

## Northeastern Wisconsin Technical College

229 N 14th Ave  
Sturgeon Bay, WI 54235

**For more information, visit or call:**

Sturgeon Bay Campus  
229 N 14th Ave  
Sturgeon Bay, WI 54235

**(920) 746-4900**  
**(888) 385-NWTC ext 4900**

Check out our web-site for cooking class information and newsletters.

Log on to: [www.nwtc.edu](http://www.nwtc.edu)

Then click on these titles to navigate to our cooking site:

- *At NWTC*
- *Places*
- *Sturgeon Bay Campus*
- *Cooking in the Kitchen*

**Class size is limited. Register today!**

### CHOOSE FROM A VARIETY OF CLASSES!

- Appetizers
- Bread Making
- Chocolate
- Cooking-Local Foods
- Cupcake Crazy
- Danish Cuisine
- Fondant & Gum Paste
- Food Preservation:  
Canning
- German Food
- Gifts in a Jar
- Gourmet Dipped Apples
- Gourmet Gift Baskets
- Gourmet Pantry
- Healthy Gourmet

- Herbs/Spices
- Holiday Cookies
- Holiday Foods w/Filo  
Dough
- International
- Italian Peasant Bread
- Mushrooms
- Mystery Meal
- Native American
- Norwegian Cooking
- Jewish Cooking
- Juices & Smoothies
- Ladies Tea
- Moroccan Cooking
- Outfitting Your Kitchen
- Pasta
- Pumpkin Pizzazz
- Quick & Easy Desserts

\*Fees subject to change

- Raw Cuisine
- Sassy Sauces
- Seafood/Poultry
- Soul Food
- Soup: Homemade
- Texas Cooking
- Whole Grains & Beans

### KIDS CLASSES! Ages 6+

- Cupcake Crazy
- Christmas Treats
- Knack for Snacks

Kids will learn easy,  
healthy ways to make  
and enjoy nutritious  
snacks and treats.

**FUN, FUN, FUN!**

NWTC is an equal opportunity, access, affirmative action employer and educator. 6758CA 6\_10

## Sturgeon Bay Campus

Personal Enrichment Classes

# WHAT'S COOKING THIS FALL AT NWTC?

Fall 2011 | Term 2118



**Take your cooking skills to a new level!**

 **Northeast**  
Wisconsin Technical College

Visit our website at [www.nwtc.edu](http://www.nwtc.edu)

(920) 746-4900

229 N 14th Ave - Sturgeon Bay, WI

## Appetizers

Catalog #42-303-435

Fee: \$15.19 Seniors 62+ \$4.00

### Class #84707

November 15, 2011 - Tuesday

6:00pm—8:40pm

If you are tired of the same old hors d'oeuvres you've served many times before, join us for two classes of new, interesting, and delicious finger foods to serve your guests.

## Bread Making

Catalog #42-303-432

Fee: \$15.19 Seniors 62+ \$4.00

### Class #84700

October 12, 2011 - Wednesday

8:30am—12:00pm

### Class #84710

December 7, 2011 - Wednesday

1:00pm—4:30pm

Come learn all the best and simplest techniques to create many different breads at this class.

### Cranberry Pumpkin Bread

3 1/2 cups all-purpose flour  
1 cup packed brown sugar  
2 teaspoons baking soda  
1 teaspoon baking powder  
3/4 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground cloves

1 cup egg substitute  
1 (16 oz) can whole cranberry sauce  
1 (15 ounce) can pumpkin puree  
1/3 cup vegetable oil  
1 tablespoon orange zest  
2 tablespoons chopped walnuts



Preheat oven to 350 degrees F. Spray two 8x4 in. loaf pans with non-stick cooking spray. Combine flour, brown sugar, baking soda, baking powder, salt, ground cinnamon and ground cloves in a large bowl and mix well. Set aside. Mix the egg substitute, cranberry sauce, pureed pumpkin, vegetable oil and grated orange zest together. Add this mixture to the flour mixture and stir until just moistened. Pour batter into the prepared pans. Sprinkle the top of each loaf with the chopped nuts. Bake at 350 degrees F for 55 to 60 minutes or until a toothpick inserted in the center comes out clean. Let loaves cool for 10 minutes then remove from pans. Can be made even lower in fat by substituting 1/3 cup applesauce for the 1/3 cup vegetable oil.

