

food

Ethnic

#3101 A

Kababs and Tandooris 101

Entertaining can be a breeze with easy-to-make delicious kababs and tandooris (Indian barbeque). Participants will get to relish and taste some authentic and sumptuous appetizers that are low in oil. We will start the evening with hara-kabab (patties of spinach and paneer flavored with herbs and spices) followed by boti-kabab (chicken cubes marinated in spices and yogurt and grilled on skewers), maacher-kabab (lusciously spiced delicate fish cakes), chicken tandoori (succulent chicken pieces marinated in spices and yoghurt and grilled/barbecued), and paneer-tandoori (marinated cottage cheese and vegetable cubes grilled to perfection). We will serve luscious mango-lassi (mango-yoghurt drink) as the grand finale. Come prepared for some grilling. Made with organic ingredients available at the Wild Oats store.

CONVENER: Debjani Bhaduri

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

Sec. A: 1 session; Saturday, June 9; 2:00 PM - 4:00 PM; Wild Oats (Mission), community kitchen, 5101 Johnson Dr., Mission, KS; LIMIT: 12

#3103 A

A Bengali New Year Feast

I would like to invite you to a traditional Bengali bhoj (feast) to celebrate Poila Boishakh (1st day of the month of Boishakh) – the Bengali New Year when families and friends get together, cook lavishly, and welcome in the new while remembering the bygone. On the menu will be Aam-tuhina (a refreshing mango drink); Ghee-Bhaat (aromatic basmati rice-pilaf with raisins and green peas); dal-mohini (split peas cooked with spices and yoghurt); chingri-maacher bati-chorchori (shrimp cooked with mustard seed paste and coconut); and chaanar-payesh (pudding made with paneer) as a dessert. Let's cook up some fun with my favorite easy-to-make Naba Barsha (New Year) party dishes which I promise you will not find in any cook book. Food served in the class is made with organic ingredients available at the Wild Oats store.

CONVENER: Debjani Bhaduri

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

Sec. A: 1 session; Saturday, August 11; 2:00 PM - 4:00 PM; Wild Oats (Mission), community kitchen, 5101 Johnson Dr., Mission, KS; LIMIT: 12

#3104 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, June 20; 5:00 PM - 7:00 PM; Westport Roanoke Community Center, game room, 3601 Roanoke Rd., KCMO, West on 39th Street (go past SW Trafficway), 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

#3105 A

Midwest Mexican Cooking: Summer Salad Heat Index

What could be easier to prepare than a refreshing tangy Salsa on a Summer's day? We will scale the heat index and locate our own comfort zone using different chilies in a variety of tasty salsas to complement a Classic Taco Salad. Then we'll top the chart with a simple and delectable Cactus Salad that is sure to find a place on your fiesta menu.

CONVENERS: Anna Walker E-mail: a_walker2001@yahoo.com & Christina Gallegos

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

Sec. A: 1 session; Thursday, June 21; 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

#3106 A, B or C

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.

CONVENERS: Ajay and Sabira Sood (913-268-3608 or 913-963-1787) E-mail: ajappel123@yahoo.com

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

Sec. A: American Okra and Chutney; 1 session; Wednesday, June 13;

Sec. B: Halwa with Chai; 1 session; Wednesday, June 20;

Sec. C: Chicken Tikka Masala; 1 session; Wednesday, June 27;

MEETS: 6:30 PM - 8:30 PM; Westport Roanoke Community Center, game room, 3601 Roanoke Rd., KCMO, West on 39th Street (go past SW Trafficway), 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

Vegetarian

#3201 A

Two Too Spring Rolls VEGAN!!!

Learn to make fresh and fried spring rolls in this class. Add a couple of appropriate sauces, "Extreme P-Nut" and "The Easiest Sweet and Sour on Earth." It's too delicious to miss so grab a friend and two by two toil over to a tasty class. Recipes provided and the consumption of our efforts. YUM.

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: zoelagrece@yahoo.com

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

Sec. A: 1 session; Wednesday, June 6; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (See class #3106 for directions); LIMIT: 12

Save Time!
Fill Out Your
Registration Form
On-Line
www.umkc.edu/commu

#3102 A

A Monsoon Wedding

Chicken often gets a bad rap as a boring food. It isn't! To explore the versatility of chicken dishes in every day dining, try these exotic dishes from Bengal that will have everyone asking for seconds. Come on, indulge, and savor: chicken chaat (lip-smacking spicy chicken salad), kobiraji cutlet (sinfully delicious spiced chicken appetizer), chicken tikka masala (tandoori chicken in delicately spiced sauce), posto murgi (chicken baked with poppy seeds and aromatic spices), and malai chicken (sweet and sour chicken with coconut milk and cream). Each of these entrées will jazz up the "boring chicken" into delicious everyday family meal. Come ready for ample samplings. Enjoy!

CONVENER: Debjani Bhaduri

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

Sec. A: 1 session; Saturday, July 14; 2:00 PM - 4:00 PM; Wild Oats (Mission), community kitchen, 5101 Johnson Dr., Mission, KS; LIMIT: 12

Communiversity's Next
Wholistic Health Fair
Sunday, November 4th—11 AM - 6 PM
Call 816-235-1448 for information
www.umkc.edu/commu

#3202 A

Steps to Cooking and Eating More Vegetarian Foods

We all know we should eat more fruits, vegetables and grains and less meat, but lack the know-how and motivation. So come to this class and learn what to eat for optimal health, how to cook and ways to make a gradual transition to more plant-based eating. To get you motivated, we'll watch a short video and talk about the many benefits of vegetarian eating. Please bring \$5 for materials. Carol Meyer, a message therapist, has been into holistic health and natural eating for over 30 years.

