



Community Education

Winter 2024

Learn with a Chef: Curry in a Hurry

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Learn with a Chef: Substantial Seeds

Instructor: Paula Sanford

Course Description:

In this course, we will use seasonal vegetables, grains, and legumes to make nourishing and satisfying meals that are nutritionally balanced and delicious. We will explore basic food science principles to successfully flavor and prepare food. Recipes will have gluten free and vegetarian options.

Learning Outcomes:

- Select and prepare seasonal produce, including basic knife skills
- Successfully cook a variety of whole grains and beans
- Prepare and modify dressings and sauces to suit preferences
- Describe nutritional properties of ingredients

Course Schedule:

Week 1: Curry in a Hurry

Week 2: Substantial Salads

Selected Bibliography/Resources:

- Salt, Fat, Acid, Heat by Samin Nosrat

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/