

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.

Nourishing Wisdom - good food, everyday

A warm hello once again.

As one year comes to it's close, I am already gearing up for the new ! I'm thrilled to say that my dear friend Holly Davis will be here again in March 2015, with a fabulous range of classes. Holly brings her considerable wisdom from a very many years in whole and natural foods, especially Lacto – Fermentation and Sourdough, I know you will love her classes. I will be Central New South Wales for the Warrumbungle Food Festival in April.

As you know, I myself have been doing very few classes as I finish up work on a new book (2016 publication). Thank you for being so patient – I know I've been tardy with my FB and blog (and classes), some days there is just too much to do – I am trying to practice what I teach and find some balance in my days. But behind the scenes, the website is being re built from scratch and in a sense I am waiting for that to be finished before I gear up once again.

I will be in the kitchen a bit with Holly though, and I'll look forward to seeing you as we cook delicious food from real and whole ingredients, pick from the garden and shop from the bounty our organic growers and seas deliver. May there be much joy and deliciousness at your table, and in your life this Christmas season and in the coming new year.

Jude Blerreau

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. There's an awful lot of confusion about just what "healthy" food really is – and I believe labeling 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), it's 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, why 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.

Cooking Classes

All classes are designed to help you understand the how to cook wholesome nourishing and delicious meals, and the why, using a variety of whole and real foods 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. All classes in this program are demonstration, but include generous tastings.

Schedule: March 2015

All classes include generous tastings, and more.

All Perth classes (other than the Balingup Weekend) will be held at 13 Janet Street, West Perth, 6005 WA.
All bookings to Jude – jude@wholefoodcooking.com.au

Please Note - dishes prepared, in most cases can be adaptable to suit a wide range of dietary needs including omnivores, vegans, wheat and gluten free, dairy free, GAPS and BED. Grass fed meats, sustainably fished seafood, cultured food and drinks and organic dairy produce will be offered (in the appropriate class) to those who eat them.

WHOLEFOOD ENTERTAINING THIS EASTER

March 7 & 8

Whether you are entertaining at home or contributing to another's table, this Easter could be filled with wholesome wholefood options everyone will relish.

11.00am - 4.00pm
\$330.00

Saturday and Sunday will be spent exploring a range of delicious savoury dishes and sweetness. Recipes will include traditional Easter dishes with a wholesome twist such as, sourdough hot cross buns or sweet spiced simnel cake; using the best quality, nutrient rich ingredients.

CHOOSING AND COOKING DELICIOUS LOCAL FISH

March 10

This class explores which fish are local and in season and which are the best options for delicious, nutritious meals which, won't cost the earth.

6.30pm - 9.45pm
\$145.00

Fish can be a very affordable way to get superb nutrition and flavour but a little know how is required. Cooking fish causes many people concern, this class aims to alleviate any stress and leave you armed with all you need to know to feel confident and courageous with fish. When shopping, knowing what to look for and which questions to ask makes all the difference. With a few great recipes and top tips for preparing and cooking, delicious fishy meals will become a regular feature of your repertoire. Gluten and dairy free options will be available.

WEEKEND RESIDENTIAL RETREAT IN BALINGUP, WITH HOLLY DAVIS AND EMMA GALLOWAY (My Darling Lemon Thyme)

March 14 & 15

Don't miss out on this unique opportunity to spend the weekend with Holly, Emma and Katrina Lane from Taste of Balingup. Enjoy classes with Holly and Emma, a farm tour of Blackwood Valley Beef, and a fabulous feast cooked by both Holly and Emma, using seasonal, locally grown produce.

For more information and booking, please go to:

www.tasteofbalingup.com.au/#!eventsandclases/cqid

GET THE GOOD BUGS FROM LACTO FERMENTED VEGETABLES AND FRUITS

March 18

Learn to make: naturally fermented, probiotic dry salted vegetable ferments, brined vegetables, and whey cultured fruits. You will have the opportunity to try all the items demonstrated which will include a variety of naturally fermented foods, ask your questions and take home detailed notes and recipes.

6.30pm - 9.45pm
\$145.00

A WEEKEND DEDICATED TO MASTERING THE ART OF FERMENTATION

March 21 & 22

*SATURDAY: GET THE GOOD BUGS FROM - CURDS AND WHEY AND ACQUIRE A GIFT FROM THE GODS...
YOUR OWN LIVE SCOPY*

11.00am - 4.00pm
\$330.00

Learn to make: labneh, live yoghurt using a regenerating Romanian starter, cultured cream and butter and learn how to safely use Symbiotic Colony's Of Bacteria & Yeasts SCOPY. Introducing dairy kefir, and sugary or water kefir 'grains' to make a range of delicious probiotic drinks. You will have the opportunity to try all the dishes and drinks demonstrated, ask questions and eat seasonal snacks, which will include a variety of naturally fermented foods. For those who wish, there will be SCOPY's to take home!

SUNDAY: GET THE GOOD BUGS FROM LACTO FERMENTED VEGETABLES AND FRUITS

Our world abounds in microorganisms, many of which can help us to, improve our digestion, support our immune system and reduce sugar cravings. Learn to make a range of naturally fermented, probiotic dry salted vegetable ferments, brined vegetables, and whey cultured fruits. You will have the opportunity to try all the items demonstrated, ask questions and eat a seasonal lunch, which will include a variety of naturally fermented foods.