## Cooking Classes for Kids!

Attention Junior Chefs, Ages 6+  
No school today? No problem!

### Christmas Treats

Catalog #42-303-408

Fee: \$15.19 Ages 6+

### Class #84772

December 5, 2011 - Monday

12:30pm - 4:00pm



Kids will get to create, decorate, and eat their own Christmas cookies and treats. Sugar and spice and everything nice is in this class.

### Cupcake Crazy

Catalog #42-303-403

Fee: \$15.19 Ages 6+

### Class #84704

October 28, 2011 - Friday

8:00am - 11:30am



Your kids will have a blast making and baking fun and funky cupcakes. Let their imagination go **crazy!**

### Knack for Snacks

Catalog #42-303-403

Fee: \$15.19 Ages 6+

### Class #84703

October 27, 2011 - Thursday

8:00am - 11:30am

No school, no problem! Trade your pencil for a spoon today and enjoy time in the kitchen making new friends and baking fun and healthy snacks.

*Please register early to avoid disappointment.*

*These classes fill up quickly and have limited enrollment.*

Cooking fun  
Just for kids!

**Please let us know if your child has particular food allergies so substitutes can be ordered ahead of time.**

## Texas Cooking

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85113

October 31, 2011 - Monday

5:00pm—8:30pm

Texas cooking has a style all its own, influenced by its close location to Mexico, Native Americans, and Cowboys! Recipes are Texan style with lots of flavor and personality.

**Yee-haw!**

## Whole Grains & Beans

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85103

September 26, 2011 - Monday

1:00pm—4:30pm

Dust those cans of beans off in your pantry and learn how to incorporate them into nutritious, healthy recipes. Beans can offer many health benefits, learn how to cook them up gourmet style.

**Did you know?** Small red kidney beans offer more in antioxidants than blueberries!

### Simple Texas Salsa

3 tablespoons chopped fresh chives  
1/2 bunch fresh cilantro  
2 cloves garlic, chopped  
2 (14 ounce) cans stewed tomatoes  
2 Serrano chillies, seeded and chopped  
salt and pepper to taste



Combine chives, cilantro, garlic, tomatoes, peppers, salt and pepper to taste in an electric blender. Pulse until the salsa is to your desired consistency.

## Chocolate

Catalog #42-303-438

Fee: \$27.14 Seniors 62+ \$10.36

### Class #84709

December 12 & 19, 2011 - Monday

6:00pm—8:40pm

Join us as we make delicious chocolate treats. Learn cooking techniques and tips to work and create with chocolates.

## Cooking—Local Foods

Catalog #42-303-428

Fee: \$44.29 Seniors 62+ \$10.73

### Class #84698

September 13 - 22, 2011 - Tuesday/Thursday

9:00am—11:40am

Wisconsin's finest foods grown locally! Discover what you can find here in WI, and learn to make delicious recipes with it. Seasonally inspired foods/recipes will be prepared and sampled.

## Cupcake Crazy

Catalog #42-303-403

Fee: \$15.19 Seniors 62+ \$4.00

### Class #84768

November 22, 2011 - Tuesday

8:30am—12:00pm

Join us for a flavorful and fanciful look at some new cupcakes that you're sure to want to make for your next bake sale or party. Let's get creative.

### Why buy local?

- Support your community
- Keep your community unique
- Create jobs
- Better Service
- Fresher foods
- Encourage local prosperity

## Danish Cuisine

Catalog #42-303-408

Fee: \$15.19 Seniors 62+ \$4.00

### Class #84701

October 17, 2011 - Monday

5:00pm—8:30pm

Modern day Danish cuisine still contains the traditional recipes of rye bread, porridge, split pea soup, and slices of pork with apples. Nordic food is making a comeback, come and see what the chef has planned for you.

