TODAY’S TABLE
Classes For Contemporary Cooks

All cooking classes are demonstrations and include tastings of food prepared by the chef and a copy of the evening’s recipes.

Menus Are Subject To Change Without Notice

PAYMENT OPTIONS

Register for Our Tasting Menu: Choose any three classes, and pay only $99
(Just $33 per class. You save $21.)

NOTE: All-day Saturday programs count as two classes if discount is applied. All-day Saturday programs count as two classes if discount is applied.

Savings are available to students who register with payment for three classes at the same time.

Register à la carte: Pay as you go for individual courses: $40 per class.

Italian Taste Explosion
If you don’t have much time to spend in the kitchen but would like to learn how to make good, healthy and authentic Italian meals with easily obtained ingredients, this is the class for you. Although popular, marinara is not the only type of Italian sauce that is relatively easy to prepare and enjoyed by many. Discover how to prepare five flavorful Italian sauces perfectly suited for entertaining and family gatherings; round out the meal with homemade dressed salad and garlic crostini.
Chef: A. Spaziano, Tuition $10 + general fee $30. Total $40.
GCUL 223-02 Tuesday, 6:30-9 p.m., September 15

Fungus Among Us
Prepared correctly, mushrooms can be delicious! Join us and explore how to properly select, cook, store and handle a variety of fresh and dried mushrooms and get the best results imaginable. Learn about their health benefits and how to incorporate mushrooms into soups, salads, stir-fry, tarts and more.
Chef: N. Yadin, Tuition $10 + general fee $30. Total $40.
GCUL 225-02 Thursday 6:30-9 p.m., September 17

Beginning Burmese Cooking New
Nestled between India and Thailand and cradled by the Bay of Bengal, Burma’s food heritage is a fusion of its neighboring countries. Fresh salads and vegetables and an abundance of spices are a mainstay of Myanmar cooking. Recipes include Burmese ginger salad, fermented green tea salad, Burmese eggplant curry and more!
Tuition $10 + general fee $30. Total $40.
GCUL 398-01 Tuesday, 6:30-9 p.m., September 22

Cooking for Bone Health: How to Build Healthy Bones with Real Food New
Healthier bones mean healthier bodies and the foods you choose or do not choose to eat play an important role in maintaining strong and healthy bones. Join integrative nutrition coach, Csilla Bischoff (ShiningHealth.com) and discover techniques and ingredients that stimulate the growth of new connective tissue so you can create delightful, easy to prepare meals that will support optimal nutrition for bone health.
Chef: C. Bischoff, Tuition $10 + general fee $30. Total $40.
GCUL 000-01 Thursday, 6:30-9 p.m., September 24

Just Beet It! New
Packed with nutrient-rich antioxidants, beetroot comes in shades of red and gold and is sometimes candy striped. Recipes may include chilled borscht shooters, beet and almond hummus, golden beets with avocado and tomatoes, black lentils and barley salad with beets, beet greens and blue cheese, as well as red velvet beet cupcakes. Come taste and see what that beet is all about!
GCUL 400-01 Tuesday, 6:30-9 p.m., September 29

Celebrate Oktoberfest
Explore how to recreate some old-time German recipe favorites and join in the celebration of Oktoberfest, the world’s largest beer festival. Impress your friends with German dishes including: Beer Braised Short Ribs, German Potato Salad, Sweet and Sour Red Cabbage, and Apple Cake.
Chef: A. Spaziano, Tuition $10 + general fee $30. Total $40.
GCUL 231-03 Tuesday, 6:30-9 p.m., October 1

Eating to Ease Arthritis New
Millions of people suffer from painful and swollen joints associated with arthritis. At one time, arthritis patients were told that dietary changes would not help them; however, new studies show that food may actually be a more frequent contributor to arthritis pain than previously thought. For some people, a healthier menu may be the answer. Join Csilla Bischoff, health coach (www.shininghealth.com) and learn which foods may trigger arthritis pain and which dietary changes may help reduce it. Discover the connection between food sensitivities, intestinal inflammation, certain eating habits, harmful bacteria in the digestive tract and the development of rheumatoid arthritis.
Chef: C. Bischoff, Tuition $10 + general fee $30. Total $40.
GCUL 401-01 Tuesday, 6:30-9 p.m., October 6
Regions of Italy—Abruzzo  New

The cuisine of Abruzzo, where mountains meet the ocean, reflects a perfect blend of land and sea. Abruzzo is off the beaten path of popular Italian cities...a hidden gem of Italian gastronomy. Traditional Abruzzese cuisine is la panarda, a multi-course feast that can last all night. Join us for some history and a sampling of traditional Abruzzese cuisine.

