

Don't miss a great opportunity and register now for:

Gluten-Free Cooking and Baking

Elizabeth Burnley

June 22-26, 9 am - noon, 210 MacKay Hall

- Understand gluten and traditional uses in breads, common gluten-containing foods, how gluten affects gluten-intolerant individuals, and the importance of a gluten-free diet for people diagnosed with celiac disease
- Learn how to prepare recipes replacing wheat flour with gluten-free flours, adapt your favorite recipes to become successful gluten-free recipes, cook simple and quick recipes using rice, potatoes, corn, and beans, and read labels to identify gluten-containing ingredients
- Prepare and taste delicious gluten-free breads made with corn, potato, soy, amaranth, tapioca, 'Montina', coconut, buckwheat, sorghum, or bean flours/starches, gluten-free cereal grains and legumes such as millet, teff, quinoa, chickpeas, lentils, etc., gluten-free pastas and pizza crusts made with rice, corn, quinoa, etc., and gluten-free desserts such as cakes, cookies, and brownies
- Save money by becoming skilled at adapting your favorite recipes, cooking at home, buying unprocessed foods, and planning menus
- Take home 15 gluten-free menu plans, 5 gluten-free bread recipes, a list of gluten-free foods, a list of foods with "hidden" gluten content, and a list of restaurants with guaranteed gluten-free menus

Pasta Pasta

Beatriz Spalding

July 20-24, 9 am - noon, 210 MacKay Hall

- Participants will be exposed to various aspects of pasta, including its history, culinary uses in different cultures, as well as various methods of preparation, both in traditional and less-known ways, using vegetables, meat and creams. The consumption of the prepared dishes will allow students to learn about new flavors and ingredient combinations and provide them with an appreciation for such a popular and economical raw material.
- The cultural aspects of each pasta dish will be explained and will enrich the preparation experiences. Students will gain knowledge and a new perspective of nutritious, simple and versatile pasta.
- Although the Italian tradition of pasta cookery will be emphasized, other pasta products, such as German spaetzle, Asian noodles and Moroccan couscous, will be prepared.

Each Class will be a combination of scientific instruction, demonstration, and hands-on participation. No Prerequisites. ISU students, register for FS HN 493X, one credit. General public cost is \$250 plus CEPD service fees. See www.cepd.iastate.edu

