

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

- Learn culinary techniques and helpful food tips.
- Develop or expand your cooking confidence.
- Watch demonstration-style classes—up-close—sitting at the counter.
- Interact, eat and have fun in a relaxing and highly social atmosphere!

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

### July 2009 Cooking Class Schedule

**Sensational 4<sup>th</sup> of July Summer Menu** – *Everything will be cooked on the grill. On the menu:* Marinated and Grilled Curried Chicken Tenders (Appetizer), Rubbed and Grilled Salmon with Mango-Chipotle Sauce, Stir-Grilled Seasonal Vegetables and Honeyed Grilled Peaches served over Ice Cream. \$40.00

July 1 (Wednesday) 6:00 to 9:00 p.m.

Or July 2 (Thursday) 6:00 to 9:00 p.m.

**Perfect Pie** – If you'd like to learn to make pies with tender, flaky pie crusts, then come to this hands-on class. **On the menu:** Each person will make their own pie (fruit or cream) in the class and take it home. \$45.00

July 8 (Wednesday) 6:00 to 9:00 p.m.

**Escape to Hawaii for a Luau** - **On the menu:** Party Pina Coladas, Creamy Bacon and Macadamia Nut Spread, Strawberry-Papaya Salad, Tropical Pork Tenderloin on the Grill with Mango Salsa, Coconut Rice and Chocolate Lava Cakes. \$45.00

July 10 (Friday) 6:00 to 9:30 p.m.

**All-American Tea Party Class** – Learn to make all the favorite tea party foods so you can host your own tea party for friends. **On the menu:** Scones with Devonshire Cream, Fancy Cucumber Sandwiches, Palmiers, Madelienes and Tea. \$40.00

July 13 (Monday) 6:00 to 9:00 p.m.

**Puff Pastry Favorites** - **On the menu:** Boursin Cheese Pastry Puffs, Peachy Parmesan Palmiers, Pork Wellington and Individual Puff Pastry Cheesecakes. \$40.00

July 15 (Wednesday) 6:00 to 9:00 p.m.

**Baking Camp for Kids** – Send your kids to camp to learn the basics of baking. **July 20 to July 24**

**Day 1** – How to make and bake biscuits. (Cheesy Drop Biscuits, Monkey Bread and Cinnamon-Raisin Biscuits)

**Day 2** – How to make and bake sweet & savory muffins. (Mixed Berry Yogurt Muffins and Double-Corn and Cheese Muffins.)

**Day 3** – How to make and bake cookies & bars. (Everyday Everyway Cookies, Honey-Peanut Butter Cookies)

**Day 4** – How to make and bake pies. (Chocolate Cream Pie and Apple or Cherry Pocket Pies)

**Day 5** – How to make and bake cakes. (Surprise Chocolate Cupcakes and Strawberry Shortcakes)

*Each participant must attend all five sessions. (\$25.00 per day, plus \$5.00 per day for materials) (Each participant will take home samples from each class.)* **July 20 to July 24** \$150.00

Kids (6 to 8) (M-F) 9:00 to 11:00 a.m.

Kids (9 to 11) (M-F) 1:00 to 3:00 p.m.

Kids (12 to 16) (M-F) 5:00 to 7:00 p.m.

**Grilling on Wood Planks/Using Smoking Chips** – Intrigued with the idea of grilling on wood planks? You won't want to miss this class. **On the menu:** Cedar Plank Salmon, Maple Plank Pork Chops and Mesquite Grilled Chicken and more. \$45.00

July 29 (Wednesday) 6:00 p.m. to 9:00 p.m.

**Salads Around the World** – If you're looking for fresh salad combinations and easy-to-make vinaigrettes to make at home, then you'll want to come to this class. **On the menu:** French, Italian and Asian salads. \$35.00

July 30 (Thursday) 6:00 to 8:00 p.m.

