



Wholefood
COOKING

CLASS + EVENT PROGRAM

JUNE - AUGUST 2018

NOURISHING WISDOMS

Whole Food cooking is all about real food that's good enough to eat & has the ability to heal, nourish and delight. 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 it's 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.



KNOW HOW

All classes are designed to help you understand the fundamentals of wholesome, health supportive and delicious cooking, and make this a workable part of your busy, everyday lives. A wholefood kitchen is a living, breathing space where we translate intent and knowledge (Nourishing Wisdoms) into food to heal, nourish and delight (Know How). Foods used in class are organic or biodynamic and include grass pastured meats | sustainable and seasonal fish | dairy and egg | nature's seeds – wholegrains, legumes, nuts and seeds | sea vegetables and salt | wholesome sweetness | good quality fats.

In most classes I include local and freshly harvested seasonal fruits and vegetables, with some meat and fish, and vegetarian (with vegan options) aplenty. You will find also find many wheat and/or gluten free and low gluten dishes, with dairy free options also.





Dear Friends,

Thank goodness it's that time of the year again. Nature begins to slow and sigh, the work has largely been done, energy begins to come downward to rest. I also want to take a deep breath, sigh and sit with a cup of tea and a bit of something delicious! I am finding it quite hard to believe that it is already mid way through April, and I'm here talking to you about a program that takes us up until August! I will remind myself though how important it is to take that deep breath, let the energy move down from my head and take time to rest.

My focus this year remains on these three words
REVIVE. RESTORE AND RESET

To REVIVE the way we as a society value, grow, produce, prepare, relate to and eat food.

To RESTORE some of the forgotten knowledge and wisdoms in regards to what healthy, wholesome and nourishing food really is. To RESET our destination and take small, graded and conscious steps to get there.

But because whole health is always about the whole, we know straight away that all those verbs above not only refer to food, but to our life. You will see from me not only a focus on the above, but on a whole life – I'm deeply focused on three key areas –

Whole Food – Whole Life – Whole Families

All of the upcoming classes focus on the WHY'S, WHAT'S, HOW'S AND (REALLY?). Designed to help you actually DO, and walk that wholefood path a little more easily with less confusion. I'm very excited to be heading down south to Margaret River for both the Writers Festival, and classes with my good friend and colleague Holly Davis. We have a fabulous class planned for you!

Late July sees me heading east to Sydney for an extensive program, no stone will be left unturned!! There will be baking classes with Cornersmith (so exciting), seminar with Lisa Corduff and finally, I'm teaming up once again with my good friend and colleague Holly Davis with some very special classes to share with you. Both Holly and myself would love to see you and empower you with the information you need to give you more delicious and nourishing victories in your wholefood kitchen. I can't wait to share it all with you.

x Jude



MARCH

ONLINE CLASSES

With the launch of the online class platform in March, I have been thrilled to bits with the huge response. People have absolutely loved it, found it exceeded their expectations, was deeply informative, engaging and that it really helped them navigate their wholefood path. I've got lots of classes planned with the following three classes to be released by the end of the year.

ONLINE CLASSES – UP NEXT

GET ORGANISED

Having reset our goals for the year, this 4 week program will give you the tools you need to help implement them. Based on core wholefood principles, this is your real life plan for being well nourished and eating deliciously well, even on the busiest of days. Further details to come...

PRACTICAL MAGIC

Your essential guide to equipment that counts in the wholefood kitchen.

FLAVOUR

This goes with that

www.wholefoodcookingonlineclasses.com

JUNE

MARGARET RIVER

CLASSES WITH MYSELF & HOLLY DAVIS

**MARGARET RIVER
WRITERS FESTIVAL**

1st, 2nd & 3rd June

I'm thrilled to say that both myself and my dear friend and colleague Holly Davis will be part of The Margaret River Writers Festival this year. We will be taking part in a panel discussion, and book signings at the iconic Riversmith café. Also happy to say that we will be serving scones, jam and cultured cream.