Chef: D. Squillaro  Tuition $10 + general fee $30.  Total $40.

GCUL 402-01  Thursday, 6:30-9 p.m.,  October 8

The Foods of Senegal  New

Explore the dishes and flavors of Senegal, with their rich blend of fresh ingredients, flavorful herbs and spices, and influences from France, Portugal and the Middle East. The menu includes: Senegalese tea, salade nubee black-eyed pea salad, mâfe ginaar (peanut and chicken stew, Thiéboudienne (Senegalese fish and rice) Sombi and Coconut rice pudding.


GCUL 408-01  Saturday, 10 a.m.-12:30 p.m.,  October 10

Soup and a Sandwich  New

Soup and sandwich combinations are a quick and easy fix for a busy work night and a satisfying meal for any lunch or dinner. Although the following recipes may seem a bit extravagant and time consuming, these make-ahead soups are likely to save you time in the long run. Join Chef Andrea and explore the possibilities: Greek-Style lamb pitas with tzatziki sauce and avgolemono, which is a lemony chicken soup, soup au pistou and chicken pan bagnat and avgolemono, which is a lemony chicken soup, soup au pistou and chicken pan bagnat and avgolemono, which is a lemony chicken soup, soup au pistou and chicken pan bagnat


GCUL 403-01  Tuesday, 6:30-9 p.m.,  October 22

Egg-cellent!  New

The versatile egg is perfect for breakfast and lunch, or a beautiful presentation for any occasion. Join us and explore some of the incredible endless egg possibilities. The menu: Chawanmushi, a silky, Japanese egg custard with cashews and dash/soy sauce, seafood quiche, Scotch eggs, eggs surrounded by sausage and frittata with seasonal ingredients or things from your pantry. Finish the tasting with an assorted of meringues.


GCUL 404-01  Saturday, 10 a.m.-12:30 p.m.,  October 29

Sugar Detox: Beat Sugar and Carb Cravings Naturally  New

Sugar, refined, nutrient-poor carbohydrates, and similar foodstuffs are highly addictive. They may rob our bodies of the nutrients we need to feel and function at our best and may lead to health problems beyond excess body fat. Join health coach Csilla Bischoff, (www.shininghealth.com), and discover how to break free of reliance on sugar and other empty foods and beverages and nourish your body with wholesome, guilt-free, gluten-free, grain-free, dairy-free, nutrient-dense, paleo-friendly recipes. You’ll leave class prepared to start your own sugar detox today!

Chef: C Bischoff,  Tuition $10 + general fee $30.  Total $40.

GCUL 407-01  Monday, 6:30-9 p.m.,  November 2

Food Truck Specialties  New

Food truck eats are all the rage right now. Come share in the excitement and grab a bite from this mobile meal food scene before it rolls away! Menu includes: Trinidad doubles, Korean tacos, Turkish kebabs with tahini sauce, and French crepes!


GCUL 405-01  Tuesday, 6:30-9 p.m.,  October 20

Autumn Vegetable Harvest  New

Who said vegetables are bland? Come savor the autumn bounty and awaken your senses with the fresh and delicious flavors of fall vegetables. Featured delicious dishes will use seasonal ingredients such as Carnival squash, a variety of root vegetables, and kohlrabi.


GCUL 241-02  Thursday, 6:30-9 p.m.,  October 22

No Guts, No Glory: Healing the Digestive System with Real Foods  New

If you suffer from intestinal distress or disease (for example, IBS, acid reflux, candida or Crohn’s), improper digestion of specific carbohydrates is a likely cause. Health coach Csilla Bischoff will help you discover how to improve digestive disturbances by eating and avoiding specific foods. Review the causes of gut inflammation and learn ways to maintain a healthy digestive environment with a grain-free, vegetable-rich diet. Leave the class with new knowledge, inspiration, and actionable tips for living a healthier life.

Chef: C Bischoff,  Tuition $10 + general fee $30.  Total $40.

GCUL 406-01  Tuesday, 6:30-9 p.m.,  October 27

Fall Soups  New

As we enjoy the flavors of autumn, who doesn’t start to think about delicious and versatile pumpkins? Become familiar with delicious pumpkin recipes including Butternut Squash Soup with roasted pears and toasted pumpkin seeds, white bean and roasted Brussel sprout soup with truffle oil, and roasted vegetable bisque with creamy blue cheese.


