recipes from generations of experience in regional cooking.

CONVENER: Christina Gallegos & Anna Walker (816-262-7200)

E-mail: a_walker2001@yahoo.com

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

Sec. A: 1 session; Thursday, April 2; 6:00 PM - 8:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 12

#3105 A

Introduction to Filipino Cuisine

This fun cooking class will give a hands on introduction to Filipino food! Just as the Filipinos are part Malay, Chinese and Spanish, so is the cuisine of the seven-thousand-island Philippine nation. Students will learn some simple traditional Filipino recipes that have been passed on from Andrea's mother (a native from the Philippines) including: caldereta (a spicy stew served over rice), lumpia (fried spring rolls), and Andrea's favorite traditional dessert. Be ready to get your hands dirty and to feast!

CONVENER: Andrea Ramos; E-mail: dee0423@hotmail.com

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

Sec. A: 1 session; Saturday, April 18; 1:45 PM - 4:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 8

Vegetarian

#3201 C

Vegetarian Cooking Made Easy

If you want to eat less or no meat, but need tips in how to cook vegetarian dishes, this practical class is for you. You'll learn what things to stock in your kitchen, how to use various meat substitutes, ways to use spices for great flavor, and get copies of favorite vegetarian recipes. Come get answers to all your questions about vegetarian cooking, and get on a healthier path for you and your family! Carol Meyer, an educator and massage therapist, has been a vegetarian and natural health advocate for years. 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. C: 1 session; Wednesday, May 20; 7:00 PM - 8:30 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 8

#3202 A

Hot Tamale Pie

Love the idea of making tamales but don't like spending all those hours cooking? Join in as we put the same yummy flavors and ingredients together in a baked creation of layered masa harina, sautéed corn, frijoles topped with tofu sour cream and fresh salsa. Instructions and demonstration on making steamed tamales for your Cinco de Mayo celebration included along with recipes and feasting on our creations.

CONVENER: Zoe Lagrege (816-722-2628)

E-mail: zoelagrege@yahoo.com

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

Sec. A: 1 session; Wednesday, April 29; 6:00 PM - 8:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 12

#3203 A

Ancient Food for Modern Times

While most of us search for quick meals in this fast paced world, we overlook the convenience and health benefits of grains and beans. We'll prepare a few of the quickest cooking beans and grains then enjoy two wonderful 30-minute meals, fit for omnivores and vegans alike: quinoa pilaf with sun dried tomatoes and walnuts and polenta with a spicy lentil sauce. Recipes are provided and a comprehensive table of whole cereal grain and bean cooking instructions. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

CONVENER: Zoe Lagrege (816-722-2628)

E-mail: zoelagrege@yahoo.com

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

Sec. A: 1 session; Wednesday, March 25; 6:00 PM - 8:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 12

Drink

#3304 A

Gypsy Tea Party

Celebrate Spring with our Herbal Open House! Sample delicious Tahitian Vanilla Rooibos, Northern Blue Star herbal tea, Dragon Pearl Jasmine, and more. Receive a henna tattoo or intuitive tarot card reading. Put on your bangles and come play!

CONVENER: Kim Oursler (816-510-4391 cell)

E-mail: priestlesskim@yahoo.com

Web site: www.goddess.meetup.com/287

CLASS FEE: \$9

Sec. A: 1 session; Saturday, April 11; 3:00 PM - 5:00 PM; Phoenix Herb Company, 4305 Main Street KCMO; LIMIT: 15



#3305 B

Home Coffee Roasting 101

This course will take an in-depth approach to sourcing fantastic green coffee and roasting that coffee in your own home. We'll cover different home roasting methods, along with the science behind coffee roasting to gain a full understanding and appreciation for the craft. 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

CLASS FEE: \$9

Sec. B: 1 session; Thursday, April 23; 6:00 PM - 8:00 PM; The Roasterie, 1204 W. 27th St., KCMO; LIMIT: 15

#3309 A or B

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. Everyone will receive a sample of their choice to take home. Keith manages Temple Slug, a local retail store that has been working on a new tea house due to open this year. 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.templeslug.com

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

Sec. A: 1 session; Sunday, April 12; 2:00 PM - 4:00 PM;

Sec. B: 1 session; Sunday, May 10; 2:00 PM - 4:00 PM; Temple Slug, 4303 Jefferson, KCMO; LIMIT: 8

Food is our common ground, a universal experience.

~James Beard