

CULIGRAM

Newsletter of The House of Culinary Inventions
Spring - Summer - 2005

COOKING CLASSES

Package # 1 – for Newcomers

I am launching another season of classes. New readers of Culigram please note that classes are offered in a series of four sessions in which I try to cover all those foods that I consider very important: grains and legumes, herbs and spices, fruit and vegetables, tofu nuts and seeds, and a few other good things.

You will find out not only the “how” of good eating, but also the “why”. It is far more than just a cooking course, but a very thorough grounding in what’s good about food and what isn’t - and the reasons why (often contradicting what the “health authorities” try to tell us!). Along the way you will be entertained and enlightened, become more creative and have your culinary horizon enlarged, awareness raised and myths debunked.

The students who enroll in the classes come for many different reasons: because they realize that there is a strong connection between the type of food consumed and the state of their wellbeing – because they suffer from various allergies, food sensitivities and often more serious disorders. Many are referred to me by their doctors and other health practitioners. Whatever the cause, they are usually helped.

Class duration and frequency

Each class is a good three hours long. You arrive hungry and you go home rather well fed!

Registration Fee

The fee for the whole series of four classes is \$275 (or \$75 for a single course) which includes tax, extensive written notes and lots to eat, including take-home samples, and some health food store discounts.

How to register

Let me know, either by phone or email whether you wish to enroll and then follow up by sending me a cheque (made payable to Edith Carter) at 144 McLeod Street, Ottawa ON K2P OZ7.

A few day prior to start of classes you will receive information about last-minute details, including how to get to my place, parking and other such things.

COURSE SCHEDULE - Package # 1

GRAINS – LEGUMES – THE WHATSITS – CURRY WITHOUT TEARS

This very comprehensive “package” comprises four classes spread over a month and introduces students to grains and legumes, fruits and vegetables (including the lesser known “Whatsits”), herbs and spices, tofu, nuts and seeds – and a few other good things. By the time you get to the end of Package # 1 you will have changed your outlook on food very considerably.

Schedule of Classes *

Tuesday 6.15 pm June 7 – 14 – 21 - 28
Wednesday 6.15 pm June 8 - 15 – 22 - 29

Morning classes available according to demand.
* alternative dates arranged according to demand.

July and August classes will follow a similar pattern.

Multicultural influences in meal preparation and consideration of diets to meet specific health needs are an integral feature of all the courses.

Remember: everything we prepare is quick and easy, delicious and nutritious.

YOGURT WORKSHOP

Legend has it that the yogurt made in my workshop is the best in the world. Being more modest than that, I claim it to be the best this side of Greece (they have better milk!). You simply can’t buy any this tasty. We don’t use gadgets of any kind to produce a yogurt that has many different applications, sweet and savoury, and aids in restoring healthy bacterial flora in the

Many people with lactose intolerance have no problem consuming yogurt like this, since the lactose has been eliminated in the fermentation process thus making it so much easier to digest.

Weekday evening – date t.b.a.
Saturday morning – date t.b.a.

Pre-registration for all courses is essential.

SALAD DAYS ARE HERE AGAIN

Can't be bothered – or don't have the time, to cook an elaborate meal? Don't worry. You can put something nourishing and nutritious together in a few short moves.

Ingredients:

A cup or two of good sauerkraut*
Some steamed broccoli florets
A stalk or two of celery, finely sliced
Radishes – sliced
Red onion or Vidalia onion, finely sliced
A couple of slices of cooked potatoes
A handful of finely chopped dill

Mix ingredients well and add 2-3 table spoons of good salad oil: e.g. Udo's Choice (an ideal blend of all the essential fatty acids, available in health food stores, or flax seed oil), a sprinkling of unpasteurized apple cider vinegar.

Serving suggestions: Add some protein, which may be some hardboiled eggs, a chunk of cheese, a cooked piece of chicken. And for vegans: a handful of walnuts. Yummy, and filling, not to mention highly nutritious.

*Good Sauerkraut (get it at ethnic stores: Polish, Hungarian, Russian, German, buy it in bulk or in a glass jar. Check the ingredients: they should be just cabbage and salt – nothing else, ...”and spices” usually means sugar. Avoid it like the plague. Some brands of sauerkraut have very long strands. You might want to chop them to make them more manageable).

Herbal Brew

And what could be nicer than a steaming cup of tea, fragrant and delicate.

For a 6-cup pot of tea you will need:

1 stick of cinnamon
6 whole cloves
a 2-inch stick of ginger, peeled and sliced
a sprig or two of fresh mint

pour boiling water over the spices and let steep for a good 15 minutes. Keep adding boiling water, and you'll be able to keep this going the whole day.

Enjoy it also chilled, yummy on a hot summer's day.

BLESSINGS

I was delighted to learn that the **Canadian School of Natural Nutrition** now offers credits to their students for taking my courses as part of their Practicum. I must be doing something right!

EXOTIC BIRDS and such

Are you tired of searching for “clean” meat, poultry or other animals that have been raised on good feed and without growth hormones, needless chemicals and other harmful substances? Here is a chance for you to obtain some lean and highly nutritious, perhaps unusual, types of meat: **Emu, ostrich, venison, buffalo, goat**, as well as locally raised lamb, beef and chicken.

You need to place an order, and do so by calling Olympia Market (Regional Meat & Poultry Inc.) at 237-5633. The address is: 590 Gladstone Avenue, just east of Percy. Open weekdays from 10.00 am to 10.00 pm, and Sundays from 11.00 am to 8.00 p.m. The store also carries an excellent selection of spices, legumes, and oriental and Greek imports., and injera – the Ethiopian flat bread made with teff flour.

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Ottawa City Woman is a local magazine that recently published an article about me in their Spring 2005 edition. I think it is a lovely piece of writing and one that you might enjoy reading too. Find it also on my website.

How to contact The House of Culinary Inventions:

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