## Fondant & Gum Paste

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85099

November 21, 2011 - Monday

5:00pm—8:30pm

If you enjoyed playing with clay as a kid, you will love decorating with fondant. Decorate your cake with drapes, swags, and borders using flexible, easy to shape fondant. Make roses and flowers with gum paste.



## Food Preservation: Canning

Catalog #42-303-408

Fee: \$44.52 Seniors 62+ \$22.15

### Class #84697

September 12 & 19, 2011 - Monday

8:30am—12:00pm

You'll be able to enjoy your flavorful garden vegetables and fruits all year long by learning how to preserve them. Discover the art of preserving fruits and vegetables safely.

### Timeless Wisdom:

Do not use overripe fruit. Canning doesn't improve the quality of food, so if you start out with low quality, it will only get worse in storage.

## Soup Homemade

### Class #84699

Catalog #42-303-403

Fee: \$22.14 Seniors 62+ \$5.36

### Meets two times

October 4 & 6, 2011 - Tuesday/Thursday

10:00am - 12:40pm

*Healthy, Hearty, and  
Nutritious all in one pot!*



### Class #84702

Catalog #42-303-402

Fee: \$36.90 Seniors 62+ \$8.94

### Meets three times

October 19 - November 2, 2011 - Wednesday's

9:00am - 11:40am

The preparation and cooking of nutritious homemade soups from scratch including recipes for stove-top, microwave, cream, and dessert soups. A different bread will be baked each class to complete the meal.

### Tips for Freezing Soup:

- When freezing leftover soup, freeze in small batches and use zip lock freezer bags. The thawing process will be faster.
- Never fill containers to the top always fill about one half to two thirds full from the top to allow enough space to remove excess air.
- Soup should be thawed in the refrigerator and reheated in a pot or saucepan.
- Soups with cream or potatoes do not freeze as well as vegetable soups.
- To help soup retain their wonderful flavor, do not freeze longer than 3 months.
- Before freezing soup, make sure it has cooled down completely.

## Seafood/Poultry

Catalog #42-303-401

Fee: \$22.14 Seniors 62+ \$5.36

### Class #84706

November 14 & 16, 2011 - Mon & Wed  
6:00pm—8:40pm

Learn menu selection, shopping, food preparation and presentation of healthy meals based on main courses using seafood and poultry ingredients.



## Soul Food

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85111

October 25, 2011 - Tuesday  
1:00pm - 4:30pm

This class will focus on a collection of recipes celebrating the great taste of soul food. Recipes from African American cultures will be enjoyed and will quickly become some of your family favorites.

## Fresh Seafood Buying Tips:

- Fish should smell fresh and mild, not fishy or ammonia-like.
- The eyes of a fresh fish should be clear, bright and a little protruding. Cloudy, pink and sunken eyes indicate the fish has lost its freshness.
- The gills of the fish should be bright red or pink and free from slime.
- Fish with shiny skin and scales that adhere tightly is another indicator of freshness.
- Fish fillets should have firm and elastic flesh, a fresh-cut, moist appearance, displaying no darkening or drying around the edges. Prepackaged fish fillets should contain a minimum of liquid because when seafood is stored in liquid, it deteriorates quickly.

## German Food

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85114

October 24, 2011 - Monday  
5:00pm—8:30pm

Good hearty meals are associated with German recipes. Mouth watering recipes may include ingredients such as pork, goose, duck, beef, trout, noodles, and topping it all off with scrumptious cakes and tarts.

## Gifts in a Jar

Catalog #42-303-460

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85062

November 7, 2011 - Monday  
5:00pm—8:00pm

Exploration of dried ingredients that are measured and layered for future use. Selections include cookies, bars, soups, beverages, and more.



## Gourmet Dipped Apples

Catalog #42-303-403

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85105

October 11, 2011 - Tuesday  
5:00pm - 8:30pm

Enjoy a crisp apple hidden within layers of caramel, dark and white chocolate and any number of toppings. Ever impressive and always welcome, these stunning confections are ideal for holiday and gift giving.

## Gourmet Gift Baskets

Catalog #42-303-403

Fee: \$46.90 Seniors 62+ \$18.94

### Class #85109

December 6 & 8, 2011 - Tuesday/Thursday  
5:00pm - 9:10pm

Learn how to assemble food products in a lovely basket for holiday gift giving. Bring in your own food products and gadgets like jelly, jams, wine, pretzels, cookies, fruit, corkscrews, tongs, wine glasses, and whatever you can fit in a basket.





