what’s cooking...
featured recipe page 2
grilling seminars page 7
registration page 11

www.schoolcraft.edu/cepd/thedish
Healthy Sensations...Is it time to spring clean your diet? When the weather warms, we often avoid the heavier foods that we find so fulfilling in the cold months of winter. Now that spring has sprung, we are offering many culinary seminars that can help you cook lighter and eat healthier.

Our Fresh & Fabulous Salads seminar will make you change the way you think about salads forever. The Great Tasting Vegetarian & Vegan Meals seminar with Chef Gabriel will teach you how to create enticing meat- and dairy-free meals using only the freshest and highest-quality ingredients. We also are offering a new seminar, Cook for Your Age, in which you’ll learn the specific nutritional needs for each decade of your life and get wonderful recipes and tips to literally “cook for your life!”

Full descriptions for these seminars can be found on page 5. So, don’t delay as these seminars fill quickly.

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The chef’s hat indicates that you need to have completed CES 2187 Cooking 101: Skill Development prior to the class, or have instructor’s approval to register.

Please prepare and bring a tool kit with the following: a paring, chef and bread knife; peeler; spatula; dough cutter; pastry brush; thermometer; and measuring spoons. Plan to wear a white chef’s jacket, dark pants and comfortable shoes in all hands-on classes.

The rolling pin indicates that CES 2380 Pastry 101: Skill Development is strongly recommended before taking the class. Cooking 101 is not required.

Please prepare and bring a tool kit with the following: a rubber spatula; pastry brush; rolling pin; paring knife; vegetable peeler; french knife; melon baller; (2) 16” pastry bags; pastry tubes (Large No. 5 Plain Tube; Large No. 5 Star tube); serrated bread knife; 3” and 10” icing spatula. Plan to wear a white chef’s jacket, dark pants and comfortable shoes in all hands-on classes.

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The recipe

Cucumber-Mango Salad with Romaine and Lime-Cilantro Dressing

**Dressing (makes about 1 ¼ cup)**
- ¾ cup vegetable oil, olive oil, or a mixture of both
- ½ cup fresh lime juice
- ½ teaspoon grated lime zest
- ½ cup packed cilantro, thick lower stems removed
- 1–2 serrano chiles or 1 jalapeno chile, stems removed and roughly chopped
- 1 scant teaspoon salt

**Salad (serves 4)**
- 1 large cucumber, peeled and seeded, medium dice
- 1 large ripe mango, peeled, medium dice
- 1 medium bunch watercress (optional)
- 4–5 large large romaine leaves, cut crosswise in ¼ inch slices to make 2 cups
- Fresh Mexican queso fresco cheese for garnish, crumbled
- 2 ounces pepitas (green roasted pumpkin seeds)

1. To prepare dressing, combine all ingredients in a blender and process until smooth. Add more salt if necessary to taste. Pour into a jar, secure the lid and refrigerate. Shake well before use.
2. To prepare salad, combine the cucumber, mango, watercress and romaine lettuce in a large bowl. Sprinkle pepitas over the salad if you wish to add a crunchy delicious flavor. Garnish with a little queso fresco. Drizzle with Lime-Cilantro Dressing.

Try this recipe and more in the Contemporary Mexican Food class—see page 4.
the seminars

skills classes

Cooking 101: Skill Development
In this relaxed and comfortable environment you will learn basic cooking terminology and techniques. Learn how to properly use basic knives and hand tools and discover safe and sanitary methods for food preparation. This class is a prerequisite for most Schoolcraft College’s CES hands-on Culinary Arts classes or instructor’s approval, unless otherwise noted. A tool kit is not required for this class.

Tuesday, May 17 & Thursday, May 19
2 days
J. Gabriel, CMC
$105/Senior Cost $84
CES 2187 (.6 CEU) Sec. 921002

Tuesday, May 24 & Thursday, May 26
2 days
J. Gabriel, CMC
$105/Senior Cost $84
CES 2187 (.6 CEU) Sec. 921011

Pastry 101: Skill Development
Learn basic baking terminology and techniques in a comfortable setting. You’ll gain information on proper pastry tool skills and safe and sanitary methods for food/baking preparation. Set a solid base for your baking future. This class is strongly recommended for Schoolcraft College’s CES Pastry and Baking hands-on Culinary Arts classes, unless otherwise noted.

