

Wholefood

heal.....nourish.....delight

Cooking Classes | Food Coaching



wholefood *n.* food that is eaten as close as possible to its natural state, without unnecessary processing & refining.

Coming Home to Eat

Dear Friends,

What a full year it has already been. My new baby (book!) Whole Food for Children (Nourishing Young Children with Whole and Organic Foods, came out in March, and the Whole and Natural Foods Chef Training Program is now halfway through!! It's been a joyful, wonderful first half of the year, and lots (!!!) of work, but all very worthwhile. I know many of you have been waiting for the teaching program, and I thank you for your patience. I have been so busy with the WNCTP that I haven't had time for much else, but at last, here it is.

Classes in this program offer a broad range of options – from answering all the important questions such as: What really is good food? Where can I get it? How can I balance the time it takes to cook and the cost of good food, and then what can we eat for breakfast, lunch and dinner? Also included are classes with one of Australia's earliest and most experienced Natural Food Chef's – Holly Davis. A woman with so much wisdom and experience, Holly joins us once again from

Sydney and will be running a series of classes dealing with all things cultured – good bugs for body and soul, lacto – fermentation and sour-dough baking. I'm thrilled to also be able to offer a Nourishing Wisdom course in the teaching kitchen – this is a discounted course, to give my WNCTP students an opportunity to look at how I teach and run my classes.

Come join me in my kitchen, as we cook delicious food from real and whole ingredients, and shop from the bounty our local organic growers and seas deliver.

I'll look forward to seeing you.

Jude Blerreau

www.wholefoodcooking.com.au

What We're About

Whole Food cooking is all about real food, that's good enough to eat & has the ability to heal, nourish and delight. It's about food that is beautiful and delicious, but is health supportive as well. There's an awful lot of confusion about just what "healthy" food really is – and I believe labelling a diet Vegetarian, Vegan or Low Fat is absolutely no guarantee of a healthy diet.

Whole Food Cooking is a broader term of reference that honours the basic integrity of a food. When a food is grown in rich soil, without the use of synthetic fertilisers and toxic pesticides and herbicides (organic), is kept closer to its natural state (unrefined) and real (no fake additives), its integrity and inherent ability to nourish is intact. This is the kind of food that has the ability to heal, nourish and delight, and this philosophy is the heart and soul of Whole Food Cooking.

My focus is to help you learn about good food: What it truly is, how to use it, where to get it and to give you the tools and information you need to make wholesome food a workable part of your everyday life.

Food Coaching

Food coaching helps you understand how food works in your body, and aids in developing strategies and techniques to integrate delicious and healthy eating into daily life. Eating delicious, wholesome food can have a positive impact on every part of our life – fatigue, anxiety, stress, depression, obesity and weight issues, to name a few. I help you make the changes needed to reach your goal.

I can help bridge the gap between the food guidelines given by Doctors and Naturopaths, and how and where to shop for healthier foods, as well as what to do with them once you get into your kitchen – the actual day to day breakfast, lunch and dinner.

A Food Coaching Consultation includes extensive backup information and recipes with Private Cooking Lessons also available.

Food Coaching Workshop

As part of the students training for the Whole and Natural Foods Chef Training Program, we are looking for 3 people who would be willing to come in (no charge) and go through a food coaching session with me. Students will also have some input and develop a menu plan for you. Please note, this is not a full food – coaching session – a back up file may, or may not be provided, this will depend on the time we have available to us on the day, and after the day.

Tuesday 17th August: 9.30 – 12.00am No Charge

Whole and Natural Foods Chef Training Program Group Dinners:

Group 1 Thursday 26th and

Group 2 Friday 27th August

7pm onwards

As the students near the end of their course, they are responsible for a group dinner as one of their final practical assessments. We would love you to join us for a candlelit night by the river as the students cook a delicious 4 course meal for us, using local and organic ingredients. Places are strictly limited, so it will be first in, best dressed.

Cost \$40.00 Student Family Member \$35.00

Cooking Classes

All classes are designed to help you understand HOW to cook wholesome, healthy and delicious meals, using a variety of wholefoods including: fruits and vegetables, nuts and seeds, wholegrains and legumes (including tofu and tempeh), sea vegetables, natural sweeteners and good quality fats. In some classes organic meat, bones, dairy and egg are used, but this will be noted on the relevant class. Organic ingredients are used wherever possible. Public (both individual and group) and Corporate Classes are also available.

Class Schedule: July - December 2010

All classes are approximately 3 hours and include generous tastings. Saturday classes are generally a little longer. Classes are held at 13 JANET STREET, WEST PERTH. Bookings can be made by forwarding payment with this form, or by ringing me. A BOOKING WITHOUT PAYMENT WILL ONLY BE HELD FOR 7 DAYS. Please note that the best way to book classes are by email - I'm still very busy with the WNCPT, and payment by direct deposit would be easier still for me, however cheque and credit card is still fine! Please see Direct Deposit Details below on the enrolment form. Cancellation Policy: Just like a concert or theatre, if you are unable to come to class, the cost is not refunded. However, in some situations, with enough notice, a credit for another class may be given.



NOURISHING WISDOM: Understanding the Basics of Whole Food Cooking and Learning to Incorporate Whole and Natural Foods into your Everyday Cooking: *Though this course is LARGELY vegetarian, wheat and dairy free, some organic butter, and organic animal bones (stock) are used.*

Understanding the foundations of healthy food and eating - the WHY something is good and HOW to use it. In this course we cover the basic vegetarian wholefoods, the benefits of animal bone and vegetarian stocks, good quality fats, and the fundamental skills of healthful cooking. Grains, beans and legumes (including tofu and tempeh) and sea vegetables are all included. Centred around these basics we learn how to incorporate whole and nutrient dense ingredients into everyday cooking. This is an extensive program which runs over 5 sessions.

