



Community Education

Learn with a Chef: Cast Iron Cooking

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Course Description:

Embark on a culinary journey through the art of cast iron cooking in this comprehensive three-part series, designed for both beginners and experienced cooks. You'll explore a variety of cooking techniques, from sautéing and frying to braising, stewing, and baking, while learning the unique benefits and versatility of cast iron cookware. Each class begins with a focused lecture, followed by a demonstration with optional participation. Whether you're looking to enhance your culinary expertise or simply want to explore the enduring appeal of cast iron, this series offers a rich and rewarding experience.

Learning Outcomes:

- Outcome -A brief history of cast iron
- Outcome -Where to buy, and equipment types
- Outcome - How to clean and store equipment to last for generations
- Outcome - How to use cast iron using different cooking methods
- Outcome - Great recipes to cook with various cast iron equipment types.

Course Schedule:

Location: Kitchen 181

Sessions: 1

This immersive workshop brings together the essential cast iron cooking techniques of deep frying, braising and stewing, and baking in a single, hands-on session. The class opens with a foundational lecture introducing various types of cast iron cookware, proper care and maintenance, and tips on maximizing its durability and versatility. Students will receive a comprehensive booklet containing lecture key points, space for notes, class recipes, and additional recipes to practice at home, allowing them to solidify their new skills.

The workshop begins with an optional hand- on demonstration of deep frying using a Chicken Parmesan recipe, where students learn techniques to achieve perfectly crisp, even results. Next, the class dives into braising and stewing, focusing on using different heat sources—such as gas, electric, and induction—and mastering slow-cooking methods to create rich, flavorful dishes, demonstrated with a classic Irish Stew.

After a brief break, the class resumes with a session on cast iron baking, exploring the unique health benefits and heat retention properties of cast iron as students prepare Margarita Pizza and Apple Crisp. The workshop wraps up with an open Q&A session, where students can ask questions, discuss recipe adaptations, and gain extra tips, ensuring a well-rounded experience for anyone eager to master the art of cast iron cooking.

Selected Bibliography/Resources:

● Optional book: Cook It in Cast Iron: Kitchen-Tested Recipes for the One Pan That Does It All

By: Cook's Country / ISBN-10 1940352487

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation please Call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/