



Christa M. Emrick
Gourmet Raw Food Chef
(210) 710-4793
www.cme-change.com

Alissa Cohens Chef Level 1

This 'all inclusive' class will teach you the basic information you need to get you started to follow the Raw/Living diet successfully. You will gain the skills to prepare a four course dinner and learn basic knife skills and special equipment for the raw food kitchen, including blenders and food processors. Observe and/or participate:

- * How to make a pâté to be used with crudités and or wraps.
- * How to make a delicious soup in just minutes.
- * How to replace starchy and wheat pasta with zucchini in minutes and with two types of sauces.
- * How to make a dairy sauce as delicious as its traditional counterpart.
- * How to create an incredible dessert using only four ingredients.

MENU: Mock Salmon Pâté; Gazpacho, Angel Hair Pasta with Marinara Sauce, Fettuccine Alfredo & a Date Nut Torte.