



Wholefood
COOKING

CLASS + EVENT PROGRAM
AUGUST – DECEMBER 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,

I know, it's been a while, and thank your patience whilst I worked on getting the new program together. It's a lot like a huge jigsaw puzzle - every piece depends on another piece. Plus I've been spending a huge amount of time getting the online class program built – with (fingers crossed) the first online program to come very shortly.

The program you see here covers a huge amount of wonderful options and opportunities I'm excited to say. There are classes in Sydney and Perth, a seminar in Melbourne with myself and the inspiring Lisa Corduff and finally, classes and seminar in my home town of Perth. My good friend and colleague Holly Davis has her (long awaited and wildly anticipated) book out in September and is bring her brilliant self and wealth of knowledge on fermenting (and indeed wholefoods) to Perth for not only public classes, but a very special opportunity with a 2 week intensive for a small group.

Classes continue to 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. Perth 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 with information to make the journey just a little easier, resulting in more small and big victories in the kitchen. I also now have more time for working individually with you, so no matter where you are in the world, I can connect with you in Food Coaching (and soon, through the online classes).

x Jude

SEPTEMBER

MELBOURNE

Saturday 2nd September, 2017

A Live Event with Jude Blereau and Lisa Corduff

A Nourishing Life - WHOLE FOODS, WHOLE FAMILY, WHOLE LIVING

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: Donkey Wheel House, 673 Bourke Street, Melbourne.

Cost: \$149.00

Bookings: <http://smallstepsliving.com/a-nourishing-life/>



A Nourishing Life
WHOLE FOOD, WHOLE FAMILY, WHOLE LIVING

SEPTEMBER

SYDNEY

JUDE AND HOLLY – TOGETHER AGAIN

I love teaching with my dear friend and colleague Holly Davis. Holly's new book is being released in September, and to celebrate we are doing 2 classes together, with a large emphasis on using delicious ferments (from Holly's new book) in conjunction with wholesome eating in an everyday life.

Both classes will include vegan, vegetarian, gluten and/or dairy free options.

Friday 8th and Sat 9th September

11am – 4pm

2 DAYS OF WHOLEFOODS

Taught by Jude Blereau and Holly Davis.

During this two day course, we will teach from a collection of recipes which you will be able to use to create spring into summer eating for breakfast lunch and dinner, and everything in-between. This also gives us the opportunity to discuss how we balance what we eat, for optimum nourishment and well-being. Holly is looking forward to showing you where ferments fit the wholefood day, with recipes from her new book (released September 2017).

Cost: \$495.00

or book with a friend to receive a \$30.00 (each) discount and pay \$930.00

*Venue: The Collaboratory Kitchen
(Wild Kombucha By Ballsy) 495
Parramatta Road, Leichhardt*

Bookings:

www.foodbyhollydavis.com/classes

Sunday 17th September

11am – 4pm

THE ROLE OF WHOLESOME SWEETNESS

Taught by Jude Blereau and Holly Davis.

We hold the view that there is a valid role for sweetness within the context of a wholesome life, and that indeed sweetness is not a dirty word! This class will provide you with a range of recipes suitable for the everyday lunch box, a celebratory cake with toppings, a naturally leavened gluten free cake, cultured ice-cream and other treats. We will also explore the role of joy and deliciousness as nutrients in their own right so you need never again feel guilt when eating foods you love.

Cost: \$249.00

or book with a friend to receive a \$24.00 discount each and pay \$450.00

*Venue: The Collaboratory Kitchen
(Wild Kombucha By Ballsy) 495
Parramatta Road, Leichhardt*

Bookings:

www.foodbyhollydavis.com/classes

OCTOBER

PERTH

HOLLY'S CLASSES IN PERTH

Holly is heading west for some amazing classes and we're continuing the celebrations for her new (and much awaited) book 'Ferment A guide to the ancient art of culturing foods'. Jude is also heading south and north getting out into the country areas to say hi and teach.

All classes other than the In Conversation and Demonstration at Beaufort Street Books, and workshop at Margaret River, are at Jude's Upper Swan Valley Kitchen.

