

Wholefood

COOKING

PERTH PROGRAM

March –May 2017



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.

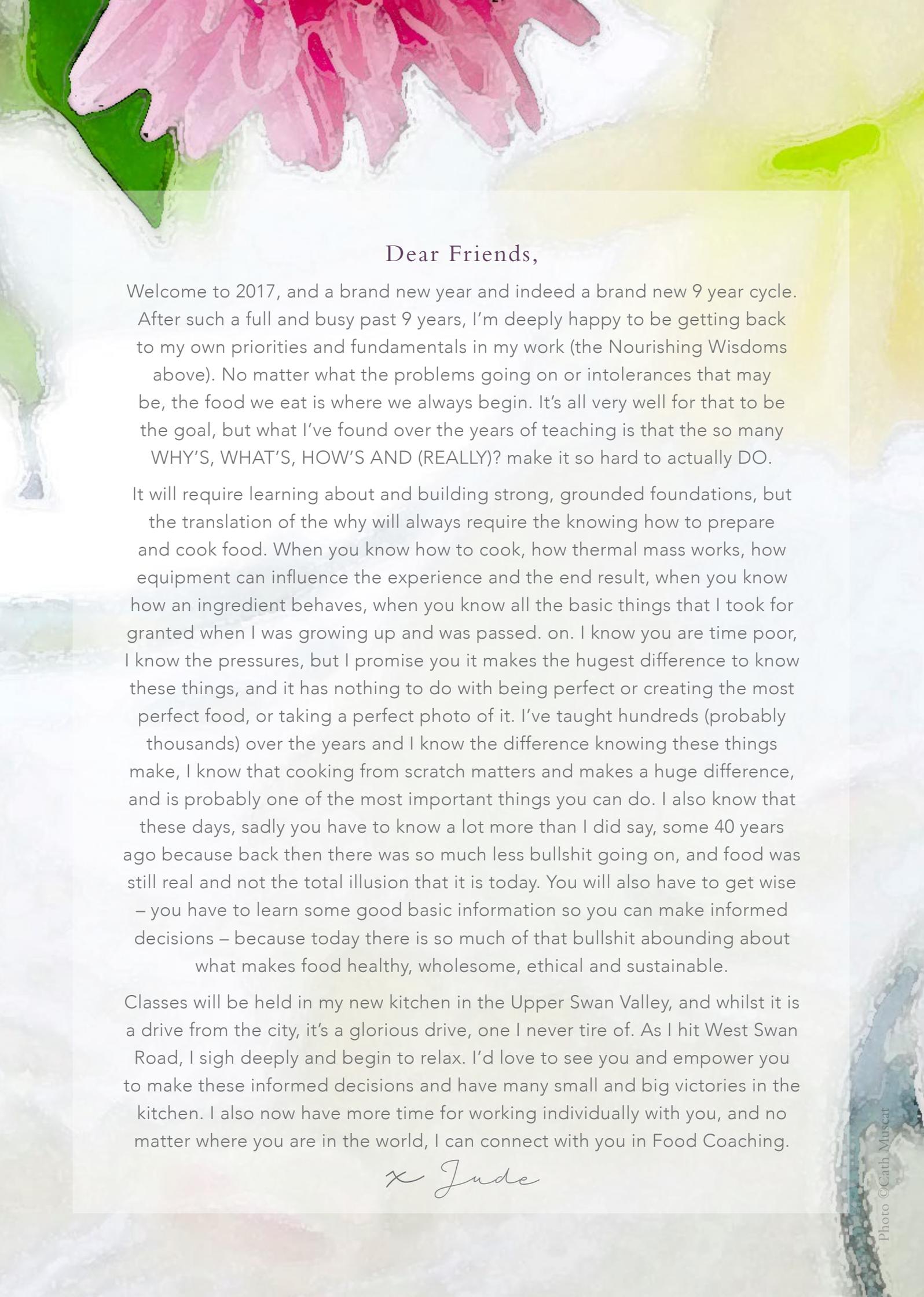


KNOW HOW

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,

Welcome to 2017, and a brand new year and indeed a brand new 9 year cycle. After such a full and busy past 9 years, I'm deeply happy to be getting back to my own priorities and fundamentals in my work (the Nourishing Wisdoms above). No matter what the problems going on or intolerances that may be, the food we eat is where we always begin. It's all very well for that to be the goal, but what I've found over the years of teaching is that the so many WHY'S, WHAT'S, HOW'S AND (REALLY)? make it so hard to actually DO.

It will require learning about and building strong, grounded foundations, but the translation of the why will always require the knowing how to prepare and cook food. When you know how to cook, how thermal mass works, how equipment can influence the experience and the end result, when you know how an ingredient behaves, when you know all the basic things that I took for granted when I was growing up and was passed. on. I know you are time poor, I know the pressures, but I promise you it makes the hugest difference to know these things, and it has nothing to do with being perfect or creating the most perfect food, or taking a perfect photo of it. I've taught hundreds (probably thousands) over the years and I know the difference knowing these things make, I know that cooking from scratch matters and makes a huge difference, and is probably one of the most important things you can do. I also know that these days, sadly you have to know a lot more than I did say, some 40 years ago because back then there was so much less bullshit going on, and food was still real and not the total illusion that it is today. You will also have to get wise – you have to learn some good basic information so you can make informed decisions – because today there is so much of that bullshit abounding about what makes food healthy, wholesome, ethical and sustainable.

