

# **RAW CHEF INTENSIVE**

**SUNDAY, June 20, 2010**

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

**\$400 ADVANCE REGISTRATION BY 6/18/10**

**(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](http://www.rawsoul.com) or in person at Raw Soul. Class limited to 12 people.**



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**212-491-5859 • [www.rawsoul.com](http://www.rawsoul.com)**