

food

The Pantry

#3001 A Thrifty, Nifty Bread Baking



My friend B. says she can make a loaf of basic bread for 27 cents! We will start by throwing ingredients into a bread machine, and then move on: mixing with a dough hook, the sponge method, or by touch; recipes and adaptations, even using leftovers in your dough; kneading; rising; shaping loaves and braiding/sculpting the dough. As time allows, the participants will take home finished bread and/or dough to cook at home. Ingredients will be mostly organic and locally grown. Bring a bag lunch. Bring a bread bowl and bread pans or a cookie sheet if you have them. Dave regularly makes bread for family and friends. Lynn makes bread sporadically, but used to be a baker in the Good Earth Restaurant in Palo Alto, CA.

CONVENER: Lynn Snyder & Dave Snuffer
E-mail: kelsonimp-community@yahoocom

CLASS FEE: \$9 + \$6 material fee = \$15

Sec. A: 1 session; Saturday, February 7; 10:00 AM - 2:00 PM; Tony Acuirre Community Center, Kitchen, 2050 W. Pennway St., KCMO 64108; LIMIT: 12

#3002 A Bread Baking and Soup Making Day with Friends

We will learn to make whole grain yeast bread from scratch and make a lovely homemade organic soup together. We will have pleasant conversation and drink some herb tea while the dough is rising. Participants are welcome to take a hike in our 40-acre woods. Then we'll feast upon our labors!

CONVENER: Regina Compemolle (816-547-0266)
E-mail: sacredeartharts@aol.com

CLASS FEE: \$14 + \$20 material fee = \$34

Sec. A: 1 session; Saturday, February 28; 11:00 AM - 4:00 PM; Call Regina for directions.; LIMIT: 12

Ethnic Food

#3101 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), 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: kclubnilecafe.com

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

Sec. A: 1 session; Monday, March 9; 5:00 PM - 7:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 15

#3102 A An Italian Dinner with Pepe



Join me for a delightful romp through Italy right here in Kansas City. We'll feature a choice of Rigatoni with tenderloin tips in a diablo sauce or Chicken Masala. We'll round out the meal with an Italian salad and spumoni. You'll have a great time eating and talking food with this Kansas City icon. Recipes are provided. Please bring tip money to class for the servers.

CONVENER: Don Pepe

CLASS FEE: \$9 + \$16 material fee = \$25

Sec. A: 1 session; Monday, February 9; 6:00 PM - 7:00 PM; Johnny Cascone's Italian Restaurant, 6863 West 91st Street, OPKS; LIMIT: 30

#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 (913-262-7200)
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

#3104 A Midwest Mexican Cooking: Tortas de Camaron Con Chile Colorado

Get ready for this classic Lenten feast of shrimp patties with red chile sauce. Join us in this new class where you will learn how a simple recipe captures the senses with flavors, textures and aromas of the season. 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 (913-262-7200)
E-mail: a_walker2001@yahoo.com

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

Sec. A: 1 session; Thursday, February 19; 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 A, B, or C Vegetarian Cooking Made Easy

If you want to eat less or no meat, but need tips on how to cook vegetarian dishes, this practical class is for you. 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. A: 1 session; Tuesday, January 27; 7:00 PM - 8:30 PM;

Sec. B: 1 session; Wednesday, March 11; 7:00 PM - 8:30 PM;

Sec. C: 1 session; Wednesday, May 20; 7:00 PM - 8:30 PM;

MEETS: 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 Lagrece (913-722-2628)

E-mail: zoelagrece@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 Lagrece (913-722-2628)

E-mail: zoelagrece@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

TAKE "INTRO TO FILIPINO CUISINE" WITH ANDI



Drink

#3301 A

Home Beer Brewing

Learn about two subjects—beer and how to brew beer. We will begin by brewing beer and then go onto discuss the parts, styles and history of beer and how each part affects the final product. Each student will participate in brewing twice and be able to take home the product. Each session involves sampling some commercial and homebrews. Convener has been president of ZZHops Home brewing club of Kansas City MO twice, a home brewer for 16 years and a certified beer judge. Must be 21 to attend. Please bring \$10 to class for materials.

