Menu of Cooking Classes

All classes located in the Student Wellness Center Demo Lab, Room 122/124

Back to Basics: Chicken Noodle Soup ........................................... 2/11/16 @ 11AM
New to cooking? This is just the place to get your bearings. This class will guide you through some easy and healthy cooking techniques. Don’t fear, this class will give you a head start to cooking in the kitchen.

“Chopped” .......................................................... 2/15/16 @ 12:15PM
Are you creative? Competitive? Well, come slice and dice your way to the top in a fun competition between peers! We will test your culinary skill and ability to follow direction. The winning group will take home an awesome goodie grab.

College Survival 101: Gourmet Ramen .................................... 2/24/16 @ 1PM
Maximize your life. This includes the infamous Top Ramen meal - a staple in the college student’s diet. We will show you three styles to boost flavor, freshness, complexity, and fill you up with nutritious ingredients.

Comfort Classics ............................................................ 3/7/16 @ 12:15PM
It’s not your Grandmother’s Chicken Pot Pie. Comfort food doesn’t have to require hours of cooking and laboring in the kitchen. Learn how to simplify a classic and make it your own on a budget.

Mac ‘N’ Cheese Please ...................................................... 4/13/16 @ 1PM
Creamy, hot, molten cheese covering anything… how could it be wrong? With some easy techniques you can make a home-made version that will give the blue-box version a run for its money.

International Sensations
Take a tour of eats from around the world! Each International Sensation class will focus on a different cuisine and teach skills needed to prepare various cultural foods.

This is How We Roll: Sushi ........................................... 3/3/16 @ 11AM OR 3/3/16 @ 4PM
Buon Appetito! ............................................................... 3/16/16 @ 1PM
Better-Than-Takeout Pad Thai ........................................... 3/17/16 @ 4PM OR 3/24/16 @ 11AM
Spice Up Your Life: Curry Creation ................................. 4/4/16 @ 12:15PM
15-Minute Chicken Adobo ............................................. 4/21/16 @ 11AM OR 4/21/16 @ 4PM
Korean Bulgogi Sliders .................................................. 4/25/16 @ 12:15PM
Más Mexicali ................................................................. 5/4/16 @ 1PM

Seasonal Menu: Spring 2016 Edition
Classes are FREE for SJSU students and served with whatever we’re cooking!

Advance registration required. All classes are 1 hour & 15 minutes.
Seating limited to 18 people. Walk-ins welcome for unfilled seats.

For more info, visit www.sjsu.edu/wellness or email SJSUDemoLab@gmail.com