

Big Carrot Cooking Classes

We are pleased to offer Nettie's Introductory Vegetarian Cooking classes featuring new recipes! We have also added more new topics to our single Tuesday evening classes.

All classes are limited to eight people so that you can enjoy preparing the dishes hands on and get the attention you may need. Recipes and fact sheets keep you informed throughout the course. Tasting is enjoyed during the class. Please bring your own apron, hand towel and reusable containers in case there are any leftover goodies to take home! Closed toe shoes are required to comply with our health and safety policies.

Introductory Vegetarian Cooking with Nettie Cronish — NEW Recipes

Healthy Food Trends, Whole Grains, Blistered Chilies, Agave Nectar will be featured in new recipes using the finest organic produce. Whether you are cooking solo or for a crowd, main course or dessert lover, Nettie's cooking course offers 40% new recipes that will improve your health, revolutionize your ingredient pantry and awaken your taste buds to the wide range of low fat, low glycemic index ingredients. Tortilla lasagna, Ancho Chocolate Chili, Silken Cashew Cream, Cocoa Oat Bars with Barley Flakes, and Cranberry Walnut Quinoa Squares are just a few of the newly developed mouth watering recipes ready to be prepared. Recipes may contain dairy, eggs and gluten. New Culinary horizons for 2009. Don't delay!

In her varied career as a cook, **Nettie Cronish** has been a health spa chef, the owner of a vegetarian frozen food company and an author of three cookbooks. She regularly teaches vegetarian cooking classes and often makes appearances on television and radio.

Introductory Vegetarian Cooking Classes — 5 Wednesday Evening Sessions

Wed. September 16, 23, 30 • October 7, 14

Wed. October 28 • November 4, 11, 18, 25

Wed. January 20, 27 • February 3, 10, 17

5 Evening Sessions \$350.00 + Tax = \$367.50 • 7:00-9:30 p.m.

How To Register

Please visit or call our customer service desk at 416-466-2129. Full payment is required. We cannot hold unpaid reservations.

Terms & Conditions

We reserve the right to cancel or postpone classes with full re-imbusement if class does not fill minimum.

Cancellations within seven days prior to the start of a session will result in a \$50.00 administration fee for Nettie's 5 Evening Series and a \$10.00 administration fee for Single Evening Classes.

No refunds given after start date. There are no make up classes for missed classes, however all recipes will be available. Classes are non transferable.

The Big Carrot is not responsible for any injury, loss or damage to persons or property during the class. Closed toe shoes are a requirement. Minors require parental consent.

Single Tuesday Evening Classes

These classes specialize in specific dietary needs prepared by some of the best-qualified instructors in Toronto.

\$70.00 + tax = \$73.50 • 7:00-9:30 p.m.

SEPTEMBER 15

Indian Flavours — Fall Harvest with Arvinda's

All over India, foods that heal-with curative and nutritious properties have been consumed for thousands of years, based on ancient Ayurvedic principles. This class features seasonal ingredients of the fall harvest and infuses them with Arvinda's artisanal Indian spice blends. Our menu includes simple, healthy and delicious dishes perfect for embracing fall's bounty of vegetables including: Curried Red Lentil and Pumpkin Soup; Indian Root Vegetable Medley; Khichri — Lentil & Rice Comfort Casserole; Ripe Tomato Savoury Curry finished off with a cup of authentic aromatic Masala Chai. Recipes may contain dairy and gluten.

Mother and daughter team, **Arvinda** and **Preena Chauhan** have been teaching healthy, home-style Indian cooking classes since 1993 and are makers of Arvinda's artisanal spice blends for Indian cooking.

SEPTEMBER 22

Cooking for ADHD/ADD

Stay focused in life by cooking with foods that balance ADHD/ADD! Learn how to incorporate "focus foods" into your daily menu and let go of the addictive "craving foods" in order to control ADD (attention deficit disorder)/ADHD (attention deficit hyperactivity disorder). Julie provides easy to follow healthy recipes that are dairy, gluten and sugar free fun to make, fast to put together and designed to increase focus and relieve anxiety. Menu items include a crunchy fennel salad, flourless pasta and key-lime pie. Julie's fast-paced and engaging style will keep the attention of any audience!