**TWO WHOLE DAYS
IN OUR WHOLEFOOD
KITCHEN**

*Saturday 16th June &
Sunday 17th June*

Join us as we show you a variety of components, which can be mixed and matched to create delicious, nutrient dense meals. Our core wholefood principles include local, seasonal and balanced eating, these will inform the two days we spend with you. No matter what your dietary requirements there will be plenty of options from which you can create breakfasts, lunches, dinners and everything in between.

This is offered as a two day class but the Saturday alone may be attended as a single class, if that suits you better.

*Cost: \$450 for two days
\$860 for 2 people booking together
Saturday alone \$250 no discounts
offered*

*Venue: Private Home Margaret River,
address to be provided to attendees.*

*Bookings: Via the enrolment form on
page 15*

JUNE

PERTH

*Holly's
Classes
in Perth*

Holly's Classes in Perth

Held @ Tastebudds & Jude's Kitchen

For classes held at Tastebudds

Bookings:

admin@tastebudds.com.au

*0415 365 395 (please do not send text
messages to this phone number)*

Venue:

*Tastebudds, 305 Lord Street,
Highgate Western Australia 6003*

Tuesday 5th June

JUST ADD FLOUR AND WATER

This hands on class teaches how you can make your daily bread with little daily effort and how to make and maintain a naturally fermented sourdough starter. You will also make and tend to a dough in class which you can bake tomorrow or anytime that suits you this week!

Well suited to anyone who eats gluten grains. There will be bread for baking and breaking together. Leave with notes and recipes for bread, pancakes and crumpets, the dough you make in class (to bake at home), a little sourdough starter and rye flour for a couple of feedings for your starter.

Time: 6.30-9.30 pm

Venue: Tastebudds

Cost: \$120

Bookings: Via Tastebudds

JUNE

PERTH

*Holly's
Classes
in Perth*

Wednesday 6th June

CURING THE JAPANESE WAY. EXPLORE THE UMAMI MAGIC OF SHIO KOJI

This is an evening for familiarising yourself with the Japanese ferment koji (a beneficial fungi used in the making of miso, sake, soy sauces, rice vinegar and mirin). Koji transforms proteins, softening and sweetening them and rendering them to delicious nutritiousness. Learn to make and use shio koji. This ferment is incredibly useful for speedy curing of vegetables, fish and meat and to produce fabulous marinades and sauces. This is a demonstration class which also explores where fermented foods fit in a wholefood life and how they support our overall wellbeing. Take home notes, recipes and a little shio koji to get you started. Well suited to the omnivorous and the gluten intolerant.

Time: 6.30-9.30 pm

Venue: Tastebudds

Cost: \$120

Bookings: Via Tastebudds

Thursday 7th June

ODEN, A WINTER WARMING WONDER, JAPANESE HOT POT

This wonderful hot pot is based on a deeply flavoured but very simply made broth, the ingredients you choose to add to the broth provide its particular characteristics.

Oden is found in bars and on the street in winter, it is well worth adding to your repertoire. You will be introduced to several uniquely Japanese ingredients and cooking techniques. This can be a quick one pot supper or it can be made with more complex additions, to impress your guests. It is most delicious and traditionally served with a small cup of warm sake. A class well suited to most dietary preferences and easily adapted to suit vegans, it is a highly nutritious gluten and dairy free dish.

Time: 6.30-9.30 pm

Venue: Tastebudds

Time: \$120

Bookings: Via Tastebudds

JUNE

PERTH

Holly's
Classes
in Perth

Saturday 9th and Sunday 10th June

**SHOP, CHOP AND DINE WITH ME?
A one off, hands on workshop for six people only
in Jude's Swan Valley Kitchen**

Learn a series of practical principles to apply and adapt in your winter wholefoods home.

Meet me at the Guilford Food Hub, where Peter Langlands and Jane Genovese will provide us with a selection of their freshly harvested seasonal produce.

