

Something's Cooking!

Written by Editor

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The Technical College of the Lowcountry and Hilton Head Health Culinary Arts Center present three new classes for 2012. These fun courses are totally hands-on in a state-of-the-art teaching kitchen on Hilton Head Island.

The first class of the series is **Dessert 101**, offered Saturday, February 4 from 9:30 a.m. to noon. Cost is \$150. This class will allow students to learn and practice various mixing methods and techniques used to prepare a variety of decadent desserts with a healthy twist just in time for Valentine's Day.

Baking skills will also be covered, along with tricks for cutting calories and fat out of your favorite sweet treats without cutting flavor. Sample recipe selections include Super Soft Oreo Cream Chocolate Cake, Chocolate Soufflé, Cherry Clafoutis, Peanut Butter Mousse, Kahlua Flan, and Apple Turnovers.

The second class of the series is **Knife Skills & Culinary Basics 102**, offered Saturday, March 3 from 9:30 a.m. to noon. Cost is \$150. Learn how to use the most important tool in your kitchen – the knife. In this 2 and 1/2 hour hands-on class, Hilton Head Health-trained chef will show you how to properly hold and care for your knives. Cutting techniques such as chopping, slicing and dicing will be covered. In addition, you'll have the opportunity to expand your knowledge of

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culinary basics by learning how to prepare homemade stocks and sauces and learn about proper cooking temperatures.

The final class in this series is **Local Cuisine 103**, offered Saturday, April 7 from 9:30 a.m. to noon.



Living in the Lowcountry provides a bounty of fresh, seasonal goods at your fingertips. Take this spring class and learn how to properly shell and devein local shrimp as well as use the soft shell crab in a healthy new way. You will also work with the fresh produce such as asparagus, peas, spring onions and more – and learn how to get the most from your local farmers markets. Enjoy the warm weather and spring treasures found in your own backyard! Sample recipe selections include Grilled Soft Shell Crab over Asparagus, Spring Vegetable Salad with Citrus Vinaigrette, and Marinated-Grilled Shrimp Tacos.

All three classes will be taught by Executive Chef Jen Welper, who has a culinary nutrition degree from Johnson & Wales University in Rhode Island. Her past experiences include H3 Sous Chef, Dietary Manager at a long-term care and rehabilitation center and Banquet Chef at the Renaissance Marriot Hotel and Convention Center in Illinois. Chef Jen's focus is to bring the food people want to eat every day to their tables, always keeping it nutritious and delicious. She believes that you do not have to be a celebrity or have their bank accounts to be healthy and that you can create the meals you want in your own home. She believes in sharing her knowledge to bring you from the H3 kitchen to your own healthy kitchen. Chef Jen works on

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adding new flavors to all her menus, as well as providing cooking demonstrations, nutrition education classes and in-store shopping advise for real people.

For more information or to register for a Cooking Class, please call 843.525.8205.

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