Slow cooking for flavor, health

Donna Maurillo

Go back to college

Aren’t there any new ideas for using farmers market produce? I wish I knew how to pair wine with my dishes. If only I knew how to make fresh cinnamon buns! What can I do with all these lemons? If those questions sound familiar, you will love the Cabrillo College Extension culinary-arts classes. Our tax-supported community colleges are a treasure trove of knowledge not only for those pursuing a degree, but also for the rest of us who want to learn something new.

From now until June, Cabrillo is featuring some excellent culinary classes on Saturdays. You’ll learn a lot in the three hours, and you’ll still have time left over to do the laundry.

Here’s a sample:

• Learn to make soup and savory scones on Saturday, Feb. 21.
• Or meet at the Aptos Farmers Market at Cabrillo on Saturday, Feb. 28, to learn about citrus, then go back to the classroom to make Zesty Crostini, Lemon Herb Pasta, Lemon Chicken and more.
• Learn wine pairing at Alfaro Winery on Saturday, March 7. It includes appetizers and wine tasting.
• Make cinnamon rolls and sticky buns on Saturday, April 4, or learn how to make gluten-free treats on Saturday, May 9.
• There’s even a chocolate tour with Richard Donnelley on Friday, April 17, with a class the following day.

Most classes are from 10 a.m. to 1 or 1:30 p.m., and most require a materials fee. For information, go to bit.ly/1Ag4K8W

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