Then it is back to Jude Blereau's wonderful kitchen in Aveley, to plan our two days of cooking and eating together.

We will preserve some of our produce as ferments for later (you will take these home with you) and also utilise a range of naturally pre fermented foods in the delicious, nutritious, easily digested dishes we make and share.

This is a fantastic opportunity for detailed, individual tuition and to get your questions answered. We can tailor this class to suit everyone's dietary requirements so do let us know well ahead if you have a particular need.

Time: Saturday 8.30-2.30pm and Sunday 10-4pm

Venue: Upper Swan Valley

Cost: \$450 (Price for 2 \$850, Bring a friend)

Bookings: via enrolment form on page 15

JULY

SYDNEY

Saturday 28th July 2018

A Live Event with Jude Blereau and Lisa Corduff

A Nourishing Life - Whole Foods, Whole Family, Whole Living

Woo Hoo!! We're coming to Sydney!

Do you feel like the world is rushing madly around you and you've lost sight of what feels good ? Feels right?

Do you find it hard to make decisions about 'healthy food' because there's so much contradiction and confusion, and not really enough time to make it anyway?

Do you strive to give your family a wonderful life but constantly feel depleted and drained and like there's nothing left for you ?

Come and join myself and Lisa for a day of wholesome and nourishing wisdoms and practical tools.