Saturday, June 18
1 day
M. Haight, CEC, CEPC
$105/Senior Cost $84
CES 2380 (.6 CEU) Sec. 921009

Knife Skills for Vegetables & Herbs: Hands-on
Did you know that many chefs consider the knife to be the most important tool in the kitchen? Improve your speed and safety in the kitchen by learning knife skills. Discover how to choose the proper knife for the item you’re cutting and how to properly care for your knives. Learn to master basic cuts and especially how to cut vegetables and herbs. Please bring a chef knife, paring knife and peeler to class.

Monday, June 20
1 day
J. Gabriel, CMC
$89/Senior Cost $71.20
CES 2363 (.3 CEU) Sec. 921003

Pastry Boot Camp: Hands-on
Get ready to dig in the trenches, get dirty and be part of this four-evening basic-training pastry course. Fall in and learn the fundamentals and techniques used in preparing pastry creams and custards, pies and tarts, French pastries and tortes, and cheesecakes. Each night will be filled with new and exciting information, practical hands-on experience and opportunities to taste the results. Enlist now!

Tuesday–Friday, July 19–22
4 days
J. Decker, CMPC
$399/Senior Cost $319.20
CES 2381 (1.6 CEU) Sec. 931033

I absolutely love your pastry classes. Not only are they educational, but they are inspiring. All of my friends and family are so impressed with my baking skills. Thank you for giving me the ability to bake with confidence!

Sharon B., Pastry Boot Camp student

for more information visit www.schoolcraft.edu/cepd/thedish or call 734-462-4448 | 3
Chef Ana Maria Perez

Chef Perez is on a mission to introduce Americans to real Mexican food. Her passion for food began in her hometown of Mexico City. After receiving her BA in food science from Universidad Autonoma Metrotitana and conducting research at the Agriculture Research Center in Bristol, England, she came to the United States and graduated from Schoolcraft’s Culinary Arts program. Chef Ana is currently a diet technician for the University of Michigan Health System in Ann Arbor.

Now Ana wants to expand your culinary experiences as you explore with her the unique flavors, spices, and diversity of the incredible dishes that make up the authentic cuisine enjoyed by the people of Mexico. It isn’t just served at celebration, it is a celebration!

Try Chef Ana’s recipe on page 2.
NEW Your Signature Dish Made Healthy
You don’t have to quit making your favorite dishes when you adopt a healthier lifestyle. Unhealthy dishes can be turned into healthy dishes by knowing three key concepts: substitution, reduction, and cooking method. See a side by side comparison of two recipes for the same dish, one healthier than the other. Compare and contrast the nutritional value and taste. Discover healthy dishes can be comfort food, too!
Wednesday, May 25  6-9 pm
1 day  J. Gabriel, CMC
$89/Senior Cost $71.20  VT630
CES 2450  (.3 CEU)  Sec. 921014

NEW Cook for Your Age
Studies show there is a connection between a healthy diet and aging. No matter what age you are, 20s, 30s, 40s, 50s or up, eating correctly for your age can improve your lifestyle, reduce the risks of chronic health problems and keep you living well. Learn the specific nutrition needs for each decade and get wonderful recipes and tips to literally “cook for your life!”
Thursday, July 7  6-9 pm
1 day  G. Rapitis
$89/Senior Cost $71.20  VT630
CES 2448  (.3 CEU)  Sec. 931036

Fresh & Fabulous Salads: Hands-on
When you think of salad do you think of iceberg lettuce with a few veggies thrown in for good measure? Change that thinking forever and learn to create salads you’ll be proud to serve, including composed salads, entree salads and side salads. Don’t forget those always popular “dish-to-pass” pasta and rice salads, too. Learn to make great vinaigrettes and emulsified dressings. Make your salad ‘La Piece De Resistance’!
Wednesday, June 15  6-9 pm
1 day  J. Gabriel, CMC
$99/Senior Cost $79.20  VT635
CES 2173  (.3 CEU)  Sec. 921019