## Gourmet Pantry

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85100

September 28, 2011 - Wednesday

5:00pm - 8:30pm

Have you looked in your pantry lately and quickly shut the door? Learn how to organize and stock your pantry. Enjoy making delicious dishes from just a few key ingredients from those well-stocked cupboards. Simple recipes will be demonstrated.

## Healthy Gourmet

Catalog #42-303-442

Fee: \$27.14 Seniors 62+ \$10.36

### Class #84705

November 2 & 9, 2011 - Wednesday's

6:00pm - 8:40pm

Learn to spice up your meals with a gourmet flare while keeping the fat and calories at a healthy level. Impossible? Come and see how its done!

## Herbs/Teas

Catalog #42-303-415

Fee: \$15.19 Seniors 62+ \$4.00

### Class #85061

November 8, 2011 - Tuesday

8:30am - 11:30am

Cooking a variety of foods using herbs and spices. Learn how spices interact with and without them. Make great tasting teas from assorted herbs and enjoy sipping a cup of hot brew in class.

### Lavender Tea

3 tbsp. fresh lavender petals (or if dried and crushed, about 4 tsp.)  
1 cup fresh mint leaves (or if dried and crushed, about 4 1/2 tbsp.)  
Sugar, Sugar substitute, or honey to taste  
8 1/2 cups water

Bring the water to boil on the stove, then turn off the heat, toss your herbs in, cover the pot, and let it sit and steep for about 5 minutes. Then add the sugar (or whatever sweetener you prefer), Stir then strain it through a sieve (or cheesecloth) into a heat resistant container or pitcher. Enjoy hot or cold.

## Quick & Easy Desserts

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85106

November 23, 2011 - Wednesday

8:30am - 12:00pm

Desserts don't have to take hours to prepare and involve lengthy, complicated recipes. Create gourmet desserts with our quick and easy recipes.

## Raw Cuisine

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85101

September 14, 2011 - Wednesday

8:30am - 12:00pm

Learn how to "un-cook" your food, explore fantastic new flavors and combinations. Intensify your raw food entrees with spices and delight in the pure flavor of fresh, raw, and organic foods.

### What is it?

**Raw Foodism:** a way of life promoting the consumption of un-cooked, un-processed, and organic foods as a large part of the diet. The typical belief is that the greater the percentage of raw food consumed in the daily diet, the greater the health benefits.

## Sassy Sauces

Catalog #42-303-408


Fee: \$20.19 Seniors 62+ \$9.00

### Class #85102

September 27, 2011 - Tuesday

1:00pm - 4:30pm

Take your cooking to a fun new level and enjoy learning how sauces can improve your favorite meat, sandwiches, and desserts. Make one of a kind sauces; explore fat-free, and salt-free recipes too.



## Norwegian Cooking

Catalog #42-303-408

Fee: \$15.19 Seniors 62+ \$4.00

### Class #84711

December 14, 2011 - Wednesday  
9:00am - 12:40pm

Norway is known for its fish and seafood, but also for its variation and many flavors. Make and bake traditional recipes from main entrees to desserts.

## Outfitting Your Kitchen

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85116

October 20, 2011 - Thursday  
5:00pm - 8:30pm

What can all of those gadgets, utensils, and equipment do for you in the kitchen? Learn how to prepare your favorites recipes using the proper tools. Simple recipes will be demonstrated.

## Pasta

Catalog #42-303-400

Fee: \$15.19 Seniors 62+ \$4.00

### Class #84696

September 7, 2011 - Wednesday  
1:00pm - 3:40pm

Fresh homemade pasta and easy to make pasta dishes will be featured. Fresh pasta is usually made with only three ingredients and is very simple to make. Yet, home cooks are often intimidated by the thought of making pasta from scratch. Tips will be given on shaping and storing.