CONVENER: Andrew Bales (816-210-3512)

E-mail: trackdays@yahoo.com

CLASS FEE: \$14

Sec. A: 2 sessions; Saturdays, February 7 & 28; 2:00 PM - 5:00 PM; 4188 Country Squire Rd., Oak Grove, MO; LIMIT: 10

#3302 A

Home Brewing 101

Learn how to make craft beer in the comfort of your own home. An experienced homebrewer will walk you through the process from gathering materials, prepping equipment, brewing, fermentation, filtering, carbonation and bottling a beer you will be proud to take home and enjoy! The class is split into two 6-hour sessions meeting two Saturdays apart. Bring a sack lunch or lunch money since this will be an all-day affair! All participants must be at least 21 years of age (photo ID will be checked).

CONVENER: David Shuck E-mail: DaveShuck@kc.rr.com

Web site: www.beltonbrewing.com

CLASS FEE: \$14 + \$45 material fee = \$59

Sec. A: 2 sessions; Saturdays, beginning February 21; 10:00 AM - 4:00 PM; 16204 Hight Ave., Belton, MO; LIMIT: 12

#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.

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

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

Sec. A: 2 sessions; Thursdays, beginning March 12; 7:00 PM - 9:00 PM; Boulevard Brewing Co., 2501 Southwest Blvd., KCMO; LIMIT: 20

#3304 A

Gypsy Tea Party

Celebrate Spring with our Herbal Open House! Sample delicious Tahitian Vanilla Rooibus, 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: priestesskim@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 A or B

Home Coffee Roasting 101

This course will take in 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

E-mail: davidh@theroasterie.com; Web site: www.theroasterie.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, February 12; 6:00 PM - 8:00 PM;

Sec. B: 1 session; Thursday, April 23; 6:00 PM - 8:00 PM; The

MEETS: Roasterie, 1204 W. 27th St., KCMO; LIMIT: 15

#3306 A

Aphrodisiacs & Appetites

Discover natural herbal aphrodisiacs to spice up your sensual appetite! Enjoy free samples of Let's Make Love Tea and recipes to create sexy dishes at home for you and your lovah! Ignite passion in your relationships with simple, effective herbal remedies for men and women that increase stamina, prolong lovemaking, and encourage bliss.

CONVENER: Kim Oursler (816-510-4391)

E-mail: priestesskim@yahoo.com

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

CLASS FEE: \$9

Sec. A: 1 session; Saturday, February 14; 3:00 PM - 4:00 PM;

Phoenix Herb Company, 4305 Main Street KCMO; LIMIT: 15

#3307 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

E-mail: davidh@theroasterie.com; Web site: www.theroasterie.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 5; 6:00 PM - 8:00 PM; The

Roasterie, 1204 W. 27th St., KCMO; LIMIT: 15

#3308 A

Beer: Think Global, Drink Local in Westport

We'll sample an array of beers by award winning Brewmaster Keith Thompson at McCoy's Public House in Westport. Plus get a brief tour of his brewery and gain a feel for our favorite beverage. Along the way you will learn about beer styles, global brewing history and the craft beer revolution. Then we'll slide next door to the Foundry, where dozens of world class brews in diverse styles are on tap (Food and Growlers of McCoy's beer to go are on your own!). Beer Jockey Jim Quinn, does tours and tastings, and has been to over a hundred breweries/brewpubs.

CONVENER: Jim Quinn (816-810-5345)

E-mail: BeerJockeyJim@yahoo.com

Web site: BeerJockey.blogspot.com

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

Sec. A: 1 session; Saturday, February 21; 3:00 PM - 5:00 PM; McCoy's Public House, 4057 Pennsylvania, KCMO 64111; LIMIT: 25

Laughter is brightest,
in the place where
the food is.
~ Irish proverb

#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

#3310 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, 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 that has been working on opening a tea house 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; Wednesday, March 11; 6:00 PM - 8:00 PM;

Tony Acquire Community Center, Kitchen, 2050 W. Pennway St.,

KCMO 64108; LIMIT: 12

#3311 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.

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; Wednesday, February 11; 6:00 PM - 8:00 PM;

Tony Acquire Community Center, Kitchen, 2050 W. Pennway St.,

KCMO 64108; LIMIT: 12