

# Come Into the Kitchen

Class Program | Perth, Melbourne, Sydney



# Wholefood COOKING

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Dear Friends,

It's taken almost a year, but the new book is finally beginning to take shape. The writing and recipes are finished, the photography has been done and I can finally see my vision taking shape - it actually is a book. And, it is beautiful. But beyond the beauty, I hope it is the information, tools and recipes that make it a favourite in your kitchen. The book, and of course the 3 month intensive Whole and Natural Foods Chef Training Program is what has been taking up most (well, really all) of my time over the past year/s. But I've missed public classes, and thrilled to be able to offer a small selection in the coming months.

I've chosen classes that speak to what you tell me are the most important issues - INFORMATION AND KNOWLEDGE to help clear away the confusion that surrounds what wholesome and healthy food and eating actually is, and the KNOW HOW and recipes to make this a workable part of your busy everyday lives.

It's taken me years to learn what I know, but a lifetime to truly understand what I know and place it within a wholistic framework. I'd love to share this with you and help you make nourishing and delicious food a workable part of your everyday life. I 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.

x *Jude*

# Class Program August - December 2015

## Perth | Melbourne | Sydney

### 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 also find many wheat and/or gluten free and low gluten dishes, with dairy free options also.

# Perth

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## **Meals For Everyday and Surviving the Busy Days - New Recipes for Spring | Summer**

We know life is fast, and making time to cook a wholesome and nourishing meal is not quite as simple as 4 ingredients, or a 15 minute meal. This class embraces a wholistic approach – planning, organisation as well as new seasonal recipes to cook - so quick, seasonal, nourishing, delicious meals are within reach.

*Venue: 13 Janet Street, West Perth.*

*Saturday 29th and Sunday 30th August, 2015 11am - 4pm - SOLD OUT*

*Saturday 12th and Sunday 13th September, 2015 11am - 4pm*

*\$295.00*

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## **Build a Whole and Natural Foods Kitchen for Spring and Summer Workshop**

**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 warmer 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.

*Venue: 13 Janet Street, West Perth*

*Friday 18th September - Monday 21st September (Friday and Monday 10am - 3pm | Saturday and Sunday 11am - 4pm)*

*\$595.00*

# Melbourne

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## **Build a Whole and Natural Foods Kitchen for Spring and Summer Workshop**

**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 warmer 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.

*Venue: Black Rock, Victoria*

*Friday 23rd October - Monday 26th October (Friday and Monday 10am - 3pm | Saturday and Sunday 11am - 4pm)*

*\$650.00*

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## **Meals For Everyday and Surviving the Busy Days - New Recipes for Spring | Summer**

We know life is fast, and making time to cook a wholesome and nourishing meal is not quite as simple as 4 ingredients, or a 15 minute meal. This class embraces a wholistic approach – planning, organisation as well as new seasonal recipes to cook - so quick, seasonal, nourishing, delicious meals are within reach.

*Venue: Black Rock, Victoria*

*Saturday 31st October (yes, it's Halloween !!! - we will make some wholesome treats) and Sunday 1st November 11am - 4pm*

*\$330.00*

# Sydney

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## Sydney Classes with Holly Davis and Jude Blereau

I am thrilled to be joining forces and co-teaching with my dear friend Holly Davis, sharing with you our combined experience and nourishing wisdoms, gained over our thirty years pioneering the wholefood industry in Australia. We would like you to leave these events empowered with information and practical tools that will enable you to carve a clear and achievable wholefood path, amidst the current plethora of confusing food and dietary information.

*Please Note - dishes prepared can be adapted to suit a wide range of dietary needs including omnivores, vegans, wheat and gluten free, dairy free, GAPS and Body Ecology Diet followers. We give preference to local, organic and biodynamic produce and only use grass fed meats, sustainable seafood and organic dairy produce. A range cultured foods and drinks are also on offer.*

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You can either book directly online [wholefoodcooking.com.au/classes/](http://wholefoodcooking.com.au/classes/) or if you would prefer to pay by direct deposit, pay this to **Holly Davis, BSB 923100 ACCOUNT #31177187. Food by Holly Davis.** Please ensure you email Holly ([holly@foodbyhollydavis.com](mailto:holly@foodbyhollydavis.com)) first, then use your name and class dates with your direct deposit. If you have any queries at all, please ring Holly at 0412 411 242 or Jude at 0411 886 614. Any problems or queries with this process please ring or email me ([jude@wholefoodcooking.com.au](mailto:jude@wholefoodcooking.com.au)).

Class numbers are kept small, to ensure you receive plenty of attention and get your questions answered. Whilst all care is taken we cannot and do not guarantee that any food offered is 100% free of any allergens.