Great Tasting Vegetarian & Vegan Meals: Hands-on
Learn how to create enticing meat and dairy free meals using fresh, high-quality ingredients. On day one learn about vegetarian and vegan cuisine, including hands-on prep work. On day two you’ll cook, discovering firsthand how satisfying and flavorful vegetarian and vegan dishes can be. Even if you are not a vegetarian, discover how meat- and dairy-less meals can be great meal alternatives.
Tuesday & Wednesday, July 26 & 27  6-9 pm
2 days  J. Gabriel, CMC
$125/Senior Cost $100  VT620
CES 2247  (.6 CEU)  Sec. 931037

Beat the Heat—Light Summer Meals
Do you often crank up the air conditioning or order take out to avoid heating up your kitchen on a hot summer day? Enjoy a better option and learn to prepare simple, light entrees, barbeque dishes, salads and desserts. Discover sure-fire menu ideas and entertaining suggestions guaranteed to save your food budget and your electric bill. Beat the heat!
Thursday, June 23  6-9 pm
1 day  K. Lewton
$109/Senior Cost $87.20  VT630
CES 2426  (.3 CEU)  Sec. 921012

Whole Grains: Reap the Rewards
Whole grains are more popular than ever. Discover the fun of freshening up your palate with fresh, new flavors, and enjoy the many benefits of whole-grain goodness. Learn how to make entrees and main dishes made from barley, brown rice, quinoa, spelt, buckwheat and amaranth. Find out the proper way to clean and cook these small health treasures. Become whole grain savvy.
Wednesday, July 6  6-9 pm
1 day  J. Gabriel, CMC
$89/Senior Cost $71.20  VT630
CES 2246  (.3 CEU)  Sec. 931035

for more information visit www.schoolcraft.edu/cepd/thedish or call 734-462-4448 | 5
unique offerings

Eastern Market Tour
Experience Detroit’s Historic Eastern Market with Master Chef Jeff Gabriel as your tour guide. Chef Jeff will introduce and explain both local and exotic food products including flowers highlighting all the market has to offer through the eyes of a culinary connoisseur. Learn how to identify and select the best and freshest items. Meet outside of R. Hirt, Jr. Co. at 9 am. Close parking is limited. Come early for the best parking opportunities.
Saturday, May 7 9 am-12 pm
1 day  J. Gabriel, CMC
$45/Senior Cost $36  Off Campus
CES 2427 (.3 CEU) Sec. 921021

Culinary Gardening
Whether you’re interested in growing basil for pesto, cilantro for salsas or mint for summer iced tea, start here. Enjoy fresh herbs and vegetables all summer long from your own culinary garden! Learn how to choose, plant and use herbs, vegetables and edible flowers. Get tips for planting, growing and harvesting your bounty. Both outdoor and indoor gardens will be discussed.
Wednesday, May 18 6-9 pm
1 day  J. Gabriel, CMC
$89/Senior Cost $71.20  VT635
CES 2334 (.3 CEU) Sec. 921007

Planning Your Perfect Event
When planning a small or large graduation party, shower, barbeque or wedding have total control by doing it yourself! Learn tips of the trade to manage rentals, linens, food, props and theme menus. Get guidelines for ordering food and drink amounts. See cooking demos and take a photo tour of how to do fabulous food stations. Get sure fire recipes for your event planning arsenal.
Saturday, May 21 10 am-2 pm
1 day  K. Lewton
$119/Senior Cost $95.20  VT630
CES 2421 (.4 CEU) Sec. 921013

Artisan Breads: Hands-on
Forget about buying bread forever! Explore many varieties of flavored breads using natural and sourdough starters. Learn about different types of flour and their effects on fermentation. Practice proper mixing and handling, while discovering the make-up of Artisan breads.
Tuesday–Friday, May 31–June 3 5-10 pm
4 days  J. Gabriel, CMC
$249/Senior Cost $199.20  VT635
CES 2188 (2.0 CEU) Sec. 921020

