

## Knife Skills, Classic Cuts, Soups, and Stocks

An introductory course that demonstrates knife skills and classic cuts used in the culinary industry. Techniques and knife skills will be demonstrated as to gain the confidence and safety skills that will enhance personal enrichment in a home or commercial kitchen. Students will participate in making soups using the techniques learned in stock preparation and classic cuts.

## Therapeutic Cuisine

This course covers the principles of therapeutic cooking with an emphasis on gluten free, allergy free, and vegan cooking. Students will learn how to prepare foods for a wide variety of dietary allergens. Topics include vegan, lacto-ovo vegetarian, cornmeal preparation, and other elements of a raw food diet and food fermentation.

# Creative Living Weekends

The Central Carolina Culinary Institute will now feature Creative Living Weekends.

Please visit our website for further information on these upcoming weekend events: [www.cccc.edu/culinaryarts](http://www.cccc.edu/culinaryarts)

## Chatham County – A Celebration of Local Beer, Art, and Cuisine

Experience a live cooking demonstration and tasting • Enjoy a wine tasting and food pairing  
Explore bird watching • Learn the craft of beer making (tasting included)  
Learn cheese making • Tour local farms and meet the farmers • Tour local restaurants and meet the chefs • Watch “Hairspray” at the Temple Theater in Sanford.

## Harnett County – Wine, Water, and War History

Explore the historical geography of the Cape Fear River • Hike Raven Rock State Park • Tour the Averasboro Battleground and Museum  
Tour the William C. Lee Museum • Watch a presentation on Vietnam “The Way It Was by Ron Miriello” • Enjoy wine and food tasting

## Lee County – Explore Pottery, Theater, and Golf in the Center of the State

Watch “Fox On The Fairway” at the Temple Theater • Experience a live cooking demonstration and tasting • Shop Lee County antiques and pottery studios • Take a golf lesson or play the course at Sanford Golf Course • Join a photography class • Tour the Railroad House  
Hear the History of Lee County by Jimmy Haire



## CULINARY & HOSPITALITY ARTS

Course Name	Course #	Hours	Start - End Dates	Day(s)	Time	Cost	Location	City	Building
<b>CHATHAM COUNTY</b>									
Knife Skills, Classic Cuts, Soups, and Stocks	1327	22.5	1/13 - 3/10	T	5:30p - 8:00p	70.55	PMC	Pittsboro	Bldg 45 Rm 145
Therapeutic Cooking	1326	45	1/14 - 3/11	W	3:00p - 8:00p	125.55	PMC	Pittsboro	Bldg 45 Rm 145
Creative Living Weekends: A Celebration of Local Cuisine, Art, and Beer	1328	36	5/14 - 5/17	ThFSaSu	TBD	400.00	PMC	Pittsboro	TBD
<b>HARNETT COUNTY</b>									
Creative Living Weekends: Wine, Water, and War	1101	36	4/23 - 4/26	ThFSaSu	TBD	400.00	HMC	Lillington	TBD
<b>LEE COUNTY</b>									
Creative Living Weekends: Pottery, Theater, and Golf in the Center of the State	1501	36	3/26 - 3/29	ThFSaSu	TBD	400.00	LMC	Sanford	TBD