



Culinary

Soups On!

Soup can be anything you want it to be: quick, hearty or light. It's the perfect meal option for feeding a crowd or just a few. Once you've mastered the basics, you can experiment endlessly with your favourite vegetables, beans and meats to make tasty soups in no time. Nothing beats homemade soup and making it is easier than you think!

.....
 Tue., Feb. 2 – 16 (3 classes), 7 – 10 p.m. \$159
 (materials included). Facilitator: Chef Nick Hender.

Appetizers

Appetizers come in all shapes and sizes. Join Chef Hender for a fun-filled session and learn how to prepare a wide array of elegant appetizers that will be sure to impress! Sample your own creations!

.....
 Tue., March 2 – 16 (3 classes), 7 – 10 p.m. \$159
 (materials included). Facilitator: Chef Nick Hender.

Pasta Making "Tradizionale"

Who can resist delicious comfort food like fettuccini, stuffed pasta and even chocolate pasta? And when it's homemade pasta—with complementary sauces—it's even more irresistible. Join Chef Hender and learn to make pasta and some delectable complementary sauces the "tradizionale" way!

.....
 Thu., Feb. 11 – 18 (2 classes), 7 – 10 p.m. \$149
 (includes materials). Facilitator: Chef Nick Hender.

Let's Do Brunch!

Set the tone for a wonderful day with your family and friends. Learn new and unique brunch dishes that will tantalize the taste buds of your guests, along with ways to add a splash of interest and colour to traditional favorites.

.....
 Wed., March 31 – April 7 (2 classes), 7 – 10 p.m.
 \$149 (includes materials). Facilitator: Chef Roary MacPherson.

Baking 101

Homemade bread. Warm apple pie. Mouth-watering cookies and other sweet indulgences.... Making you hungry? Well get baking! Join Chef Hender and find out just how easy baking can be. The only thing more fun than the baking, is the eating.

.....
 Thu., March 25 – April 1 (2 classes), 7 – 10 p.m.
 \$149 (incl. materials). Facilitator: Chef Nick Hender.

Mastering Pastry Making with a Pastry-Making Master

A unique opportunity to work with internationally recognized and award-winning pastry master, Chef Angie Ryan. Learn how to create pastries that will wow your family and friends. Includes techniques in cake decorating and pastry-making skills.

.....
 Sun., April 11 (1 class), 1 – 4 p.m. \$99. Facilitator: Chef Angie Ryan.

Plate Presentation

Award-winning chef, Roary MacPherson, will show you how to add professional flare to your plate presentation. Good for appetizers, entrees, desserts and much more. Impress yourself and your dinner guests with creative, inviting presentations.

.....
 Thu., March 4 (1 class), 7 – 9 p.m. \$59. Facilitator: Chef Roary MacPherson.

 www.mun.ca/lifelonglearning

Your registration connection **737.7979**



The Taste, History and Mystique of Single Malt Scotch

Participants must be of legal drinking age.

Enjoy a comparison and discussion of various single-malt Scotch whiskies. You'll learn to enjoy and appreciate the most complex and culturally entwined "spirit of all spirits". Find out why single-malts differ in taste (six samples are provided), why single-malts are more expensive, how long single-malts can be stored, if aged Scotch is always better and what cask strength means.

.....
Tue., March 23 (1 class), 7:30 – 10 p.m. \$99
(includes samplings and taxi to and from the "nosing" session). Facilitator: Tom Beckett.

Vegetarian Cuisine **New!**

Vegetarian cuisine is a healthy and exciting lifestyle choice. Dishes will be influenced by cultures with vegetarian traditions: India, Mexico, Asia and Greece. Classes include how to make glorious tasting tofu, some veggie sandwich spreads and an Indian chickpea curry and quinoa.

.....
Mon., March 1 – 8 (2 classes), 7 – 10 p.m. \$149.
Facilitator: Amy Evans.

Vegan Baking **New!**

Whether you want to bake egg- and dairy-free for health, ethical or environmental reasons, Amy will show you how you can have your cake and eat it too! Free of cholesterol and lactose but full of flavour, flair and familiarity, each and every recipe will have you declaring, "I can't believe it's vegan!". Note: All recipes will be egg- and dairy-free, as well as free from all animal products.

.....
Mon., April 5 and 12 (2 classes), 7 – 10 p.m. \$149.
Facilitator: Amy Evans.

Knife Skills **New!**

Knife skills are essential to culinary success and will make your cooking faster and much easier! Add quality to your culinary experience and impress your dinner guests by learning new skills using the most common knives: the chef's knife, the paring knife and the serrated knife.

.....
Mon., Feb. 8 (1 class), 7 – 10 p.m. \$59. Facilitator: Amy Evans.

Newfoundland Cooking With a Twist **New!**

Enjoy your traditional Sunday dinner, but add a twist! Join Chef Hender and learn how to jazz up traditional Newfoundland cuisine. Some favorites with a twist will include salt-cod fritters with a spicy edge, gourmet desserts with fresh local berries, roasted root vegetables and fish and brewis with class!

.....
Mon., Feb. 15 – 22, (2 classes), 7 – 10 p.m. \$149.
Facilitator: Chef Nick Hender.

ABCs of Cooking for University Students **New!**

Calling all students! Are you tired of eating fast food and frozen meals? Join Chef Hender for a hands on cooking class designed specifically for you. Discover how easy it is to prepare versatile meals that are tasty, healthy and will fit your student budget!

.....
Wed., Feb. 3 and 10 (2 classes), 7 – 10 p.m. \$139.
Facilitator: Chef Nick Hender.

All About Olive Oil **New!**

Olive oil gives dishes another dimension of flavor. Learn about olive oil's classifications—which range from delicate to medium to robust. Medium oils are great for salads and robust oils for drizzling touches on soups! Taste the difference between fresh oils and aged oils and add to the quality of your cooking.

.....
Wed., Jan. 27 (1 class), 7 – 10 p.m. \$69. Facilitator: Chef Roary MacPherson.

For the Love of Chocolate! **New!**

From humble cacao bean to decadent truffle, the art and science of chocolate presents us with much food for thought. Truly the "food of the gods", chocolate is showing itself to be a recession-proof indulgence for consumers. Whether you are a chocoholic or a budding connoisseur, this class will be a feast for your senses. We'll discuss what to expect in a chocolate tasting experience, the dos and don'ts of purchasing, handling and enjoying chocolate, as well as the multibillion-dollar chocolate industry. At the end of the class you will have sampled and evaluated a range of quality artisanal and single-origin chocolate from around the world, resulting in a tasting vocabulary that will enhance all of your future chocolate enjoyment.

.....
Thu., Feb. 11 (1 class), 7 – 9 p.m. \$69. Facilitator: Janna Rosales.

One of our customers said it best: "The day you stop learning, is the day you stop living."