

RAW CHEF INTENSIVE

SUNDAY, DECEMBER 19, 2010

11:00 A.M. TO 7:00 P.M.

\$400 ADVANCE REGISTRATION BY 12/17/10

(Includes Recipes and Meals)

In this one-day class you will learn how to prepare nutritionally balanced raw and live foods that are delicious and satisfying. We have taken the most popular dishes from our classes and menu to bring you the most compelling and comprehensive workshop that includes hands on preparation both individually and as a group, demonstrations and conversations. Curriculum includes:

**Knife Skills
Equipment
Kitchen Set Up
Food Safety
Recipe Development
Meal Planning
Blending
Fermenting
Sprouting
Dehydrating
Marinating**

**Banana Pudding
Yogurt
Cheesecake
Bread
Curry Pate
Pesto Sauce
Marinara Sauce
Garden Burger
Sausage
Lasagna
Yellow "Rice" Pilaf**

Eddie and Lillian will provide you with the knowledge, skills and inspiration to create and prepare the above dishes, their variations and many more dishes using organic ingredients.

Register online at www.rawsoul.com or in person at Raw Soul. Class limited to 12 people.



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212-491-5859 • www.rawsoul.com