**Yeast Breads**– Learn to make yeast breads – by hand and by machine in this hands-on class. **On the menu:** White and Whole Wheat Bread, Crescent Rolls, Dinner Rolls, Cinnamon Rolls and Apricot-Almond Braid and more. \$75.00

*(Each participant will take home the breads made in the class to share with their families. - Fee also includes a light lunch, etc.)*

July 31 (Friday) 9:00 a.m. to 5:00 p.m. (8 hrs.) or July 31 (Friday) 9:00 a.m. to 5:00 p.m.

**Questions, please call Nina at 319-393-7675**

**or email: [swankohler@cs.com](mailto:swankohler@cs.com)**

**or visit: [www.ninaswankohler.com](http://www.ninaswankohler.com)**

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

- To register for a class, call: 319-393-7675 or email: swankohler@cs.com.
- *Please mail check to confirm your registration or call with your credit card number.*
- Please send check to: Cooking with Nina, 460 Hickory Court, Robins, IA 52328.
- Classes are subject to cancellation if registration is insufficient.

### **Have Your Own Cooking Class Party**

- Set your own date
- Invite your friends to join you around the counter in Nina's Kitchen.
- **Minimum of 8 people.**
- *Call to request Cooking Class Options.*

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## **Food Lover's Culinary Adventure to Des Moines**

**Friday, July 17, 2009**

**\$85.00 per person**

*Fee includes transportation (van or bus) and tours. Meals and snacks will be paid by each individual so that everyone can choose what they would like. Several of the places on the tour will be providing samples for us to enjoy.*

**Schedule for the day:** We will plan on leaving Cedar Rapids promptly at 8:00 a.m. on Friday, July 17<sup>th</sup> from my home or a central location still to be determined. We will travel to Des Moines, with plans to arrive in Des Moines by 10:30 at our first stop – a popular bakery, recently featured in Midwest Living magazine. From there we will tour Hispanic, Asian and Italian markets, plus we will have the rare opportunity to tour the Meredith Test Kitchens and Test Gardens. The test kitchens are not usually open for public tours, but Karen Davis, one of our tour guides, has worked there and has special permission for us to tour the kitchens. These state-of-the-art kitchens are where all the recipes are tested for Better Homes and Gardens magazine, the Famous Red Plaid Cookbooks and many other food, health and lifestyle magazines published by the Meredith Corporation.

We'll have lunch at Centro – Des Moines' hottest new restaurant and then have dessert at another specialty foods market later in the afternoon.

Our tour will continue to Jordan Creek where William's Sonoma has promised to provide various samples for our group, followed by shopping time and dinner at a restaurant of your choice in the Jordan Creek area – such as Cheesecake Factory, P. F. Changs, Charley's, etc.

We plan to leave Des Moines at 8:00 p.m. – arriving back in Cedar Rapids by 10:30 p.m. It's a full day of fun! A full day of tasty adventures! If you love learning about food, then you will love joining us for this exciting culinary journey!

### **Tour Guides:**

**Karen Davis** is a graduate of Iowa State University in Home Economics Education. She has worked for the Iowa Egg Council, the National Pork Producers and Maytag Appliances. For the past seven years Karen has operated her own food consulting business, Karen Davis Communications. She writes a regular food column for *Our Iowa* magazine, serves as a freelance demonstrator for Taste of Home Cooking Schools, and enjoys developing and testing recipes for various food companies. Karen lives with her husband, Scott, in the west central Iowa town of Stuart.

**Nina Swan-Kohler** is a graduate of Southeast Missouri State University in Home Economics Education. She also earned her masters degree from University of Missouri in foods and nutrition; and communications. She has worked for the Dairy Industry, the MO Department of Agriculture, National Oats Company and CMF&Z Advertising and Public Relations prior to starting her own marketing and public relations business working for numerous food companies nationwide. She wrote and published her first cookbook entitled: "Tailgates to Touchdowns: Fabulous Football Food" in 2003. As you know, she owns and operates "Cooking in the Kitchen with Nina" Cooking Classes, and writes a monthly column in *City Revealed* magazine in Cedar Rapids.