Our cancellation policy: Just like a concert or theatre ticket, if you are unable to come to class, the cost is not refunded, however you are welcome to send someone in your place. Under certain circumstances, with sufficient notice, a credit may be given for another class (this will be at the providers discretion and subject to the availability of other classes).

2 or more people in a single class - 10%

2 classes or more booked at once - 15%

# Sydney

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## **To Market to Market and Home Again to Cook, a Hands On Class to Make our Lunch, with Holly and Jude**

Meet Holly and me, at Warriewood markets, shop with us for the best seasonal offerings then follow us home to cook and eat a delicious lunch together. Playing to our strengths and passions during this hands on cooking class, Jude will be baking (and happy to talk about and include gluten and /or dairy free baking) while Holly will speaking fluent fish and meat, and no doubt creating a ferment or two with what we have purchased. Both us will be involved with plenty of grain, legume, sea vegetable and veggie love.

*Venue: Meet at the Market*

*Friday 6th November 8am – 2pm*

*\$290.00 - Numbers Strictly Limited*

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## **Build A Whole and Natural Foods Kitchen for Spring and Summer. The Seminar, with Holly and Jude**

A wholefood kitchen is a living, breathing space where we translate intent and knowledge into food that is nurturing, nourishing and delectable. In this seminar we are focusing on what nourishing foundations are. Primarily, what makes the food we eat wholesome and healthy and then, ethical and sustainable? How then, do we prepare these foods for optimum deliciousness, nourishment and digestibility? Our aim is to share with you our combined experiences over thirty years pioneering the wholefood industry in Australia. We would like you to leave empowered with information and practical tools that will enable you to carve an achievable path, amidst the current plethora of confusing food and dietary information.

There will be a demonstration pantry and kitchen, on display. You will take home a pantry staples sheet and recipes for a summers day cooking, breakfast, lunchbox, dinner and snacks. Gluten and/or dairy free options included. To help you set up your home there will be an optional Spring Summer Pantry Kit available for purchase, supplied by Honest To Goodness at a special rate.

*Venue: The NSW Writers Centre, Callan Park, Balmain Road, Lilyfield NSW 2038*

*Sunday 8th November 1 – 4pm including afternoon tea*

*\$85.00*

# Sydney

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## **Meals For Everyday and Surviving the Busy Days with Holly and Jude**

### **New Recipes for Spring | Summer**

We know life is fast, and making time to cook a wholesome and nourishing meal is not quite as simple as 4 ingredients, or a 15 minute meal. This class embraces a holistic approach – planning, organisation as well as new seasonal recipes to cook, so quick, seasonal, nourishing, delicious meals are within reach.

*Venue: Wild Kombucha by Ballsy's Collaboratory Kitchen, 495 Parramatta Road, Leichhardt*

*Tuesday 10th November 6.30pm - 9.45pm*

*\$185.00*

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## **Build A Whole and Natural Foods Kitchen for Spring and Summer. The Four Day Workshop, with Holly and Jude**

### **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 is nurturing, nourishing and delectable. This is an in-depth program, 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 prepare it so it provides the greatest nutrient value in a form that is both delectable and digestible.

During our time together we cover the following and provide you with a broad range of new recipes for the warmer 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 stock from bones and vegetables
- Lacto fermented foods
- Wholesome sweetness

Centered around these basics you will learn how to, more easily incorporate, whole and nutrient dense ingredients into everyday cooking; whilst building a whole and natural foods pantry.

*Venue: Wild Kombucha by Ballsy's Collaboratory Kitchen, 495 Parramatta Road, Leichhardt*

*13-16 November – Friday and Monday 10-3pm, Saturday and Sunday 11-4pm*

*\$795.00*





## Perth | December

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### **Vegetarian salads upon which to build delicious summer meals**

A good vegetarian salad is like a little black dress - you can serve it as is, or build an entire meal around it. I've got a handful of new recipes which I think you will love, using seasonal ingredients. None are difficult, most are gluten free. Because we are thinking about building a meal, I won't be able to resist making some pastry and filling it with glorious stone fruits and berries for dessert either.

*Venue: 13 Janet Street, West Perth*

*Saturday 28th November OR*

*Saturday 12th December 11am - 4pm*

*\$175.00*

## BOOKINGS

Unless otherwise noted on the class details, all bookings to [jude@wholefoodcooking.com.au](mailto: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.

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## 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 8866 14

Or make cheque payable to Whole Food Cooking, 13 Janet Street, West Perth

Thank you for inviting me into your kitchen... x jude

Wholefood BAKING

Jude Blereau

WHOLEFOOD FOR CHILDREN

Jude Blereau

*coming home to eat* wholefood for the family

Jude Blereau

Wholefood

JUDE BLEREAU