GCUL 156-02  Thursday, 6:30-9:30 p.m.,  October 29

New Recipes
Puerto Rican Holiday New
Want to escape the hustle and bustle of the holidays? Pack your appetite and head to Today’s Table for a glorious feast! Menu includes: Coquito, (Puerto Rican egg nog), Guineos En Escabeche, (green banana salad) pasteles, bacalaitos fritos (cod fritters), pernil asado (roasted pork). Chef: D. Edwards, Tuition $10 + general fee $30. Total $40. GCUL 413-01 Tuesday, 6:30-9 p.m., November 3

Pears, Apples & Cranberries
The aroma of fresh baked apples and pears lets us know we are in the heart of autumn. Discover delectable uses for fall fruits that come straight from the orchard. Selected dishes include pear and cranberry chopped salad, pork tenderloin medallions with apple cranberry chutney, bacon and apple stuffing, as well as a poached pear and almond tart. Chef: D. Greaves, Tuition $10 + general fee $30. Total $40. GCUL 244-02 Thursday, 6:30-9 p.m., November 5

Thanksgiving Dinner New Recipes
Whether it is your first time preparing Thanksgiving dinner, or you are an experienced holiday host, you will benefit from exploring the Thanksgiving meal, step by step. Chef Anthony will give you pointers and tips about how to take the stress out of the holiday. The menu features roasted turkey with make-ahead gravy, cranberry wild rice stuffing, pomegranate molasses, roasted butternut squash and bourbon-spiked pumpkin pie with candied pecans! Chef: A. Spaziano, Tuition $10 + general fee $30. Total $40. GCUL 245-02 Tuesday, 6:30-9 p.m., November 10

Holiday Desserts
These holiday desserts are sure to hit the spot and dazzle your guests at the holiday table. Mix and match this collection of recipes; there is something for everyone, from traditional favorites to tempting new creations, such as Hassleback sweet potatoes, roasted kabocha squash with pecan miso dressing, green beans with olive oil, poached cherry tomatoes and cranberry walnut port pie. Chef: P. Parseghian, Tuition $10 + general fee $30. Total $40. GCUL 000-01 Saturday, 10 a.m.-12:30 p.m., November 14

Exploring African Teas New
Africa may not be the first place you imagine when you think about tea, but African teas are definitely worth exploring. Join us as we uncover the unique taste, flavor and aroma of tea and tisanes from Tanzania, Kenya and South Africa and the particular method each country uses to prepare the leaves. A variety of treats made by Chef Edwards will complement each tea. Please join us for this very special tea day.
Instructor: J. Krall-Russo, Tuition $10 + general fee $30. Total $40. GCUL 246-02 Thursday 6:30-9:30 p.m., November 12

Thanksgiving Side Dishes New Recipes
Turkey may be the main event but everyone knows the spread of side dishes are what keeps your guests full and happy. Mix and match this collection of recipes; there is something for everyone, from traditional favorites to tempting new creations, such as Hassleback sweet potatoes, roasted kabocha squash with pecan miso dressing, green beans with olive oil, poached cherry tomatoes and cranberry walnut port pie. Chef: P. Parseghian, Tuition $10 + general fee $30. Total $40. GCUL 251-02 Monday, 6:30-9 p.m., November 16

Turkey-Free Thanksgiving
Vegetarians rejoice and celebrate the season’s bounty without Tom Turkey on the table! Whether you are a vegetarian or simply want to try something new, these recipes offer delicious alternatives for a flavorful and healthy thanksgiving meal. Menu highlights are poached pear salad, cranberry chutney, beet risotto, stuffed acorn squash and vegetable lasagna. Chef: A. Krest, Tuition $10 + general fee $30. Total $40. GCUL 248-02 Tuesday, 6:30-9 p.m., November 17

Latke Extravaganza
Chanukah is just around the corner making it the ideal time to learn to prepare the perfect latke – a traditional Chanukah favorite made with potatoes. The best latkes are crispy on the outside and creamy on the inside. Do you know the trick to achieving the desired result? Join us and learn how to prepare classic latkes with homemade applesauce, spinach feta nut latkes, sweet potato latkes with chive cream, and leek latkes with lemon sauce. Chef: N. Yadin, Tuition $10 + general fee $30. Total $40. GCUL 249-03 Thursday, 6:30-9 p.m., November 19

