

# 3 Day Intensive Raw Culinary Training

Incorporating the first levels of philosophy, advanced technique and recipes in the field of Raw Culinary Arts

## The Basics

Introduction to raw and living cuisine, basic philosophy  
Value of Veganism and Organics- Understanding the importance of living this lifestyle on many different levels  
Proper use and knowledge of basic kitchen equipment  
Basic knife skills – knowledge of appropriate knife cuts, styles, safety and maintenance  
Importance of sprouted and germinated foods  
Basics of food combining  
The simple recipes of pates, crackers, soups, salads, simple entrees and basic desserts  
Conscious food prep, the power of intention  
Importance of gratitude and attitude  
Importance of foundation and balance  
Therapeutic vs. Comforting foods  
Balance of the senses  
Sensual food preparation- Ability and knowledge of using all senses in food preparation  
Allowing creativity to flow, steps needed

## The Tools

The Root of all dishes  
The simplicity of cultural cuisine, working with the bases  
Herbs vs. Spices, importance of  
Menu development for efficient prep sheets  
Seasonal adaptations  
Specialized menus for dietary needs  
Intro to non-sweet desserts, for a yeast free diet  
Menu planning for ease and efficiency

## The Advanced Technique

Simple to complex spice combining  
Gourmet and complex cultural spice combining- Understanding of combining all cultural spices and having the ability to synergize all dishes on the buffet table  
Meal presentation and garnishing- Ability to present buffet tables and simple dishes with aesthetic beauty  
Recipe Development; Mocking favorite cooked recipes, the beginning steps  
Recipe Development; - Knowledge of cooked ingredient substitution, and creating food to taste and feel cooked without harming its enzymatic value along with keeping its vibrancy  
Warming, wilting and massaging techniques  
Minimizing waste for a multitude of uses  
Gourmet presentation, plating and garnishing!  
Stacking, working with the layering of flavors  
Fermentation and Culturing, appealing to the masses with living foods  
Working with textures that will appeal to all.  
Cheeses, mocking some simple favorites  
Breads, mocking some simple favorites  
Testing our knowledge of Cultural Cuisine  
Buffet development, brining balance to an array of dishes  
Steps to take in a full course menu to achieve optimum balance and layering.

## Applying the Tools

Fusion cuisine, the steps in bridging herbs and spices  
Working with the rainbow diet, the importance of color on many levels  
The elegance of gourmet presentation, and plating; Ability to present tables and dishes with aesthetic beauty.  
Herb infused oil, powders and other helpful accents  
The next step in garnishing  
Measurements and Equivalents, working with the tools  
Converting recipes for larger events