Monday 2nd through to Friday 13th

October

Monday to Friday from 9–4pm

A TWO WEEK INTENSIVE IN LACTO-FERMENTATION AND SOURDOUGH BAKING

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

A rare opportunity for 70 hours of personal tuition with Holly. There is a maximum group size of four.

Holly has spent a lifetime fermenting food and drinks and as such has a vast number of distinctions to teach you; so that you can expand your understanding and broaden the range of these foods you make at home or work. This course outlines a range of processes including germinating, wild fermenting, infusing, leavening, incubating and curing foods to safely and effectively transform and preserve a wide range of ingredients to provide diverse groups of delicious probiotic support. This is a rare opportunity to spend ten days hands on, absorbing Holly's knowledge, as you make and tend to these foods. You will make both savoury and sweet cultured foods and learn where these fit in a wholefood meal plan.

Venue: Jude's Upper Swan Valley Kitchen

Cost: \$3000 + gst

Bookings: via enrolment form on page 18

OCTOBER

PERTH

Tuesday 17th October

6.15–8pm

**IN CONVERSATION &
DEMONSTRATION CLASS
AT BEAUFORT STREET
BOOKS**

Holly will be demonstrating a few simple processes you can employ at home to produce delicious, nutritious probiotic foods.

Jude will be introducing the evening, and Geraldine will be asking Holly about her new book *Ferment – A guide to the ancient art of culturing foods* and you will have the opportunity to have your questions answered and try a few delicious mouthfuls.

567 Beaufort Street

Mount Lawley

WA 6050

All enquires and bookings to

www.beaufortstreetbooks.com.au

Thursday October 19th

6pm–9pm

FERMENT WORKSHOP

In Holly's words...

"Riversmith is an iconic renovated garage on the main street of Margaret River. I am thrilled to be invited by fellow fermentation revivalists Lachlan Macdonald and his mother Karen. Riversmith is a cafe, produce and lifestyle store that showcases the abundant resources of the Margaret River region. It follows then that they employ the processes of fermentation to preserve the harvest and enliven many of their dishes. They also sell an excellent selection of equipment fit for these processes.

I will be demonstrating how to activate, wild capture, cure and steep, to produce lively ferments. This will include recipes from from my just launched book *Ferment- a guide to the ancient art of culturing foods*"

RIVERSMITH @ MARGARET RIVER

122 Bussell Highway

Margaret River 6285 WA

Bookings and all enquires (including cost) through Karen Macdonald. email karen@riversmith.com.au

OCTOBER

PERTH

Saturday 21st October

11am – 4pm

The processes of fermentation part one

A 5 hour demonstration class, to explore and better understand where fermented foods fit in a wholefood life and how they support our overall wellbeing.

Today is all about capturing beneficial native bacteria to create a range of foods to add to a wholefood diet, to enhance flavours and provide a diverse range of probiotic support. This class includes the fabulous easy to make gluten free Ethiopian flatbread 'Injera' and a range of accompaniments and a naturally leavened sweet pastry, for a pie to be served with a Swedish cultured cream. You will take home notes, recipes and the cultures you would like.

Venue: Jude's Kitchen

Cost: \$185 per day

or book together with a friend

and save \$10 each, pay \$350

If you book two into part 1 & 2 the price will be \$680 saving you \$30 each

Bookings: via enrolment form page 18

Sunday 22nd October

11am – 4pm

The processes of fermentation part two

A 5 hour demonstration class, to explore and better understand where fermented foods fit in a wholefood life and how they support our overall wellbeing. Today will be for familiarising yourself with lesser-known techniques for culturing foods. This does not mean they are difficult to learn or to make, just that these are not the usual suspects. We will use the Japanese ferment koji (A beneficial fungi used in the making of miso, sake, soy sauces, rice vinegar and mirin) to quickly and simply cure vegetables, fish and meat and make delicious dressings. There will also be a naturally leavened cake and sourdough crackers and things for dolloping and dipping into. You will take home notes, recipes and the cultures you would like.