Feast of the Seven Fishes New
While the origins of this feast may not be clear, celebrating Christmas Eve with seafood seven ways is clearly an Italian-American family tradition. The significance of seven types of fish has several principles; come celebrate and explore with us. Recipes include salt cod with tomatoes and caper, baked scampi, mussels peppetedda, grilled squid with lemony aioli, seafood stew with clams, scallops and monkfish, and limoncello gelato. Buon Natale! Chef: D. Squillaro Tuition $10 + general fee $30. Total $40. GCUL 409-01 Tuesday, 6:30-9 p.m., December 1
Chocolate Desserts
There is nothing like ending a dinner with a good chocolate dessert, a sweet note that lingers long after the meal is over. Satisfy your guests with these favorite holiday chocolate desserts, including chocolate ganache cake, double chocolate Godiva cheesecake, white chocolate tart and more!
GCUL 254-04 Thursday 6:30-9:30 p.m., December 3

Gifts from the Kitchen New
When the holiday season arrives, everyone is sure to enjoy homemade gifts from the kitchen. Share your love with small edible tokens that do not take long to make or break the bank. Menu includes Pumpkin Seed Brittle, Almond Bark, Chocolate Irish Crème and more. Join Rachel Weston, Author of New Jersey Fresh: Four Seasons from Farm to Table for tips, tricks and tastes.
Chef: R. Weston, Tuition $10 + general fee $30, Total $40
GCUL 252-02 Tuesday, 6:30-9 p.m., December 8

Hors d’oeuvres
Cocktail parties are a great way to welcome the holiday season with food, drink, and celebration! A number of small bites are all you need to entertain flawlessly for any size gathering. Chef Denise’s menu is sure to please – duck fat roasted potatoes bites, pirogues, smoked salmon and more.
GCUL 256-03 Thursday, 6:30-9 p.m., December 10

FULL-DAY SATURDAY CLASSES

All-day Saturday programs will count as two classes if discount is applied.

Essentials of Bread Making 101 New
There is nothing like the aroma and comfort of making homemade bread. Discover a range of recipes from simple techniques for quick breads to no-knead yeast breads and more! Chef Donna showcases both sweet and savory breads that are crowd pleasers, including tall and fluffy buttermilk biscuits, scones, dinner rolls and no-knead crusty white loaves and brioches.
Chef: D. Squillaro, Tuition $20 + general fee $55. Total $75.
NOTE: Counts as 2 classes if discount is applied.
GCUL 410-01 Saturday, 10 a.m.-3 p.m., September 26

You Take the Cake: Pocket Book Cake New
Are you intimidated by rolled fondant? In this beginner cake decorating class, Chef Denise will demonstrate how to cover and decorate a special occasion cake using rolled fondant and buttercream frosting. Topics include filling and assembling cakes, choosing a cake design, stacking tiered cakes, using rolled fondant and sugar paste, and finishing techniques. Gain the skills necessary to make your next cake look professional!
Chef: D. Edwards, Tuition $20 + general fee $55. Total $75.
NOTE: Counts as 2 classes if discount is applied.
GCUL 411-01 Saturday, 10 a.m.-3 p.m., October 3

FOOD MANAGEMENT

ServSafe® Food Safety Manager: Exam Prep & Exam
CEU 0.7
Register for this course to comply with New Jersey’s mandatory legislation for Risk Type 3 Food Establishments. At least one person in charge must be a certified food protection manager by passing a food safety certification examination administered by an accredited certifying program recognized by the Conference for Food Protection. Our seven-hour course features instructor-led training and your exam (a minimum test score of 75 percent is needed for food safety certification with the National Restaurant Association Education Foundation). Participants who successfully complete this educational program will be awarded seven N.J. Public Health Continuing Education Contact Hours (CE’s). John Lukens has been approved by the New Jersey Department of Health and Senior Services as a provider of New Jersey Public Health Continuing Education Contact Hours (CE’s).

Requirements: ServSafe® Essentials latest edition with exam answer sheet for paper and pencil exam required to be admitted to class – available at the College Bookstore;

Advanced Preparation: Familiarity with required textbook and end-of-chapter questions.

Two forms of identification (one photo) required to enter class and take exam.
Instructor: J. Lukens, Tuition $100 + general fee $99. Total $199.
CBSS 001-59 Wednesday, 9 a.m.-5 p.m., September 23
CBSS 001-60 Wednesday, 9 a.m.-5 p.m., October 21
CBSS 001-61 Tuesday, 9 a.m.-5 p.m., November 10