### Pasta Tips:

- Never rinse cooked pasta.
- Add salt to the water
- Cook to al dente state

## Pumpkin Pizzazz

Catalog #42-303-403

Fee: \$39.52 Seniors 62+ \$17.15

### Class #85060

October 3 & 5, 2011 - Monday & Wednesday  
8:30am - 12:00pm

Join us in learning the many different ways pumpkins can add pizzazz to your autumn recipes. They can be grilled, baked, broiled, sautéed, stewed, roasted, steamed...well, you get the idea!



## Holiday Cookies

Catalog #42-303-444

Fee: \$22.14 Seniors 62+ \$5.36

### Class #84708

December 3, 2011 - Saturday  
9:00am - 3:00pm

**Lunch will be provided**

### Class #84712

December 15, 2011 - Thursday  
9:00am - 3:00pm

Prepare a variety of Christmas cookies, suitable for cookie exchanges, gift giving or freezing. Take home the finished cookies. **Register early, these classes fill up quickly!**

## Holiday Foods w/Filo Dough

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85115

October 10, 2011 - Monday  
8:30am - 12:00pm

Filo dough is used for more than just desserts. Meats, appetizers, veggies, pie shells, and pastries. Learn how easy it is to use this versatile dough and impress your family and friends!

### What is it?

Fi-lo (or Phyllo): dough that is paper-thin sheets of raw, unleavened flour dough used for baking.

## International

Catalog #42-303-403

Fee: \$56.29 Seniors 62+ \$22.73

### Class #84694

August 15 - 24, 2011 - Mon/Wed  
9:00am - 11:40am

Russian, Middle East, Irish, Jamaican! You will enjoy and celebrate the foods from far away. Each session will touch on the traditions and customs of the selected countries.



## Italian Peasant Bread

Catalog #42-303-400

Fee: \$15.19 Seniors 62+ \$4.00

### Class #84695

August 31, 2011 - Wednesday  
11:00am - 1:40pm

What's crusty, soft inside, and fat-free? Come and find out how delicious this class can be.

## Jewish Cooking

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85107

December 13, 2011 - Tuesday  
1:00pm - 4:30pm

Jewish cooking is a unique creation of cooking styles from the many places that Jewish people have lived throughout the centuries. Jewish cooking shows the influence of Middle Eastern, Mediterranean, Spanish, German and Eastern European styles of cooking, all influenced by the unique dietary constraints of Jewish laws.

## Juices & Smoothies

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85098

November 29, 2011 - Tuesday  
8:30am - 12:00pm

Explore creative ways to meet your daily nutritional values with juices and smoothies. You be amazed at the variations!

## Ladies Tea

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85110

August 16, 2011 - Tuesday  
8:30am - 12:00pm

Sorry guys, this class is just for the ladies. Enjoy and foster new friendships, sip flavored teas and enjoy finger foods and dainty sandwiches and end your perfect day with delicious desserts.



## Moroccan Cooking

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85112

October 18, 2011 - Tuesday  
1:00pm - 4:30pm

Morocco, the culinary star of North Africa, is the doorway between Europe and Africa. Moroccan cooking is known for the use of rich spices. Cumin, coriander, saffron, chilies, dried ginger, cinnamon, and paprika are all part of the preparation of these unique and tasty dishes.

## Mushrooms

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85117

August 29, 2011 - Monday  
1:00pm - 4:30pm

Have you found mushrooms and wondered if they are safe to eat? Learn what types are edible, where to find them, and how to enhance your entrees with them.

#### What is it?

**Morel Mushroom:** a mushroom that appears honeycomb-like. The upper portion is composed of a network of ridges with pits between them.

## Mystery Meal

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85104

September 6, 2011 - Tuesday  
8:30am - 12:00pm

No one will know what to expect! We'll need to trust the chef on this one. Come and find out what is on the menu.

Register at  
your own risk!

## Native American

Catalog #42-303-408

Fee: \$20.19 Seniors 62+ \$9.00

### Class #85108

November 1, 2011 - Tuesday  
1:00pm - 4:30pm

Cornbread, turkey, cranberries, blueberries, hominy, and mush have been adopted into the cuisine of the United States from Native American groups. Recipes will include the traditional foods of the Native Americans.