

# Come Into the Kitchen

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*Class Program February to May  
2016*



# Wholefood COOKING

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Dear Friends,

It's taken almost 2 years, but the new book is finally finished, and just about off to the printers. 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, loved being out there again in 2015 and thrilled to be able to offer a small selection in the new year.

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. I am so pleased to say that my dear friend, Holly Davis will also be joining us in Perth for May classes - Holly is Australia's most experienced and leading practitioner of fermentation, so if you are interested in gut ecology, cultures and all things lacto-fermented, do not miss this opportunity.

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

Perth, March - April 2016

## 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.

## As the School Year Begins: Nourishing Young Children (3 years upwards)

This class will focus on nourishing young so they can thrive throughout the school year. We will 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 late summer and autumn season with plenty of nut free, dairy free and gluten free options.

### **3 Day Workshop**

*Saturday 27th, Sunday 28th and Monday 29th, February 2016*

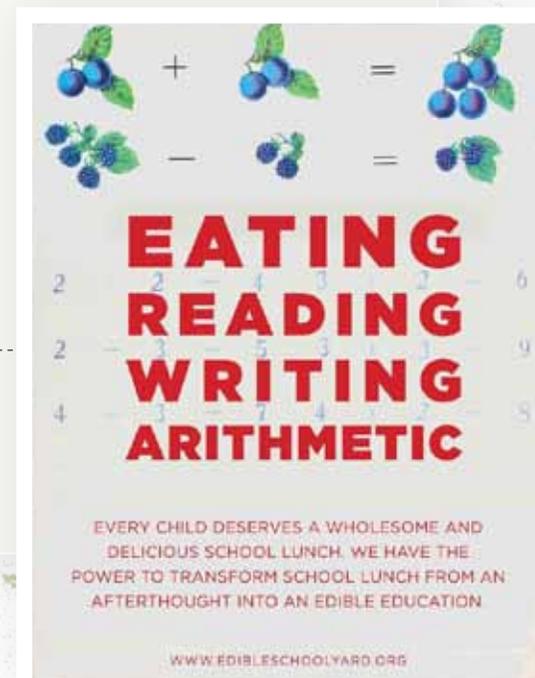
*Saturday and Sunday 11am – 4pm, Monday 10am – 3pm*

*Cost: \$475.00*

*Venue: 13 Janet Street, West Perth*

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# Build a Whole and Natural Foods Kitchen for Late Summer and Autumn 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.

*Friday 11th March, Saturday 12th March, Sunday 13th March, Monday 14th March  
(Friday and Monday 10am - 3pm | Saturday and Sunday 11am - 4pm)*

*Venue: 13 Janet Street, West Perth*

*Cost: \$595.00*

## **Meals For Everyday and Surviving the Busy Days - New Recipes Late Summer, Autumn and Easter**

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.

*Saturday 19th March 11am – 4 pm*

*OR Sunday 20th March 11am – 4 pm*

*Venue: 13 Janet Street, West Perth*

*Cost: \$185.00*

# Classes with Holly Davis

## **Wholefoods for the intolerant at your table**

### *A two day workshop*

There is an increasing need to better understand and learn to cook for intolerance, allergies and various dietary choices. Learning to live with these is one thing, but obtaining sufficient nourishment and reviving digestive health are quite another.

### **Over the weekend we will cover**

- Sourcing, preparing and utilising nutrient dense ingredients
- Why and how to make a ferment at home
- Creating interesting, desirable meals, to suit everyone at the table

You will take home many ideas and a pantry staples list with numerous recipes tips and tricks for keeping yourself and your loved ones well nourished

*Please note: This will be a cooking class and is in no way a substitute for professional medical advice.*

***Saturday April 30 & Sunday May 1st 11am–4pm***

***Venue: 13 Janet Street, West Perth***

***Cost: \$330***

## **Introduction to traditional Japanese wholefoods**

*A foundation evening*

Where to source and what to stock, to create a range of different and delicious Japanese wholefood meals.

This class will familiarise you with a broad range of produce and their various uses. You will leave knowing how to choose ingredients and make the best dashi (stocks), make sauces and condiments; including a ferment or two, the use of a variety of sea vegetables, perfecting grain and bean cookery and how to grill a sensational sustainable fish dish

*Tuesday 3rd May*

*6.30–9.45pm*

*Venue: 13 Janet Street, West Perth*

*Cost: \$165*

## **Using traditional Japanese wholefoods creatively, this Autumn and Winter**

*An evening of creative cookery*

This class builds on a basic understanding of Japanese wholefoods and introduces creative autumn and winter dishes.

We will make slow simmered, grilled and baked dishes and cover the art of sautéing.

*Wednesday 4th May*

*6.30–9.45pm*

*Venue: 13 Janet Street, West Perth*

*Cost: \$165*

## Where ferments fit into daily life

*A two day workshop in making and utilising a range of fermented foods and drinks*

This class will cover a number of processes for safely creating a wide range of fermented foods and drinks at home. There will also be a range of recipes, which you can then pair with the ferments you have made.

You will leave this class with cultures to continue growing at home, recipes and tips and tricks; so you have the confidence to maintain these and create more of your own

*Saturday May 7th & Sunday May 8th 11am–4pm*

*Venue: 13 Janet Street, West Perth*

*Cost: \$330*

## 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.

## 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

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

Wholefood  
COOKING

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