Time: 11am – 4pm

Venue: TBC

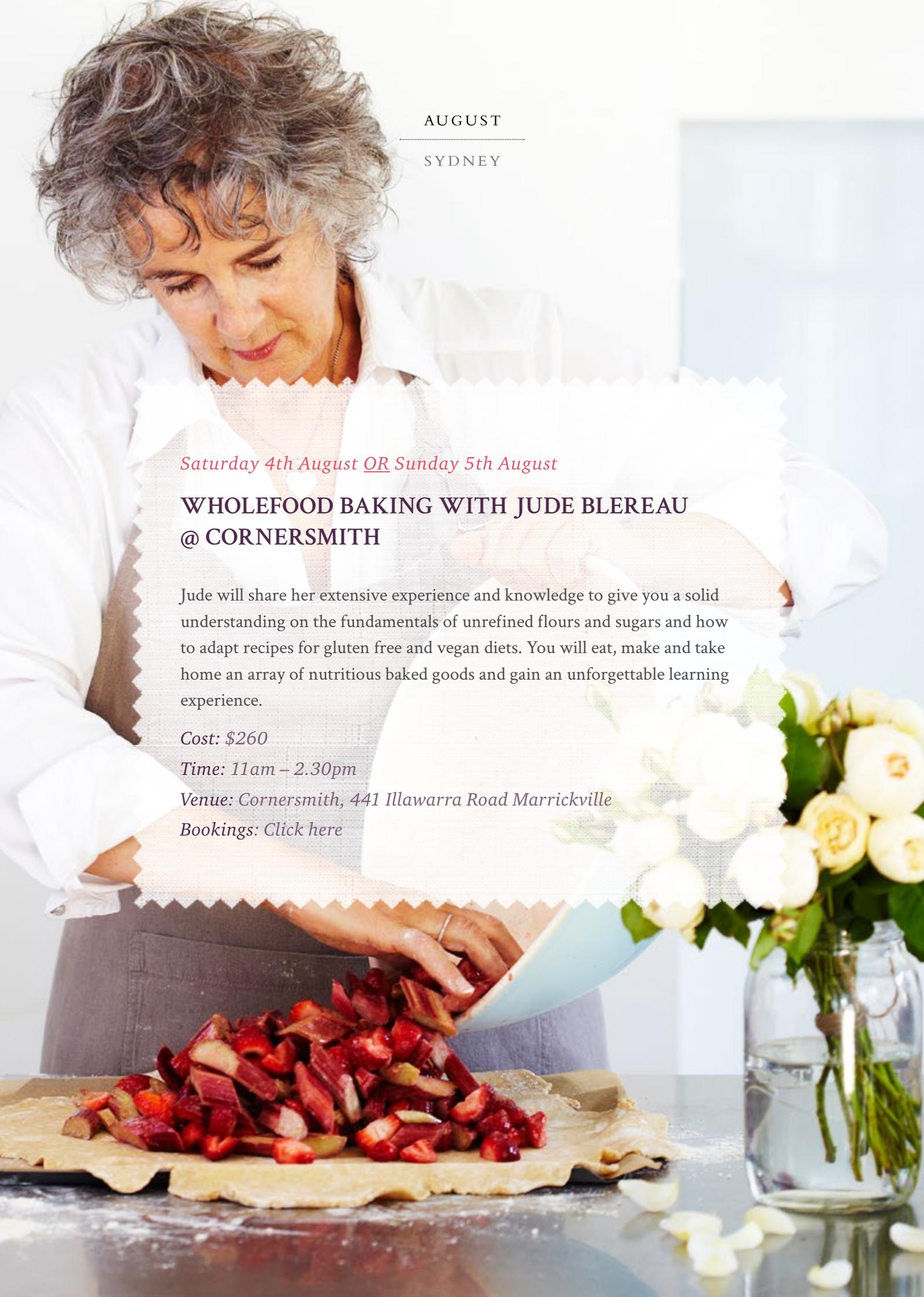
Cost: \$149

Bookings: [Click here](#)



A Nourishing Life

WHOLE FOOD, WHOLE FAMILY, WHOLE LIVING



AUGUST

SYDNEY

Saturday 4th August OR Sunday 5th August

WHOLEFOOD BAKING WITH JUDE BLEREAU @ CORNERSMITH

Jude will share her extensive experience and knowledge to give you a solid understanding on the fundamentals of unrefined flours and sugars and how to adapt recipes for gluten free and vegan diets. You will eat, make and take home an array of nutritious baked goods and gain an unforgettable learning experience.

Cost: \$260

Time: 11am – 2.30pm

Venue: Cornersmith, 441 Illawarra Road Marrickville

Bookings: [Click here](#)

AUGUST

SYDNEY

SYDNEY CLASSES WITH MYSELF & HOLLY DAVIS

Friday August 10th

THE GOOD AUSSIE FISH CLASS

What Aussie fish to choose and how to use them.

Be guided by what is local, fresh, wild and sustainable. We will be looking for a variety of fish, including those high in Omega 3, which pack a punch nutritionally and won't put a dent in your budget. Learn how to bake them whole or fry as a fillet, how to tame strong flavours, how to wrap them in a parcel, cure, grill or serve raw for irresistible eating. And let's not forget the value of a good fish stock, provide great nutrition and give you exceptional bang for your buck. **If coming to market- wear shoes with a non slip sole that fully cover your feet.**

Time: 10am – 3pm

If you would like to join us while we shop, meet us outside Claudio's at the Sydney Fish Markets at 6.30am.

Cost: \$249

book with a friend \$449

Saturday August 11th

LEARN TO COOK WHAT YOU THINK YOU CAN'T

Cooking is a learnt skill. Some core ingredients in a nourishing wholefood diet may seem too hard to tackle but with a little understanding, the right recipes and techniques these could become nutrient dense, digestible staples that you will feel confident to recreate time and again.

In this class we will show you how delicious offal can be, the many uses for a good egg, how to fit sourdough bread baking into your week and how handy home made pastry can be.

Time: 11am-4pm

Cost: \$249

book with a friend \$449

Venue:

All 3 classes held at Wild Kombucha by Ballsy's Collaboratory Kitchen , 495 Parramatta Road, Leichhardt

CLICK HERE TO BOOK

Sunday August 12th

FEAR NOT THE SPLENDID GRAIN

There are so many wonderful whole grains, including those that are gluten free.