DISCOUNTED CLASS: \$250.00
(Preference here will be given to single parents) (inclusive GST)
Monday 9th August 10.30am - 1.00pm
Tuesday 10th, Wednesday 11th, Thursday 12th and Friday 13th August 10.30am - 2.30pm

Please note: This course will be held at 15 Rowallan Street, Osborne Park.

CLASSES WITH HOLLY DAVIS

Please note all classes will be held at 15 Rowallan Street, Osborne Park
All classes are inclusive of gst.

CULTURED VEGETABLES AND DRINKS, AND SOURDOUGH BAKING:

Cultured foods are delicious live foods packed with beneficial organisms, vitamins, enzymes and minerals. Culturing vegetables can increase their vitamin and mineral content by as much as 100 times! Eating cultured foods at every meal does wonders also to reduce sugar cravings. Come to this class and get the source of the good bugs that your body requires; foods you can make at home with low cost ingredients. Culturing is safe and easy, and provided you with a myriad of delicious and beneficial foods and drinks. You will taste and learn to make and use: home made yoghurt, soft cheese, naturally fermented fruits and vegetables, milk and water based kefir, ginger beer plant drinks and Kombucha mushroom tea. This class also extends to Sourdough baking, giving you a bread or cake that is easier to digest.

Saturday 7th August 11.30am - 3.30pm \$260.00
and Sunday 8th August

GET THE GOOD BUGS - MAKING YOUR OWN PRO BIOTICS:

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Tuesday 10th August 6.30pm - 9.45pm \$130.00
OR Saturday 14th August 11.30am - 3.30pm

WHAT TO EAT FOR BREAKFAST: Nourishing Solutions to the Breakfast Quandry:

Our Mum's said this was the most important meal of the day and research has proved they were right. But, do you often wonder what to eat?? This class will dispel some myths and introduce you to a variety of delicious ways to start your day with sustaining, brain and body nourishing foods. Quick and easy to prepare, enjoyable and completely satisfying breakfasts for the warmer weather, coming your way!

Wednesday 11th August 6.30pm - 9.45pm \$130.00

INTENSIVES - OCTOBER and NOVEMBER

These classes run consecutively, and give the student a better opportunity to learn. Classes are slightly longer also, and not so rushed. All classes held at 13 Janet Street, West Perth 6005. All costs inclusive of gst.

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Wednesday 20th October 2.00 - 4.30pm
Thursday 21st, Friday 22nd, Saturday 23th and Sunday 24th October 11.30am - 3.30pm \$420.00

BAKING INTENSIVE:

Over 4 days we take an in depth look at all things to do with wholesome and natural baking - cookies, cakes and icings. Whole sweeteners, quality fats, leavening, and a variety of less refined flours are all addressed. Wheat free, Gluten Free and Dairy free will be included.

Thursday 28th, Friday 29th, Saturday 30th and Sunday 31st October 11.30am - 3.30pm \$420.00

NOURISHING WISDOM 2 - Cooking for Everyday Life. Hands -On

You must have done the Nourishing Wisdom 1 course before doing this course. In this 4 - session class we apply the principles learnt in NW1 to prepare delicious, seasonal meals for your everyday life, and incorporate menu - planning. What we cook is decided by you, as we menu plan for your lifestyle and needs.

Thursday 4th, Friday 5th, Saturday 6th and Sunday 7th November 11.30am - 3.30pm \$395.00

CLASSES NOVEMBER AND DECEMBER:

NOURISHING YOUNG CHILDREN - with nutrient dense, whole and organic foods

Over the 3 weeks we consider fundamentals and nourishing foods for children from 6months through to 7-10 years of age. These fundamentals can be applied to children of all ages (beyond 10 years) and indeed the whole family. It is designed as a 3 week course - each session will have an emphasis on nutrient dense foods that are critical for development. As many aspects as possible will be covered, including lunch boxes and snacks.

SATURDAYS: November 13th, 20th and 27th 11.30am - 2.45pm \$320.00

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Wednesday 3rd November 6.30 - 8.30pm
Wednesdays 10th, 17th and 24th November and Wednesday 1st December 6.30 - 9.45pm \$420.00

ALL THINGS PASTRY FOR DELICIOUS SUMMER FRUITS - demonstration and hands on.

In this class we will make a sweet shortcrust and a sweet shortcrust - both excellent pastry's to use with the wealth of delicious summer fruits. You will make you own pastry's to take home, and we will eat the delicious tarts, pies and rustic tarts that we make. Please bring your own rolling pin and apron.

Saturday 4th December 11.30am - 3.30pm \$115.00

13 JANET STREET, WEST PERTH WA 6005

Email: jude@wholefoodcooking.com.au Phone: (08) 9227 0571 Mobile: 0411 886 614 www.wholefoodcooking.com.au

Enrolment Form

Name: _____ Telephone (H): _____ Other: _____

Email: _____

Address: _____

Please enrol me in the following classes: _____

Please find enclosed my payment \$ _____

Please make cheques payable to **WHOLE FOOD COOKING**. Please post to: *Whole Food Cooking, 13 Janet Street, West Perth WA 6005.*

Credit Card payments can be made by calling (08) 9227 0571.

Direct Deposit Details: ANZ Whole Food Cooking BSB 016 - 460 ACCOUNT NUMBER 1105 34302