Intro to Fruit & Vegetable Carving: Hands-on
Join Chef St. Souver, a Food Network alum, for an amazing fruit and vegetable carving experience. You’ll learn about the needed tools and tool safety, basic creative techniques, how to choose quality carving pieces and how to store your bounty. Roll-up your sleeves and try your hand at carving a turnip, honeydew, cantaloupe, cucumber and green onions. You’ll be amazed what you can do. No experience necessary. All supplies and tools provided at the class. Please bring a box to take your carved masterpieces home with you.
Thursday, June 2 6-9 pm
1 day  D. St. Souver
$89/Senior Cost $71.20  VT630A
CES 2376 (.3 CEU) Sec. 921005

Home-Cook’s Night Out: Hands-on
People regularly plan nights out for hobbies, sport and fellowship. If cooking is your passion, make Friday evenings your cooking night out! Each week focus on a skill or the preparation of a particular type of food including meats, fish, poultry, salads and breads. Refine your skills, make new friends, while enjoying an evening of fine food. Bring a chef jacket and a basic set of knives. Call 734-462-4448 for details.
Friday, June 10 6-9 pm
6 weeks  J. Gabriel, CMC
$299/Senior Cost $239.20 American Harvest Restaurant
CES 2452 (1.8 CEU) Sec. 931034
Outdoor Grilling: Hands-on
Transform your backyard into a successful outdoor party regardless of the weather. Learn to infuse your own oils and vinegars to prepare unique and flavorful marinades and salad dressings. The secrets of successful grilling of poultry, seafood and vegetables will be demonstrated. A variety of salad dishes will be demonstrated using mixed greens, fruits and pasta.
Tuesday & Wednesday, June 21 & 22 5-9 pm
2 days  J. Gabriel, CMC
$139/Senior Cost $111.20  VT620
CES 2241 (.8 CEU)  Sec. 921008

Gourmet & Upscale Burgers: Hands-on
Become the master of the burger. Learn the various ingredients available for your masterpieces...beef, chicken, turkey, salmon and veggies. Create gourmet toppings and condiments that enhance your burger creations. Experience different preparation options—on the stove top, grill, broiler or in the oven. Realize you can truly entertain using the burger as you take your hamburger to a new culinary level.
Thursday, June 23 6-9 pm
1 day  M. Haight, CEC, CEPC
$119/Senior Cost $95.20  VT620
CES 2302 (.3 CEU)  Sec. 921024

The Art of Advanced Grilling: Hands-on
Knowledge is power—and that applies to the grill, too. Learn the advanced grilling techniques to take your grilling to the next level. Learn how fire flavors food, and the kind of heat that is right for fish, vegetables and meat. Discover additional seasoning techniques and how to maximize your grill’s capabilities. Get more flavor from your grilled foods and more compliments for the chef.
Tuesday & Wednesday, June 28 & 29 5-9 pm
2 days  J. Gabriel, CMC
$139/Senior Cost $111.20  VT620
CES 2324 (.8 CEU)  Sec. 921004

wine tastings

Varietal Wines of the World
A varietal wine is a wine that uses the name of the dominant grape from which it is made. Learn about and taste wines of one varietal per class from different areas of the world. Learn the general characteristics of the various grapes and discover how the growing regions affect the flavor of the wine you taste. You must be at least 21 years old to attend.
Monday, May 2 7-9 pm
5 weeks  L. Hershey
$169/Senior Cost $135.20  W210B
CES 2143 (1.0 CEU)  Sec. 921001

“Grilling means good times, good friends, and hopefully, great food.”
Bobby Flay, restaurateur, celebrity chef
baking & dessert delights

NEW Tropical Desserts: Hands-on
This spring look to tropical fruit to bring your mind to a warm place, where the sun always shines, cool breezes skate across clear blue water, and mangoes, pineapples, and papayas fill the kitchen. Learn about unique fruit varieties and how to use them in pastries, tarts, creams and cakes. Also expect to experience local spring fruits as available.

Tuesday, May 24 6-9 pm
1 day  J. Decker, CMPC
$109/Senior Cost $87.20  VT635
CES 2453  (.3 CEU)  Sec. 921025

NEW Home-Baker’s Night Out: Hands-on
If baking is your passion, take one evening a week and do a baker’s night out! Each week you’ll focus on a different baking skill that will exercise and improve your baking repertoire. Enjoy a vast array of recipes that will accommodate all levels. Refine your skills, make new friends, while enjoying an evening of fine baked goods. Bring a chef jacket and the pastry tool kit called out in the booklet. Call 734-462-4448 for details.

