

REGISTER TODAY!



Saturday Chef

— Community Cooking Classes —



Hands-on cooking classes taught in Helms College culinary labs as a part of Continuing Education. Professional chefs will teach and entertain you and afterward you can enjoy your creations.

HelmsContinuingEducation.com



helms.edu

Hurry—class sizes limited!

Call 706-651-9707 or email
saturdaychef@helms.edu



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Saturday Chef 2017 Class Schedule

All classes 10:00 am – 12:30 pm \$75 *per person*

Jan 21 Party Food: Small plates, appetizers and hors d'oeuvres

Make a meal out of just the appetizers. Learn to create fine finger foods, delicious dips, and impressive cuts of meat.

Feb 11 Bite-Sized Delights

Learn the art of mini desserts with special guest, award winning Pastry Chef Paige Chapman. And create some take-home treats for that special someone.

Mar 11 Basic Meat & Fish

Learn basics of meat & fish selection and handling; & basic knife skills including filleting & separating, de-boning, seasoning, marinating and storing flat fish, pork and beef cuts.

Apr 29 International Cuisine Series: Indian/Asian

Explore traditional dishes to “Americanized” takeout favorites like Chicken Tikka Masala, Scallion Pancakes, Indian Samosas and a simple version of General Tso’s.

May 20 International Cuisine Series: Mediterranean/Greece to Italy

Our Mediterranean class will emphasize simple, healthy foods using traditional ingredients like olive oil, fresh fish, nuts, seeds, and items from Helms College Culinary garden overseen by our Associates Program class.

June 24 Bar-B-Que - Grilling & Smoking

Marinades, dry rubs, smoking and sauces. We’ll show you how to get the most flavor from choosing the right cut of meat to cooking, resting and serving it properly.

July 22 Kids in the Kitchen

Our chefs will help young aspiring chefs get on the right culinary track with some basic knife skills, sautéing, and roasting techniques. They’ll also get to prepare some simple sauces and, of course, eat their creations.

Aug 19 Salads & Sides

From the outer edge to the center of our plates, salads and side dishes are becoming the main event. Create tasty and appealing salads, dressings, and side dishes with just a few basic rules to follow.

Oct 14 Pizza, Flatbread & Focaccia

Learn how to prepare delicious combinations of sauces, toppings and doughs using expert culinary techniques. Explore flavors and textures from Sicily to Brooklyn with one of America’s favorite foods.

Nov 11 Hot & Cold Plated Desserts

Easily jazz up your favorite desserts from pies and cakes to ice creams and custards. Prepare basic dessert sauces like chocolate and raspberry coulis, make tulie cookie plate garnishes, and pipe the perfect whipped cream rosette.