All cooking classes have a $15 food fee to be paid to the instructor at the beginning of class.

Expand your knowledge of cooking techniques and recipes at UNM Continuing Education. Are you known for your dinner parties, or would you like to be? Then our cooking classes are for you. Learn new cuisines in fun and delicious lessons. Increase your culinary abilities to spice up your menus.

Our instructors are professional chefs. Most cooking classes follow a one-evening format. Practice cooking hands-on, and enjoy a great meal that you helped prepare.

### COOKING 101
Learn basic cooking techniques as well as developing new recipes to please all. You will learn how to read a recipe, how to put it all together in a timely manner and have the confidence to try new things. This class is a must for those who want to go forward in their culinary experience! You will learn knife skills, how to properly cut vegetables and fruit and how to use substitutions in recipes with the same end result.

<table>
<thead>
<tr>
<th>Course 03286</th>
<th>Jan 24</th>
<th>$65</th>
<th>Th</th>
<th>For 1 Session 6:00PM-9:00PM</th>
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<tbody>
<tr>
<td>SPA-PE</td>
<td>Jan's on 4th</td>
<td>Janice Laird</td>
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### PALEO COOKING
Paleo Cooking is a healthy way to eat, have an abundance of energy and lose weight! We will utilize different meats, vegetables, fruits and juicing in this class!

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<tr>
<th>Course 03305</th>
<th>Jan 25</th>
<th>$65</th>
<th>F</th>
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<td>Jan's on 4th</td>
<td>Janice Laird</td>
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### INDIAN BREAKFAST FOR DINNER
in this class, we bring together a variety of breakfast items to prepare a quick and delicious dinner. The menu includes a much-loved Indian breakfast combo serving savory upma with veggies, crunchy deep-fried medu vada, coconut chutney and sweetened semolina with banana or sajjige.

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<tr>
<th>Course 03313</th>
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<th>For 1 Session 1:30PM-4:30PM</th>
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<tr>
<td>SPA-PE</td>
<td>Los Altos Christian Church</td>
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**HOW TO REGISTER:** Online: ce.unm.edu/Cooking  Email: ceregistration@unm.edu  Phone: 505.277.0077 x1  In Person: M-F, 8am-4pm at 1634 University Blvd. NE
CLEAN EATING
Learn first hand how to develop clean eating habits. You will make and taste several delicious and healthy dishes with no sugar and no wheat. Join us and reap the benefits of clean eating.

Course 03260 $65 For 1 Session
SPA-PE Jan 31
Jan's on 4th
Janice Laird

STEWS & SOUPS
There is nothing better than hot soup on a cold day. Join us and learn how to make homemade stocks, oven-roasted vegetable soup and, of course, biscuits. These classics will serve you well throughout the year.

Course 03291 $65 For 1 Session
SPA-PE Feb 15
Jan's on 4th
Janice Laird

ONE POT MEALS
Join us and learn to make wonderful home-cooked meals. You will make delicious chicken pot pie, assorted casseroles and stews. These one pot meals are hearty and delicious crowd pleasers.

Course 03296 $65 For 1 Session
SPA-PE Feb 1
Jan's on 4th
Janice Laird

THE ART OF BAKING
Perfect a delicious talent! Hands-on practice and demonstrations will help build your high-altitude baking skills. You’ll put baking techniques into practice and learn about topics including the chemistry of baking, and weights and measures as applied to cakes, breads and pastries.

Course 03250 $65 For 1 Session
SPA-PE Feb 19
T
Los Altos Christian Church
Gilda Latzky

SOUP: FROM STOCK TO FINISH
Soup is the perfect starter and a hearty main dish. Learn to cook up a variety of soups starting with the basics of making chicken stock. Then apply that skill to make elegant first-course soups and thick, hearty soups.

Course 03255 $65 For 1 Session
SPA-PE Feb 5
T
Los Altos Christian Church
Gilda Latzky

HEALTHY ASIAN COOKING
Come and learn some easy recipes and tips for everyday Asian cooking. Healthy cooking is only a few steps away. Learn to make Spring Rolls, Asian Chicken, Pad Thai and a few old favorites mixed in with new spices.

Course 03295 $65 For 1 Session
SPA-PE Feb 21
Th
Jan's on 4th
Janice Laird

GLUTEN FREE BAKING
Gluten-free living is becoming more common for individuals coping with Celiac disease and for those who just want to limit their use of flour. Learn to make several baked goods as well as make all purpose flour mixes.

Course 03301 $65 For 1 Session
SPA-PE Feb 7
Th
Janice Laird

VEGETARIAN FEAST
In this class you will learn to use seasonal fruits and vegetables, as well as quinoa and farro! Cauliflower pizza anyone?

Course 03279 $65 For 1 Session
SPA-PE Feb 22
F
Janice Laird

VEGAN COOKING
A plant-based diet is a healthy culinary option that continues to grow in popularity. Join us and discover the vast array of delicious vegan food. Learn the fundamentals of natural foods and plant-based cooking while participating in cooking delicious plant-based recipes.

Course 03265 $65 For 1 Session
SPA-PE Feb 26
T
Janice Laird

CE.UNM.EDU/COOKING