



Christa M. Emrick  
 Gourmet Raw Food Chef  
 (210) 710-4793  
[www.cme-change.com](http://www.cme-change.com)  
 Christa@cme-change.com

## RAW CULINARY ARTS CLASSES

July 2010

**RSVP a MUST: Christa (210) 710-4793, 826-3244 or**  
[christa@cme-change.com](mailto:christa@cme-change.com)

<b>Raw Culinary Arts Classes</b>		
(held in NE San Antonio)* RSVPS must be made 2 days before class		
Date	Class	Menu
Sat, July 10  1 – 4:00 pm	<b>Summer            (Dehydrator) Cookies            and more</b>  <b>\$50 plus \$15 food fee</b>	You will gain various skills to make raw food preparation must easier for you. You will learn  * How to read and prepare for a recipe. * How to demystify your dehydrator * How to turn fruits, vegetables and nuts into mouth watering desserts  Apple Almond Goji Drops Fudge Balls Brownies with Chocolate (Mint) Frosting Carrot Cake
Sat, July 24  1 - 4 pm	<b><u>Level I</u>            Lettuce Toast To Your            Health</b>  <b>\$100 plus \$25 food fee</b>	This is an all encompassing class that will teach you the basics of raw culinary arts. You will learn * How to make non-dairy nut milk * How shredding and marinating kale and other dark leafy greens makes them as tender as cooked, without loss of nutrients. * How to turn nuts and seeds into protein rich pâtés. * How to transform zucchini into noodles - it's pasta without the starch! * The secret ingredient in raw chocolate mousse that replaces butter, cream, and eggs.
Sat, July 31  1 – 4 pm	<b>Wrap ‘n Roll Party Class</b> <b>\$50 plus \$15 food fee</b>	Basic Pâtés - learn to flavor them with different spices to create the International flavor you want. Vietnamese Spring Roll with “Bon Bon” Sauce Wrap in lettuce, collard green, nori, rice paper.....Let your creative juices flow!!

All classes allow for hands on participation. You will also learn about mis en place, enhance your knife skills, learn how to read a recipe and use various equipment. We will review the recipes, prepare the recipes and then savor them. Recipes are included for the students to take home. Bring your favorite knife, cutting board and apron.

- Limited space. If a minimum level of participation is not achieved 2 days prior to class, it will be cancelled.