

WINTER 2010 COOKING CLASSES

Learn about traditional foods and techniques used by our ancestors to increase nutritional value, digestibility and taste. Sign up for some cooking classes that are being offered by Lorraine Robinson Carlstrom, Nutritional Consultant and Chapter Leader for the Weston A. Price Foundation (a non-profit nutritional group). Her passion is nutrient-rich cooking using traditional techniques.

All Classes will take place at Lorraine's home in Nelson, BC. Babysitting can be arranged with Lorraine's older kids for a fee. Classes may be cancelled due to low enrollment. Get on the Cooking class e-mail group to find out about more classes throughout the year.

For more information or to register please contact Lorraine at lorrainer61@gmail.com or 250-352-3860.

Here is a link to some photos of Lorraine's Nourishing Food Creations:

<http://www.facebook.com/album.php?aid=2035831&id=1198343154&l=c62af1936e>

100 % Whole Wheat Sourdough Bread

Work with sourdough and learn why it is more digestible and nourishing than whole grain bread made with bakers yeast. I will be teaching kneading, rising and shaping with this dough. We will get to sample fresh bread hot out of the oven with Grand Forks butter and honey.

Featured Grain: Hard Red Wheat from Creston

Bring a glass jar if you want to take some starter home.

Cost: \$18.00 per person (12 to 18 year olds 1/2 price)

Sunday, January 24th – 1:30PM to 3:30PM

OR

Monday, January 25th – 7:00PM to 9:00PM

OR

Thursday, January 28th – 1:30PM to 3:30PM

Greek Appetizers

I can never make enough of these! We will learn about cultured dairy dough. This dough is very versatile and can be made into pie crust, crackers and filled with many fillings. In this class we will learn to create a scrumptious appetizer by filling this dough with a spinach-feta mixture. They will be served with a cucumber-garlic sauce.

Featured grain: Kamut or Khorasan from Creston

Cost: \$18.00 per person (12 to 18 year olds 1/2 price)

Monday, February 1st – 7:00PM to 9:00PM

OR

Sunday, February 7th – 1:30PM to 3:30PM

Sprouted Lentil-Pecan Patties

Learn why sprouting legumes and soaking nuts increase their nutritional value and makes them easier to digest. We will discuss and demonstrate sprouting lentils, soaking and drying nuts and grinding/mixing them with other ingredients to make delicious patties. After all our effort we will enjoy these with a garlic sauce and colourful coleslaw made with a home-made dressing.

We will be using lentils from Creston

Cost: \$20.00 per person (12 to 18 year olds 1/2 price)

Wednesday, February 24th – 1:30PM to 3:30PM

OR

Monday, March 1st – 7:00PM to 9:00PM