

A Taste of Italy

INTRODUCTION TO RAW CULINARY ARTS
VEGETARIAN AWAKENINGS 2007

Seminar will cover the following:

THERAPEUTIC VS. COMFORTING FOODS
BALANCE; ABILITY AND KNOWLEDGE OF USING ALL SENSES IN FOOD PREPARATION
ROOT OF ALL DISHES, WORKING WITH THE COMPONENTS AND BASE RECIPES
RECIPE DEVELOPMENT; MOCKING FAVORITE COOKED RECIPES, ESSENTIAL TOOLS
KNOWING THE INGREDIENTS AND COOKED INGREDIENT SUBSTITUTIONS
WORKING WITH TEXTURES THAT WILL APPEAL TO THE AVERAGE PALATE
DAIRY FREE CHEESES, MOCKING SOME SIMPLE FAVORITES

BEFORE

CONSOMMÉ
TOMATO WATER, PICKLED PEPPERS, AVOCADO, DILL, CHILE OIL

NOW

ALFREDO
COURGETTE LINGUINI, PINE NUT PARMESAN, GARLIC-WHITE TRUFFLE OIL
RAWVIOLI
BEETROOT, CASHEW-CHIVE BOURSON CHEESE, SHAVED FENNEL, AGED BALSAMIC
CANNELLONI
ALMOND-CAPRI RICOTTA, TOMATO RELISH, CARAMELIZED SHALLOT

AFTER

HEMP CANNOLI
CASHEW-VANILLA BEAN MASCARPONE, CURRIED PINEAPPLE, PASSION FRUIT JUS
CHOCOLATE MILKSHAKE
COCAO BEANS, ALMOND MILK, AGVE AND SPICES