Classes will be held in my new kitchen in the Upper Swan Valley, and whilst it is a drive from the city, it's a glorious drive, one I never tire of. As I hit West Swan Road, I sigh deeply and begin to relax. I'd love to see you and empower you to make these informed decisions and have many small and big victories in the kitchen. I also now have more time for working individually with you, and no matter where you are in the world, I can connect with you in Food Coaching.

x Jude

*Saturday 4th March and
Sunday 5th March*

**AS THE 2017 SCHOOL YEAR
BEGINS, NOURISHING YOUNG
+ OLDER CHILDREN
AT WORK + PLAY**

This class will focus on nourishing our young and growing children so they can thrive each and every day. We will absolutely discuss lunch boxes and snacks but breakfast and afternoon tea is just as important, so that will be included also. Recipes will reflect the movement into the late summer and autumn seasons with plenty of nut free, dairy free and gluten free options.

11am – 4pm

\$330.00

Or bring a friend (cost for 2) \$640.00



Saturday 11th March

**GET ORGANISED FOR THE
WEEK AHEAD:**

**Eat well, even on the busiest
of days.**

Nothing makes the week roll along more easily than having a game plan (menu planning) but better still if you have already made some basics. It doesn't take long – 7 power basics you can mix and match, will give you a lot of wonderful options. There they happily sit just waiting to be put to work, resulting in many a nourishing and delicious breakfast, lunch and dinner. Class includes wheat and or gluten free and low gluten options, dairy free options, vegetarian and vegan options.

11am – 4pm

\$165.00

Or bring a friend (cost for 2)

\$310.00



*Saturday 18th March and
Sunday 19th March*

**CONVERSION: Baking to suit
your taste buds or restrictions.**

“Oh I just add this, or that, but it doesn’t really work out” – I hear this all the time!! Converting your favourite cake or baked goodie to a more wholesome ingredients, possibly gluten free and even possibly dairy free is not an easy thing. It requires a deep understanding of the ingredients and baking – a preparedness to think through the conversion, try it, assess it, and then try again. You rarely get a successful conversion in less than 3 goes. In this 2 day class, we will (hopefully) do 5 conversions (or more if possible) and I will convert what you ask me to convert.

11am – 4pm

\$330.00

Or bring a friend (cost for 2) \$640.00

*Saturday 25th March and Sunday 26th March AND
Saturday 1st April and Sunday 2nd April.*

WHOLEFOOD FROM THE GROUND UP

Nourishing Wisdom | Real Food 101 | Know How | Recipes

A wholefood kitchen is a living, breathing space where we translate intent and knowledge into food that can heal, nourish and delight. This is a four day workshop, 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 use it. During our time together I cover the following, and provide you with a broad range of new recipes for the cooler weather. Your questions are all welcome.

- What makes the food we eat healthy?
- What makes the way we eat wholesome, healthy, ethical and sustainable ?
- Understanding the food we eat Fats, Carbohydrates and Proteins
- Understanding dairy and gluten intolerance
- Using nature's seeds – including whole grains and legumes – so they are optimally digestible and able to nourish.
- Foods from the sea, such as seaweeds, salt and fish
- The benefits of animal bone and vegetarian stocks
- Wholesome sweetness

Centred around these basics we learn how to incorporate whole and nutrient dense ingredients into everyday cooking, whilst building a whole and natural foods pantry. Class includes wheat and or gluten free and low gluten options (and indeed has a high % of gluten free) dairy free options, vegetarian and vegan options.

11am – 4pm

\$595.00

or bring a friend (cost for 2) \$1,120.00

1st May - 26th May

4 WEEK WHOLE AND NATURAL FOODS CHEF TRAINING INTENSIVE

This intensive is designed for those who don't have the time to spare for the full 13 week WNCTP program and would enjoy the smaller class number of 3 only in the intimate surrounding of my kitchen. This gives me so much more time to spend with you, and respond to your area of need. All foundation units of the full WNCTP are covered, in a far less pressured program, and includes baking.

If you would like to look at the prospectus for the full Whole and Natural Foods Chef Training Program or would like to chat further about the 4 week intensive, please email me - jude@wholefoodcooking.com.au

Monday – Friday 9am – 4pm

\$6000.00 (AUD) + \$600.00 gst



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 \$650.00

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 hour first session \$200.00

1 hour after \$165.00

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

Email

Phone No

Please enrol me in the following classes

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

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THANK YOU



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JUDE BLEREAU +61 411 886 614

www.wholefoodcooking.com.au

jude@wholefoodcooking.com.au