Wednesday, June 22 6-9 pm
3 weeks  J. Decker, CMPC
$149/Senior Cost $119.20  VT635
CES 2455  (.9 CEU)  Sec. 921023

kids cooking

KIDS on campus

Culinary Arts Boot Camp:
Grades 7, 8 & 9
Don your chef jacket and prepare for five days of basic training. Not the military kind of training, but the cooking kind! You’ll begin with basic sanitation and knife skills. You’ll prepare daily menus, cook your lunch, eat it and critique your efforts. Everyday will be a new and exciting experience, filled with information on nutrition, preparation techniques and hanging out with other chefs. No experience necessary. Please bring a tool kit with the following: a paring, chef and bread knife; spatula; dough cutter; pastry brush; thermometer; and measuring spoons. Plan to wear an apron, long pants and comfortable shoes.

Monday–Friday, July 11–15 9 am-3 pm
1 week  J. Gabriel, CMC
$249  American Harvest Restaurant
CES 2374  Sec. 939843

Monday–Friday, July 18–22 9 am-3 pm
1 week  J. Gabriel, CMC
$249  American Harvest Restaurant
CES 2374  Sec. 939854

Monday–Friday, July 25–29 9 am-3 pm
1 week  J. Gabriel, CMC
$249  American Harvest Restaurant
CES 2374  Sec. 939882

Kitchen Combat Training:
Grades 7, 8 & 9
Drop and give me 20—eggs that is. Get ready for five days of intensive fun-filled culinary arts training. Build up your cooking skills, flex your muscles and learn how to cook fabulous meals and desserts that will impress every civilian. Every day, make your culinary lunch creation—you even may be able to take home a few tasty treats. Prerequisite: Culinary Arts Boot Camp or Culinary Arts Exploration. Please bring a tool kit with the following: a paring, chef and bread knife; spatula; dough cutter; pastry brush; thermometer; and measuring spoons. Plan to wear an apron, long pants and comfortable shoes.

Monday–Friday, August 1–5 9 am-3 pm
1 week  J. Gabriel, CMC
$249  American Harvest Restaurant
CES 2413  Sec. 939868

These are just some of the exciting adventures that await kids in grades 1–12 this summer in the Kids on Campus program. Camps begin July 11. Visit www.schoolcraft.edu/koc to view the schedule or call 734-462-4448 to be mailed a copy.

Registration going on now! Check the Web site often as new camps may be added.
food service training

ServSafe
Textbook included. Designed for employees, owners and managers of food service establishments, this course will prepare you for final examinations administered by the Educational Foundation of the National Restaurant Association. Upon successful completion of the program and exam (taken in class), the certified individual will be qualified to train personnel in sanitation techniques, communicate with representatives of the health departments having jurisdiction, recognize sanitation deficiencies and initiate improvements.

Thursday & Friday, May 5 & 6  8 am-5 pm
2 days  T. Holewinski
$225/Senior Cost $180  MC110
CES 2087  (1.8 CEU)  Sec. 921016

Thursday & Friday, June 2 & 3  8 am-5 pm
2 days  T. Holewinski
$225/Senior Cost $180  MC155
CES 2087  (1.8 CEU)  Sec. 921022

NEW Culinary Technology: Rapid Cooking & Microwaving
Staying current with technological advances is essential for personal and professional success in the culinary industry. See how rapid cooking and microwaving technology has evolved and been redefined. Learn ways to merge these newer technologies into food preparation. Enrollment is limited to allow for an enjoyable interactive experience in our butchery kitchen.

Wednesday, May 18  6-10 pm
1 day  Z. Kuczynski
$99/Senior Cost $79.20  VT625
CES 2451  (.4 CEU)  Sec. 921026

NEW Culinary Technology: Sous Vide, Vacuum Packing & Cooking
Staying current with technological advances is essential for personal and professional success in the culinary industry. Discover sous vide, a two-method process of cooking which uses temperatures much lower than those of conventional cooking and the exclusion of air, and how to incorporate this technology into food preparation techniques. Enrollment is limited to allow for an enjoyable interactive experience in our butchery kitchen.

