



Wholefood
COOKING

WORKSHOPS PERTH
SEPTEMBER – DECEMBER 2019

Nourishing Wisdom & Know How

The wholefood kitchen is a living, breathing space where we translate intent and knowledge (Nourishing Wisdom) into food to heal, nourish and delight (Know How). All classes are designed to help you understand wholesome, health supportive and delicious cooking. Foods used in the workshops are seasonal, local, organic or biodynamic and may include grass pastured meats | sustainable and seasonal fish | dairy and egg | wholegrains, legumes, nuts and seeds | sea vegetables and salt | wholesome sweetness and good quality fats where applicable.

Our morning tea and lunches will include vegetarian and vegan options aplenty. Where applicable, you will find wheat and/or gluten free, and /or dairy free options also.





Dear Friends,

Hello and welcome,

I hope this finds you well! I love running classes from my online platform, but felt it was time for a small program of hands on workshops! Each workshop is an opportunity for in-depth learning, developing your skills, sharing and meeting like-minded folk and celebrating the best of the season. I haven't forgotten morning tea and lunch; the table will be set, just waiting for you... I'm so looking forward to meeting you.

x Jude

OCTOBER

UPPER SWAN VALLEY

Sunday 27th October

HARVEST, COOK AND SET THE TABLE FOR LUNCH IN THE VALLEY

Long Table Lunch at Swan Valley Sisters

It's spring in the Swan Valley, come and join me as we head out into the fields to harvest and use the best of local produce. Asparagus, baby potatoes, leeks, young carrots, blueberries and possible broad beans (my favourite) should all be available. We will head back into the kitchen and fortify ourselves with a cup of tea or coffee, scones, jam and cream before cooking up a storm. The table will be set by the lake, under the tree where together we will enjoy our meal, along with a glass of wine. I can't think of more wonderful way to celebrate a Sunday in spring.

* Please let me know if you have any special dietary requirements.

Morning tea and lunch served

9 students only

Cost: \$265.00 (bring a friend price \$490.00) (inclusive GST)

Time: 9.30 – 2.30 pm

Venue: Swan Valley Sisters

Bookings: via enrolment form on page 10

NOVEMBER 2019

UPPER SWAN VALLEY

Saturday 9th and Sunday 10th November

SPLENDID PASTRY FOR SUMMER FRUITS

HANDS ON MASTERCLASS OVER TWO DAYS

I'm not sure there is any better dessert than a slice of pie, tart or tartlet, bursting with fruit. Sadly, pastry is one of the things that so many are scared of making and trust me, it will smell your fear. Pastry requires knowledge of its rules, and once you know these, plus the little tips and tricks that make a difference, it's the easiest thing to do. In this master class, you will learn how to make, handle, roll, shape and bake both sweet shortcrust and rich shortcrust pastry. Both pastries are spelt based (and can be dairy free); both are sweet but used for different purposes. This class is not suitable if you are looking for gluten free pastry. Because class numbers are small, you can be assured of individual instruction.

You can do this class as one or both days.

On Saturday you will learn to and make your own sweet shortcrust pastry, baking a rustic tart to take home with you. If you would prefer to make a dairy-free version, you can do so.

On Sunday, you will learn to and make your own rich shortcrust pastry, baking tartlets to fill with pastry cream and fruit to take home with you. If you would prefer to make a dairy-free version, you can do so.

Morning tea and lunch served

6 students only

Cost: \$480 both days (bring a friend price \$900.00) \$255 one day (bring a friend price \$480.00)

Time: 10.30 – 4pm

Venue: Class held in my kitchen in the Swan Valley

Bookings: via enrolment form on page 10

DECEMBER 2019

UPPER SWAN VALLEY

Sunday 8th December

GLORIOUS WHOLEGRAINS FOR SUMMER

In this class we will explore the right grains to use in the hot weather and cover both gluten and gluten free options. Wholegrains have so much to offer in terms of nourishment, yet we are now so afraid of them. I will show you how to prepare and cook them for optimum deliciousness, digestibility and nourishment and build wonderful a breakfast, lunch and dinner, or snacks in between. Both sweet and savoury options will be included.

9 students only

Demonstration Class

Cost: \$225 (Bring a friend price \$420)

Time: 11am – 4pm

Venue: Class held in my kitchen in the Swan Valley

Bookings: via enrolment form on page 10



ONLINE CLASSES

Revive. Restore. Reset

Transform your life from the ground up and the inside out
with five core wholefood principles.

"I need to tell you what a profound effect you have had on our family. Not only have you brought deliciousness into our home, more joy you and have taken away the fear of food. This last one is particularly important. I have been doing a lot of my own self study the past few year: reading books, text books, listening to podcast etc about nutrition and food. I had become so fearful of eating. Judging everything I put into my mouth, so much was bad for me and my family. According to these experts, I had to source weird and wonderful foods from the far reaches of the globe in order to be healthy. I was exhausted and all I really wanted was a delicious lasagna (a big no no full of the bad stuff lol). Anyway after I found you everything started falling into place. As society we are no longer healthy. We are missing something and its not about finding the magic fruit from the jungles of Borneo or cutting our dairy."

Lauren Elyan 2018

Get Organised

Your real life master plan for being deliciously well
nourished, even on the busiest of days.

"Your course has saved me so much time to spend with my little family on a weekly basis. I've made an effort to get to know my growers more than just buying from them at the farmers market. My fridge is full at the start of the week with many options for tasty and nutritious meals, and I've even got my husband quoting "add a little deliciousness:). thank you Jude for transforming my kitchen and life."

Kellie Douglas, 2018



ONLINE CLASSES

Practical Magic

Your essential guide to the equipment that counts in the wholefood kitchen.

"I took the time, saved my money and upon your recommendation purchased new cookware, a few knives and chopping board. I cannot begin to tell you how having the right tools has changed my cooking experiences. It just makes food prep so much more pleasurable. Your useful list of kitchen tools has saved me from finding cooking a chore. It has turned the process into a joyful experience, that I continue to learn from and continue to love more each day. Thank you, thank you, thank you!"

Rebecca Papalia NSW

Flavour

Whole and real food behaves differently, a little like real life. Learn the skills and knowledge you need to make it delicious everytime.

"Thank-you so much for this course. I have found it soooo interesting and I feel it has given me some valuable tools for creating delicious food as I continue my journey back to truly enjoying cooking and eating food again."

Cathy Stevens, 2019



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.

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

THANK YOU



Wholefood
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JUDE BLEREAU +61 411 886 614

www.wholefoodcooking.com.au

jude@wholefoodcooking.com.au