Exceptional nutrition, ease of digestion and cooking in a timely manner are all possible with a little understanding and know how.

We will show you how to prepare and cook wholegrains for optimum deliciousness, digestibility and nourishment. These dishes can then provide the foundation of any wholefood meal you choose, be it a savoury or sweet breakfast, lunch, dinner or a snack.

Time: 11am-4pm

Cost: \$249

book with a friend \$449

Bring a friend or book more than one class, to receive a discount of \$24.50pp (only one discount applies)

MAY 2019

UPPER SWAN VALLEY

Monday 29th April through to Friday 24th May, 2019

4 Week Whole and Natural Foods Intensive

Suitable for home cooks, private chefs, health coaches, naturopaths and nutritionists.

This intensive is a PRACTICAL APPLICATION of wholefood philosophy, with a focus on understanding the foundations of healthy food and wholesome eating – the WHY something is good and most importantly, the KNOW HOW to translate philosophy into wholesome meals, to heal, nourish and delight.

Over 4 weeks, we cover foundational wholefood units including Stocks, Braising, Stews, Soups, Legumes, Whole Grains, Sea Vegetables, Vegan and Vegetarian Meals, Some meat, fish and eggs, Baking and Conversion. As seasonality is a foundational wholefood principle, foods and cooking will reflect the warmer weather. Intolerances such as Gluten, Dairy, Egg free can and are included.

Small class numbers of 3 allow me to spend more time with you, and respond to your area of need in the intimate surrounds of my kitchen workshop.

Time: Monday – Friday 9am – 4pm

Cost: \$6000.00 (AUD) + \$600.00 gst

Bookings: via enrolment form on page 15

Rachel Mc Mahon

“ Jude’s 4 Week Chef Training Intensive Course was seriously life changing for me. I feel so blessed to be one of the first three people to ever do it. What we learnt in 4 short weeks was unbelievable. Jude was always happy to help or answer questions, no matter how silly they seemed. Special consideration was taken as to where you are right now in your own food journey by taking in your own personal intolerance or allergies and relating them to the dishes you were making. She was also very flexible in trying dishes that you wanted to prepare at home. We started at the very basic and very quickly got technical. The best for me was that I learnt the importance of proper food preparation how that helps with your ability to digest it. It was intense but so worth it. The small class size gave you heaps of one on one time as well as learning from the other (in my case) ladies at the same time. ”



PRIVATE CLASSES

Sometimes, a private class is the best option to respond directly to your individual needs and /or restrictions, with one - on - one tuition. A class is a 4 hours hands -on session, but best of all you get to take home what we cook! Like all my classes notes are supplied. Please email me if you would like to chat about this earlier. jude@wholefoodcooking.com.au

Cost \$650

FOOD COACHING

There is a lot we can do in 1 hour in clearing a path ahead for you, or making sense of how to move forward, or simply making more sense of where you are. You might have a restricted diet, and need help with how to use many foods that are new to you, or just need help with implementing a more nourishing path for yourself and those you love. I'd love to work with you in achieving these goals and more. If you would like to chat further please email me jude@wholefoodcooking.com.au

1.5 hour first session \$350

1 hour after \$250

BOOKINGS

Unless otherwise noted on the class details, all bookings to
jude@wholefoodcooking.com.au

Payment can be made with this form, by email, direct deposit
or by ringing me with your credit card number.

A BOOKING WILL ONLY BE HELD FOR 5 DAYS without payment.

Cancellation Policy:

Just like a concert or theatre, if you are unable to come
to class, the cost is not refunded and class numbers are small.

In some cases, with enough notice,
a credit may be given for another class.

ENROLMENT FORM

Name

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Email

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Phone No

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Please enrol me in the following classes

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Please make payment by direct deposit to:

ANZ Whole Food Cooking BSB 016-460 Acc No 110534302

Or ring me with a credit card number – 0411 886 614

THANK YOU



Wholefood COOKING

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