After Graduating from the Canadian School of Natural Nutrition, **Julie Daniluk** R.H.N., R.N.C.P. became co-operative member/owner of The Big Carrot. She recently wrote a book called *Meals That Heal Inflammation*. She is the official on-line nutritionist for the W network and has a cooking show called "Healthy Gourmet" on the Viva channel www.myviva.ca/healthygourmet

SEPTEMBER 29

The Anti-Inflammatory Diet

Participants will learn how to reduce inflammation in the body with the right food selection. A full outline of foods that increase and decrease inflammation will be covered and creative ways to substitute foods that cause inflammation will be a focus. Recipes will be gluten, dairy and sugar free to help the immune system recover. This is a great course for anyone who may be suffering from arthritis, irritable bowel syndrome or chronic pain.

Julie Daniluk R.H.N., is a registered nutritional consultant at the Big Carrot. See Bio Sept. 22.

OCTOBER 6

Cooking for IBS (Irritable Bowel Syndrome)

Learn to prepare delicious dishes using fresh ingredients and spices that aid in digestion. We will bake and cook with low allergenic grains (quinoa, brown rice, rice & arrowroot flours), a variety of vegetables and easy to digest mung beans. Pro-biotic foods such as kefir (fermented dairy) and beet kvass that are also important for good bowel function will be prepared. Recipes are vegetarian, gluten free and some contain fermented dairy and eggs. List of dishes to be prepared is available at www.b-healthy.ca.

Patricia Meyer Watt R.N.C.P. works as a Nutritional Consultant with a holistically-minded medical doctor and teaches the Food Preparation Course for the Institute of Holistic Nutrition. Her special interests are in promoting healthy traditional diets at home as well as in schools and supporting the local farming community by using naturally farmed local produce whenever possible.

OCTOBER 13

Raw Thanksgiving Lets celebrate with alive food this year!

Learn how to prepare meals to replace the traditional foods associated with Thanksgiving, featuring tasty and easy raw and vegan food recipes that all the family will love. Recipes include, Wild Mushroom Soup. Nut Turkey Loaf, Rainbow Wild Rice Salad, Basil/Garlic Mashed Potatoes and Zesty Cranberry Pumpkin Pie. This class will give you the confidence and knowledge to prepare a variety of meals for any occasion.

Francesco Comito is a Living Chef with knowledge and experience in Mediterranean, Modern Canadian, and International Cuisine. He has trained extensively in both Italy and Canada under renowned chefs. For health concerns, Francesco decided to start his journey with a pristine lifestyle and took a new approach to Raw Cuisine. His unique style of living and food preparation has grown to be known as Vegan Fusion Cuisine.

OCTOBER 20

Vegan Harvest

Cooking for vegan friends and family? Surprise them with an all vegan menu using local and seasonal ingredients as much as possible to create an international flavourful vegan feast. We will be preparing a full course meal starting with a miso/mustard vegetable dip; celeriac chowder; harvest roasted vegetables; quinoa and kale croquettes and maple syrup baked fruit.

Akemi Kobayashi is a cooking instructor with passionate emphasis on fresh, nutritious, seasonal and affordable food. Akemi was a founding member of the Big Carrot, former café and catering service owner and currently works as a consultant in the food industry.

OCTOBER 27

Candida Free Cooking

Participants will learn how to curb cravings for sugar, flour and potatoes in this evening designed to help people get rid of yeast (Candida). The focus will be on how to balance blood sugar and make veggies taste great! The Candida Protocol will be covered and questions regarding any symptoms that may be related to this common modern day epidemic often caused by anti-biotics and a refined food diet are welcome.

Alexis Touyz is originally from South Africa and a graduate of the University of Witwatersrand and Toronto School of Homeopathic Medicine. In addition to the various alternative modalities she practices, she rounds it all off with being a Master Vegan Chef with twelve years experience through Fruits & Roots Natural Food Company. A mother of two young children with a passion for life, good food, music and a great read she brings an enthusiasm and flare to the kitchen that is contagious!