Wednesday, June 8  6-10 pm
1 day  Z. Kuczynski
$99/Senior Cost $79.20  VT625
CES 2454  (.4 CEU)  Sec. 921006

NEW Culinary Technology: Combination Ovens & Steam Theory
Staying current with technological advances is essential for personal and professional success in the culinary industry. Explore the use of combination ovens and the steam theory and learn how to incorporate this technology into food preparation techniques. Enrollment is limited to allow for an enjoyable interactive experience in our butchery kitchen.

Wednesday, July 13  6-10 pm
1 day  Z. Kuczynski
$99/Senior Cost $79.20  VT625
CES 2456  (.4 CEU)  Sec. 931038
Registration begins at 8 a.m. on April 8 and continues until the day before class meets. The college will be closed May 30 and July 3–4 for the holidays. Online registration is strongly recommended. You will be enrolled immediately, depending on class availability. Mailed registrations are processed manually; use the form on page 11 and return it at least one week before the class begins. We are not able to take registration or payment information over the phone. Refunds are issued in accordance with college policy.

**ONLINE** [https://webadvisor.schoolcraft.edu](https://webadvisor.schoolcraft.edu)

**Hours:** Monday–Saturday, 2 a.m. to 11 p.m.; Sunday, 2 a.m. to 9 p.m.

Go online to search and register for classes. A credit card or check payment is required when registering via the Web. Please have your payment information at hand. If you prefer to pay with cash, you may use the in-person registration process. If you experience any problems registering via the Web, please contact the Admissions and Enrollment Center at 734-462-4426 before attempting to proceed with your registration.

Instructions for how to log in and register are available on the online registration page. If you are registering for the first time, use the Continuing Education link on the left to register for classes without logging in. If you have taken a class before, please log in and then register.

**WALK-IN** Monday–Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 4:30 p.m.

Extended hours May 2–12: Monday–Thursday, 8 a.m. to 7 p.m.

No walk-in registration May 30 and July 4.

It is the policy of Schoolcraft College that no person shall, on the basis of race, color, national origin, gender, age, marital status, creed or disability, be excluded from participating in, be denied benefits of, or be subjected to discrimination during any program or activity or in employment.
Schoolcraft College
Continuing Education
AND Professional Development

Registration/Admission form | Spring/Summer 2011

Please use one registration form per student and duplicate this form as needed.

Before registering please notify the college of any change to name, address or phone numbers. Changes must be submitted on a Personal Data Change Form found in the FAQ section of our Web site. Entering new contact information on your registration form does not automatically update your records. We use this information to send class confirmation or contact you regarding any changes in class status.

Enclosed is my Check/Money Order payable to Schoolcraft College

Charge to VISA/MC/Discover No. _________________________________________    Exp. Date  _________________

Company-paid tuition:
Co. Name _____________________________________________
Co. Address ____________________________________________
Billing Contact Person ____________________________________
PO# ____________________________________________________

Mail to: Schoolcraft College
Cashier: CE
18600 Haggerty Rd.
Livonia, MI 48152-2696

For office use only:

Total: $ __________

1. Are you Hispanic?  ❑ Yes  ❑ No
2. Please select one or more races:
   ❑ American Indian or Alaska Native
   ❑ Asian  ❑ Black or African American
   ❑ Native Hawaiian or Other Pacific Islander
   ❑ White

Section No. CES No. Title of Course

AMT: $ __________
AMT: $ __________
AMT: $ __________
AMT: $ __________
AMT: $ __________

Signature required for charge card payment (Refund checks are issued to students rather than charge card credits)
Culinary Seminars
Spring/Summer 2011

Schoolcraft College
Continuing Education
AND
Professional Development

NEW SEMINARS

Fiesta Mexicana: Hands-on
Your Signature Dish Made Healthy
Cook for Your Age
Tropical Desserts: Hands-on
Home-Baker’s Night Out: Hands-on
Culinary Technology: Rapid Cooking & Microwaving
Culinary Technology: Sous Vide, Vacuum Packing & Cooking
Culinary Technology: Combination Ovens & Steam Theory