

# CULIGRAM

Newsletter of The House of Culinary Inventions  
Autumn - 2003

## 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 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 \***

Wednesday	6.00 pm	Sept. 10 – 17 – 24 – Oct. 1
Thursday	9.30 am	Sept. 11 – 18 – 25 – Oct. 2
Thursday	6.00 pm	Sept. 11 – 18 – 25 – Oct. 1

\* additional dates arranged according to demand.

*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.

**Many people with lactose intolerance have no problem consuming yogurt like this**, since the fermentation process makes 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.**

### **How to contact The House of Culinary Inventions:**

By Phone: (613) 233-8371  
By Fax: (613) 231-1057  
By Email: [edithcarter@healthycompany.com](mailto:edithcarter@healthycompany.com)  
Website: under construction

## **SALAD DAYS ARE HERE AGAIN !**

Is there anything nicer than a crisp and crunchy salad on a hot summer's day? And if the ingredients have just been harvested you are in for a special treat: nothing that can replace freshness.

Here are two suggestions – each of which can be served as a light lunch.

At the Byward Market these days there are some lovely types of lettuce to be had. I have forgotten most of the names, but some are light green, others dark reddish, and inbetween green. Never mind the names, just enjoy them.

### **Green Salad**

A bowl full of different types of lettuce (don't discard the ribs, but chop them finely, they will add a nice bit of crunch)  
A finely sliced purple onion  
A bunch of radishes, finely sliced  
A bunch of arugula (stalks finely chopped)  
Sprinkle with Celtic Sea Salt  
Make a dressing of 3 parts best oil (extra virgin / first pressed olive oil, or Udo's Choice\* or flax seed oil)  
And 1 part of unpasteurized apple cider vinegar\*\*

Mix and serve right away. Augment this with a few hard boiled eggs and you have a nice light meal.

### **Tomato Salad**

Select ripe field tomatoes (grown outside, just coming on the market now), cut them in chunks  
Add a cucumber or two, cut in thick slices or chunks  
Lots of finely sliced fresh onion (purple or white)  
A handful of black olives (rinse them first to reduce salinity)  
A crushed clove of fresh garlic  
A handful of basil leaves, torn into bits  
Sprinkle generously with Celtic Sea Salt

Make a dressing as above, but use a ratio of 2 parts oil to 1 part apple cider vinegar.  
Add a couple of chunks of feta cheese made

from goat's or sheep's milk\*\*\*\*  
(you can usually find some good feta in Middle Eastern and other Mediterranean stores).

\*Udo's Choice – a blend of all the right essential fatty acids, can be found in health food stores.  
\*\* apple cider vinegar - available in health food stores  
\*\*\* Celtic Sea Salt - available in some health food stores as well as from me (The House of Culinary Inventions).  
\*\*\*\* good feta may be found in Middle Eastern and other Mediterranean stores)

### **Have you read.....**

## **Allergies: Disease in Disguise**

Allergies are largely digestive problems.... And you don't have to hold on to them for the rest of your life! This is a theme on which I touch frequently in my classes and public talks. One of the best books on the subject to appear on my desk is *Allergies: Disease in Disguise*. (How to heal your allergic condition permanently and naturally) – by Dr. Carolee Bateson-Koch. Published by ALIVE Books.

It sheds light on the causes of allergies (debunks old myths and dogmas and gives practical guidelines on how to live in this polluted world of ours and retain good health.

A useful addition to your book shelf.

### **They come from far and wide.....**

I was delighted recently to welcome a student all the way from Florida to my classes, and another from Moose Jaw, Sask. I'm delighted to know that they considered the trip worthwhile!

### **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!