NOVEMBER 3

Cold Weather Soups & Salads

Take away winter's chill with warm salads and hearty soups. Learn to prepare seasonal vegetarian soups and noodle and grain salads that are served warm. Recipes featured include: Barley Miso Soup with Spinach and Sea Vegetables Rotini Shells with Sundried Tomatoes, Chickpeas and Kale, Sweet Potato Coconut Nut Soup, Linguine Salad with Toasted Sesame Oil, Vegetables and Pine Nuts, Apricot Lentil Soup with Diced Tomatoes and Cardamom and Quinoa Tabouli. Recipes may contain dairy and gluten.

Nettie Cronish currently teaches our 5 week Introductory to Vegetarian Cooking classes.

NOVEMBER 10

Achieving Your Ideal Weight

Take charge of your kitchen and achieve your ideal weight. We will explore attitudes around body image, we will consider why the Standard American Diet (SAD) leads to obesity and we will prepare several nourishing dishes that promote health and balance. Dishes will cover breakfast, lunch, dinner and snacks such as "Start your day right" Smoothie. "Better than Grandma's Breakfast Oatmeal," "I can't believe they are (Kale) chips!" and hearty soups, salads and wraps. Recipes may contain dairy and gluten.

Sarah Dobec R.H.N. graduated with first class honours from the Institute of Holistic Nutrition. Sarah is an educator, speaker, organic farmer and also has private practice in Toronto. She aspires to restore her client's health through whole foods and a focus on the mind, body and spirit. Sarah currently is an on-site nutritionist at The Big Carrot.

NOVEMBER 17

Winter In The Raw

Learn to prepare alkaline meals that will make you all warm and fuzzy inside during the cold winter days ahead. Featured recipes using herbs, spices and essential oils that will keep your body in balance and boost your energy level. Recipes include Cayenne Ginger Carrot Soup, Zucchini Noodles in a Spicy Tomato Sauce, Seaweed Salad with a Goji Dressing, Tumeric & Basil Nut Cheese and a Green Super Shake This class will inform you how to maintain a raw vegan diet even in the winter, throughout the year.

Francesco Comito is a Living Chef with knowledge and experience in Mediterranean, Modern Canadian, and International Cuisine. See bio Oct. 13.

NOVEMBER 24

Fermented Foods — Promoting Digestion

Fermentation of foods has been used for many generations to preserve the bounty of the harvest, to make foods more digestible and to add enzymes and beneficial lactic acid bacteria (pro-biotic bacteria) to the diet. This class will show you how easy and safe it is to ferment at home, no special equipment required!

We will begin the evening with a demonstration of fermented dairy (Kefir and Fil Mjolk) which are delicious, low in lactose and easily digested. Participants will then prepare high enzyme condiments, Sauerkraut, Kimchi, Ginger Carrots and Coriander Chutney. Grains and legumes will also be fermented and then cooked or baked for maximum nutrition and easier digestion. Dosa (rice & lentils), Zucchini spelt fritters and Kamut sourdough muffins are some of the dishes prepared and sampled in class. Recipes are vegetarian and some contain gluten (spelt, kamut), fermented dairy and eggs.

Patricia Meyer Watt R.N.C.P. works as a Nutritional Consultant with a holistically-minded medical doctor and teaches the Food Preparation Course for the Institute of Holistic Nutrition. Her special interests are in promoting healthy traditional diets at home as well as in schools and supporting the local farming community by using naturally farmed local produce whenever possible. b-healthy@rogers.com

DECEMBER 1

The Anti-Inflammatory Diet

Participants will learn how to reduce inflammation in the body with the right food selection. A full outline of foods that increase and decrease inflammation will be covered and creative ways to substitute foods that cause inflammation will be a focus. Recipes will be gluten, dairy and sugar free to help the immune system recover. This is a great course for anyone who may be suffering from arthritis, irritable bowel syndrome or chronic pain.

Julie Daniluk R.H.N., is a registered nutritional consultant at the Big Carrot for 8 years. See bio Sept. 22.

DECEMBER 8

Raw Holiday Entertaining Let's create a magical time!

