

# "Cooking in the Kitchen with Nina"

. . . more than a cooking class!

*Perfect for beginners, cooking enthusiasts, food lovers, busy cooks, singles, couples and groups!*

- Learn culinary techniques and helpful food tips.
- Develop or expand your cooking confidence.
- Watch demonstration-style classes—up-close—sitting around the counter or attend a "hands-on" class.
- Interact, eat and have fun in a relaxing and highly social atmosphere!
- Develop better working relationships with your co-workers when taking a "team-building" class.
- Learn new preparation, serving and hospitality tips for easy entertaining.



Join Culinary Professional and Cookbook Author Nina Swan-Kohler in her kitchen in Robins, Iowa.

*Join Nina* in her ultra-modern gourmet kitchen, where you'll have all the comforts of home and an up-close view of every recipe being demonstrated. And the best part? You'll get to eat and enjoy all the tasty foods prepared during the classes.

## *What happens at a typical cooking class?*

Participants are seated around the counter and presented with a copy of the recipes to be featured in the class. Then, Nina demonstrates each recipe, offering a full serving of every item prepared in the class – along with an accompanying beverage. Most classes offer many extra "tastings" of ingredients used in the recipes. Classes are highly interactive, non-threatening and very entertaining and fun. Participants are encouraged to ask questions about the techniques and recipes.

## *Cooking Class Schedule:*

Each month, Nina develops a schedule of classes offered to anyone interested in learning more about cooking and baking. Nina enjoys teaching people how to have more success in the kitchen. Monthly schedules are sent via email to the current list of people who have signed up to receive the schedule.

If you would like to sign up to be included in this mailing, please call Nina at 319-393-7675 or send Nina an email at [swankohler@cs.com](mailto:swankohler@cs.com) Class schedules are also posted on Nina's web site at [www.ninaswankohler.com](http://www.ninaswankohler.com).

## *Types of Classes Offered:*

A variety of cooking classes are offered each month. Some include recipes for a complete meal, while others are one-subject classes. Most classes are taught demonstration-style where participants sit at the counter and watch the demonstrations. Some classes are taught as "hands-on" classes where participants get to do the cooking/baking themselves after a lesson from Nina. Most classes are scheduled from 6:00 to 9:00 p.m., however, some daytime classes are offered from 11:00 a.m. to 2:00 p.m.

## *Host Your Own Cooking Class Party:*

Set your own date and invite your friends to join you for your own class – customized to fit your needs and budget. You can choose from a list of class options. Call or send an email to make arrangements.

- Birthday parties (child or adult)
- Wedding or baby showers
- Clubs and organizations
- Business groups – "team building" classes

## *"Cooking in the Kitchen with Nina" Cooking Classes*

- Classes are limited to 10 participants.\*
- To register for a class, call: 319-393-7675 or email: swankohler@cs.com.
- Cash, checks and credit cards are accepted for payment. Make check out to: Cooking with Nina; mail to: Cooking with Nina, 460 Hickory Court, Robins, IA 52328

\*Classes can include more people, however only 10 can sit at the counter.

### *About Nina . . .*

Following is an overview of Nina's background and culinary expertise. But, even more impressive than her knowledge is Nina's genuine, down-to-earth style of teaching about food. Here's what class participants are saying . . .

*"I love the setting for the classes -- everything from the special dishes to the beautiful demonstration kitchen. Nina has a special gift for what she does."*

*"I feel like I can ask questions in the class without feeling embarrassed. Nina really put me at ease."*

*"The recipes are perfect for my lifestyle. They are easy, yet they are impressive enough for when we entertain guests."*

Nina Swan-Kohler, home economist, nutritionist, culinary professional and cookbook author, owns and operates "Cooking in the Kitchen with Nina" and Swan-Kohler & Associates Public Relations.

Nina earned a Bachelor's Degree in home economics education from Southeast Missouri State University, Cape Girardeau, MO. She also earned a Master's Degree in foods and nutrition and communications from the University of Missouri, Columbia, MO.

An expert in all things concerning food, Nina has worked for National Oats Company and CMF&Z Advertising and Public Relations in Cedar Rapids, and many food companies throughout the country.

Nina develops creative and tasty recipes; conducts cooking demonstrations; writes feature articles for newspapers and magazines and does food styling for photography. She has been featured in *Midwest Living*, *Southern Living* and *Southern Lady* magazines. Nina has written food columns for "The Woman Today" and "City Revealed" magazines. In 2003, Nina authored and published her first cookbook: "Tailgates to Touchdowns: Fabulous Football Food."

### *A lot like the having our own Food Network in Cedar Rapids . . .*

Nina Swan-Kohler has many things in common with the celebrity chefs and cooks on the Food Network, however she offers a much tastier experience. ***You get to eat everything she makes in the classes, so come hungry!***

Nina is like Rachael Ray (*30 Minute Meals*) in that's she practical and has a no-nonsense way of making cooking fun and non-threatening. Plus, she has created and developed many recipes that can be made start to finish in 30 minutes or less and has been doing so since 1981.

Nina is like Paula Deen (*Paula's Home Cooking*), in that she's a southern girl (albeit from southeast Missouri) and she's not afraid to use lots of butter when a recipe warrants or demands it.

Nina is like Sandra Lee (*Semi-Homemade*) in that she uses many convenience products to make her tasty recipes faster to stir together and easy to make, yet never sacrificing taste and flavor. The time saved is used to create the special touches in serving the food.

Nina is like Alton Brown (*Good Eats*) in that it was her mother who influenced in the kitchen as her culinary talent took off. She's not quite as wacky as Alton, but she likes to have fun in the kitchen by sharing funny stories about her life.

Nina is like Ina Garten (*The Barefoot Contessa*) in that she invites you into her home to enjoy her easy, delicious and foolproof style of cooking recipes you can make at home. Plus, their names rhyme – Ina and Nina.

Nina shares Sara Molton's (*Sara's Secrets*) mission to encourage everyone to cook delicious and healthful food at home for family and friends.

Nina is like Robin Miller (*Robin to the Rescue*) in that they both have a master's degree in nutrition and both have appeared on hundreds of local and regional television and radio programs in their careers.

**Questions, please call Nina at 319-393-7675 or  
Email: swankohler@cs.com or  
www.ninaswankohler.com**

**Class Location: 460 Hickory Court, Robins, Iowa**  
*Sign up for one class . . . or as many as you like.*  
**Gift Certificates are available.**