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THE LITTLE BLACK DRESS CLASS - FEATURING A RANGE OF NEW RECIPES

March 25

(Holly's version of my Meals for Everyday and Surviving the Busy Days)

6.30pm – 9.45pm

So you will always have something to 'put on'. This class teaches how to prepare a range of nutrient rich and easily digested, home made, dishes to stock the fridge, freezer and pantry; so you will have the makings of superb meals in a timely fashion. The dishes will be adaptable to suit a wide range of dietary needs including omnivores, vegans, wheat and gluten free, dairy free, GAPS and BED. Grass fed meats, sustainably fished seafood, cultured food and drinks and organic dairy produce will be offered; to those who eat them. There will be plenty of opportunities to have your questions answered.

\$145.00

REFRESH, RESTORE AND NOURISH INTO WINTER

March 27-30

(Holly's version of my Nourishing Wisdom)

Friday March 27th -
Monday March 30th
Inclusive

This four day course includes comprehensive information and recipes for producing delicious wholesome breakfasts, lunches, dinners and snacks, without spending vast tracts of time in the kitchen or resorting to packaged and processed goods. This course embodies traditional wisdom and techniques; for making delicious dishes that maximise nutritional values and optimise digestibility. The dishes will be adaptable to suit a wide range of dietary needs including omnivores, vegans, wheat and gluten free, dairy free, GAPS and BED. Grass fed meats, sustainably fished seafood, cultured food and drinks and organic dairy produce will be offered; to those who eat them. There will be plenty of opportunities to have your questions answered.

10.00am - 3.00pm
Friday & Monday

11.00am - 4.00pm
Saturday & Sunday

\$595.00

The course covers the following, using a range of new and fundamental recipes:

- The what, why and how of wholefoods, this is an introduction to a range of ingredients and fundamental techniques to employ, for no fuss, affordable cooking, everyday. A pantry list is included along with what to find in season.
 - A discussion about the season and what is most appropriate in Perth through autumn and winter
 - Choosing the most sustainable produce and animal products, what to ask and what to look for when buying: fruits, vegetables, eggs, dairy, meat, poultry, fish and seafood
 - Making bone broths and what to do once you have
 - Preparing and cooking nuts, seeds, beans, legumes and grains
 - The use of sea salt and seaweeds
 - How to make and include lacto fermented condiments and drinks
 - Wholesome sweetness for everyday delight
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Jude's Events @ Warrumbungle Food Festival: April 17-21, 2015 Coonabarabran New South Wales

For all enquires and tickets, please go to
www.stickytickets.com.au/warrumbunglefoodfestival2015

SEMINAR: WHAT MAKES THE FOOD WE EAT GOOD, ETHICAL AND SUSTAINABLE AND EATING WHOLESOME AND HEALTHY?

Saturday April 18

This seminar will focus on the basics of healthy, wholesome and nourishing eating including the aspect of ethics and sustainability. We will provide practical answers to this most important question, from the foods that really matter, how you can include them in your everyday life and where to buy them.

1:00pm - 5:00pm

CLASS: NOURISHING FUNDAMENTALS: FIVE WAYS TO INCLUDE WHOLESOME AND NOURISHING FOOD IN YOUR EVERYDAY LIFE

Sunday April 19

Simple, cheap, delicious and extremely nourishing, these five fundamentals are all you need to make big changes in your everyday life. These basic techniques and preparations can be used in many different ways and form a strong foundation for wholesome and nourishing foods in your home.

9:00am - 12:00pm

SEMINAR: ALLERGIES AND INTOLERANCE

Sunday April 19

Food processing, modern agricultural practices, a busy lifestyle, poor food choices and loss of traditional food values and preparation practices, means that foods that were the staff of life for thousands of years are now not tolerated by a large number of people. This seminar will look at the role these and other issues play in allergy and intolerance, discuss how important a healthy gut ecology is and the foods that can help.

1:00pm - 5:00pm

CLASS: NOURISHING SOLUTIONS FOR CHILDRENS SNACKS AND LUNCHBOXES

Monday April 20

This class will focus on how to approach the issue of childrens snacks and lunches that are age appropriate, and include dairy / and or gluten free options. Fussy Eaters will also be addressed.

9:00am - 12:00pm

CLASS: MEALS FOR EVERYDAY AND SURVIVING THE BUSY DAYS

Tuesday April 21

Preparing a nourishing meal at the end of a busy day is one of the most difficult things to do in our busy every day lives. In this class we take a wholistic approach to getting a delicious and nourishing meal on the table, with the least amount of effort. Menu planning will also be addressed.

9:00am - 12:00pm

BOOKINGS

Bookings can be made by forwarding a payment with this form or by email, and payment can be by direct deposit, or by ringing me with a credit card number.
A BOOKING WITHOUT PAYMENT WILL ONLY BE HELD FOR 4 DAYS.

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.

BOOKINGS TO JUDE:

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

Enrolment Form



Name:

Telephone Home: Telephone 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: ANZ Whole Food Cooking. BSB 016 - 460. Acc No 1105 34302