This holiday season, learn to make interesting hors d'oeuvres, cookies, cocktails and other tasty treats. We will prepare dishes with superfoods and low glycemic ingredients. Healthy recipes that will definitely impress your guests are Grapefruit Maca Martini, Cucumber Bite, Blueberry Coconut Cookies, Stuffed Mushrooms & more! Happy Holidays!!!

Francesco Comito is a Living Chef with knowledge and experience in Mediterranean, Modern Canadian, and International Cuisine. See bio Oct. 23.

DECEMBER 15

Gourmet Holiday Baking — Gluten Free

Come and learn how to make holiday favorites gluten free. Seasonal pastries, holiday tarts, cookies, sticky toffee pudding and more. Come and see just how easy and fun it can be gluten free. Recipes may contain dairy and eggs.

Alexis Touyz a Master Vegan Chef with twelve years experience through Fruits & Roots Natural Food Company. See bio Oct 27.

JANUARY 5

Energy Boosting Ayurvedic Cooking for Winter

All over India, foods that heal with curative and nutritious properties have been consumed for thousands of years, based on ancient Ayurvedic principles. In this class learn how to prepare nourishing Ayurvedic dishes which are the ultimate comfort foods for the winter with the use of warming Indian spices that heal the body. We will be making a full-course Indian vegetarian meal including: Sprouted Moong Bean Curry, Red Lentil & Carrot Curry, Masoor Dal, Whole Spice Rice Pullao, Potato & Mushroom Dry Curry & Authentic Chai. Recipes may contain dairy and eggs.

Mother and daughter team, **Arvinda** and **Preena Chauhan** have been teaching healthy home-style Indian cooking classes since 1993. See Bio Sept. 15.

JANUARY 12

Alkalinity Diet

Do you need to bring your body back to an alkaline state? Come in for a class that highlights the simplicity of healthy whole foods, that when eaten in a conscious way, balances the body's system. Using seasonal flair with a raw macrobiotic twist, learn how you can help prevent the acceleration of free radical damage, inflammatory disease, immune deficiency and more!

Alexis Touyz is originally from South Africa and a graduate of the University of Witwatersrand and Toronto School of Homeopathic Medicine. See bio Oct 27.

JANUARY 19

Liver Detox

The Liver is responsible for over 500 functions in the body. When we remove toxins from the liver, the entire body is rejuvenated. Participants will prepare tasty vegetarian "liver detox recipes" that will enhance digestion, ease the stress on the gallbladder and improve liver function. This course will show you how to balance your blood sugar to avoid energy slumps and mood swings during a detox. All recipes will be gluten, dairy, sugar and egg free. This course is recommended for anyone with food allergies, skin disorders or fatigue.

Akemi Kobayashi is a cooking instructor with passionate emphasis on fresh, nutritious, seasonal and affordable food. See bio Oct 20.

JANUARY 26

Building Better Bones (beyond calcium)

Throughout our lives some bone cells die and some new bone cells are created and therefore this class is meant for men and women of all ages. Learn how to build and maintain healthy and strong/flexible bones to prevent breaking them. Bones need lots of minerals, not just calcium. We will discuss calcium-leaching foods to avoid and the use of synergistic foods to magnify the effectiveness of calcium. We will prepare dishes with ingredients that include an array of bone building minerals, protein and healthy fats. Some of the dishes prepared by the participants will include an herbal infusion, a delicious "strong bone soup/stew", salad with seaweeds, dessert and more! We will demonstrate how to prepare kefir, (fermented dairy), which is easier to digest and contains the bone-building vitamin K2 and discuss alternatives for those who do not use dairy in their diet. This is a vegetarian class and some dishes will contain eggs and dairy.

Patricia Meyer Watt R.N.C.P. works as a Nutritional Consultant with a holistically-minded medical doctor and teaches the Food Preparation Course for the Institute of Holistic Nutrition. See bio Nov 24.



The Big Carrot's

Cooking Classes

2009-2010 Fall & Winter Schedule



348 Danforth Ave.
416-466-2129
www.thebigcarrot.ca