CONVENER: Carol Meyer (913-677-8672)

E-mail: wisdomways@planetkc.com

Web site: www.wisdom-ways.org

CLASS FEE: \$9

Sec. A: 1 session; Thursday, August 16; 7:00 PM - 8:30 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 15



#3203 A

**Summertime Cookin'—
Vegan**

NEW

The livin' is easy, temperatures soar and the produce is plentiful. We'll prepare two Cool Soups; Borscht with Tofu Sour Crème and Garden Good Gazpacho and two Sumptuous Salads; Orange Mint Slaw with Radicchio and a Grilled and Chilled Salad composed of grilled portabella and friends combined with Inca Red Quinoa (keen-wa) an ancient grain - wheat free, gluten free, lower in carbs and higher in protein than other grains. Recipes provided and of course indulging in the creations.

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: zoeagrece@yahoo.com

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

Sec. A: 1 session; Wednesday, July 18; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, game room, 3601 Roanoke Rd., KCMO, West on 39th Street (go past SW Trafficway), 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

Drink

#3301 A

Mead and Meadmaking

NEW

So you want to learn something about honeywine? This class is set up to offer people interested in meads and making meads a chance to try some and see what is involved. The first session will cover sampling meads from different parts of the world and a hands on how-to on bottling meads. During the second session, you may buy or bring in a wine-beer making kit and make a mead that day to take home to ferment. During both classes meads will be on hand for the students to sample with recipe guides for each one. Bee keepers will be on hand with their wares, to offer ideas, and discuss different types of honeys and their effects on flavor. Recipes, books and handouts, trying homemade meads and sampling commercial varieties are the key to learning about meads and their history and their future as they are one of the new hot trends.

CONVENER: Andrew Bales (816-210-3512)

E-mail: trackdays@yahoo.com

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

Sec. A: 2 sessions; Saturdays, beginning July 14; 2:00 PM - 5:00 PM; Homebrew Pro Shoppe, 14 SW 3rd St. Lee's Summit, MO; LIMIT: 10

#3302 A

History of Coffee and Espresso

In this class you will learn the history of coffee: its origins, myths, mysteries and facts. Learn how to purchase the best coffee, proper storage and brewing techniques and many tips on how to match coffees to various foods and times of day. We will cover the growing regions of the world and sample coffees from the five main regions. Please bring \$10 for materials and coffee. Danny O'Neill, the Bean Baron, has been passionate about coffee ever since he spent a year in Costa Rica as a high school exchange student and is now founder and president of The Roasterie, in its 10th year.

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

E-mail: danny@theroasterie.com

Web site: www.theroasterie.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, August 9; 7:00 PM - 9:00 PM; The Roasterie, 1204 W. 27th St., KCMO; LIMIT: 10

**#3303 A
Summer
Wines
and One
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 wine in the world (in Linister's humble opinion) to an enjoyable bubbly. You will learn how to buy and store wines, and how to order wine in a restaurant. Cheese, fruit, etc. and cold white 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 + \$17.50 material fee = \$26.50

Sec. A: 1 session; Saturday, June 16; 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

Beer 101 in the Northland

NEW

Learn the difference between Lagers and Ales, find the flavor of malt and hops as we sample an array of beers and dive into some brewing history as well. Experience brews from KC to California to Belgium and beyond and find a new favorite. Beer Jockey Jim, a Milwaukee born twenty year industry veteran, runs bus tours and beer tastings locally.

CONVENER: Jim Quinn (414-520-7265)

E-mail: BeerJockeyJim@yahoo.com

Web site: BeerJockey.blogspot.com

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

Sec. A: 1 session; Saturday, June 30; 3:00 PM - 5:00 PM; Pop-A-Top Liquor & Deli, 919 W. Liberty Ave (at Hwy 291) Liberty, MO 64068; LIMIT: 35

#3305 A

**Great Beer Education On
Tap in the Crossroads**

NEW

Discover the pleasures of quality draft beers. We will sample and discuss craft brewed American beers and interesting imports. Learn about beer styles, beer ingredients, brewing history and experience the nuances of draft versus bottled beer. Beer Jockey Jim is a 20-year plus veteran of the brewing industry and leads Hometown Beer Bus tours.

CONVENER: Jim Quinn (414-520-7265)

E-mail: BeerJockeyJim@yahoo.com

Web site: BeerJockey.blogspot.com

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

Sec. A: 1 session; Saturday, July 14; 3:00 PM - 5:00 PM; Grinders, 417 E. 18th St KCMO 64108; LIMIT: 35

Beer is proof that God
loves us and wants us
to be happy.
~ Benjamin Franklin

Indulgences

#3401 A or B

**Wine & Chocolate Tasting
and Truffle Making**

NEW

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 (913-281-3848)

E-mail: kimse@livingrightinc.org

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

Sec. A: 1 session; Saturday, June 30;**Sec. B:** 1 session; Saturday, July 21;

MEETS: 2:00 PM - 4:00 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 with the trees and plants); LIMIT: 15

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