Venue: Jude's Kitchen

Cost: \$185 per day

or book together with a friend and save \$10 each, pay \$350

If you book two into part 1 & 2 the price will be \$680 saving you \$30 each

Bookings: via enrolment form page 18

OCTOBER

ONLINE

ONLINE TO THE WORLD

Get Organised for the Week Ahead

ONLINE CLASS

I'm so thrilled to introduce my brand new online program "GET ORGANISED FOR THE WEEK AHEAD", where you can COME INTO THE KITCHEN WITH ME, wherever in the world you live.

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.

Launching in October,
the best way to stay updated is to
SUBSCRIBE to the NEWSLETTER

<http://wholefoodcooking.com.au/subscribe/>
so please stay tuned through my newsletter,
on my website program when updated,
Facebook and Instagram.

OCTOBER

ALBANY

Festival

Wednesday 4th October through to Friday 6th October

I'm so excited to be heading down Albany way once again to take part in the **Food for Thought Festival**.

I will also be presenting a 3 day masterclass

WHOLEFOOD FROM THE GROUND UP 3 days of wholefoods

A wholefood kitchen is a living, breathing space where we translate intent and knowledge into food that can heal, nourish and delight. This 3 day workshop will focus on the foundations of healthy food and wholesome eating – the WHY something is good and most importantly, the KNOW HOW to use it for breakfast, lunch, dinner and everything in between.

- 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

Your questions are welcome, and the course includes something for everyone. Wheat and or gluten free and low gluten options (and indeed has a high % of gluten free) dairy free options, vegetarian and vegan options are all included.

for all information, and bookings click here

<http://www.foodforthoughtfestival.com/jude-blereau-is-back-three-day-whole-food-cooking-master-class/>

OCTOBER

UPPER SWAN VALLEY

Saturday 28th October

OR Sunday 29th October

Whole Summer Meals, for the Whole Family

This class is exactly what it says – chock full of simple, straightforward whole, nourishing and delicious meal options for breakfast, lunch, dinner and everything in between for the warmer weather.

Time: 11am – 4pm

Cost: \$165.00 or bring a friend (cost for 2) \$310.00

Bookings: via enrolment form on page 18

NOVEMBER

*Wholefood Cooking, together with
Food Land Culture*

Seminar

NOW MOVED TO EARLY NEXT YEAR - WE JUST GOT TOO BUSY!

**THE STATE OF FOOD
AND THOSE WHO
GROW AND PRODUCE IT
IN OUR STATE**

- What makes the food we eat good? Ethical or sustainable? And what the heck does that mean?
- What do all those different labels mean anyway? Local – Organic – Biodynamic – Free Range – Natural?
- Who grows good food in Western Australia and where can I get it?
- Do you know what questions to ask that can help assure you the animal products, fruit and vegetables you buy are ethically and sustainably raised?

This seminar is a unique opportunity to take a closer look at how our farmers are faring, hear directly from them and ask them directly the above questions, and the many others that you may have. We want you to have the information you need so you can better understand the issues facing our farmers, and the information you need to help you make good and ethical food choices more easily.

Booking details to come

NOVEMBER

GERALDTON

11th through to the 14th November

4 Days of Wholefoods

WHOLEFOOD FROM THE GROUND UP

A wholefood kitchen is a living, breathing space where we translate intent and knowledge into food that can heal, nourish and delight. This 4 day workshop will focus on the foundations of healthy food and wholesome eating – the WHY something is good and most importantly, the KNOW HOW to use it for breakfast, lunch, dinner and everything in between.

- 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

Your questions are welcome, and the course includes something for everyone. Wheat and or gluten free and low gluten options (and indeed has a high % of gluten free) dairy free options, vegetarian and vegan options are all included.

Monday and Tuesday 10am – 3pm

Saturday and Sunday 11am – 4pm

Cost: \$495.00

Venue: TBC

Bookings: Helen Gun - awholefoodaffair@gmail.com

If you have any problems let me know

2018

UPPER SWAN VALLEY

Monday 30th April through to Friday 25th May, 2018

4 Week Whole and Natural Foods Intensive 2018

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 18

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

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

Wholefood
COOKING

THANK YOU



Wholefood COOKING

JUDE BLEREAU +61 411 886 614

www.wholefoodcooking.com.au

jude@wholefoodcooking.com.au



