

CULIGRAM

Newsletter of The House of Culinary Inventions
Winter 2002/2003

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	March	5 – 12 – 19 – 26
Thursday	9.30 am	March	6 – 13 – 20 – 27
Thursday	6.00 pm	March	6 – 13 – 20 – 27

* 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.

Dates to be announced.

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
Website: under construction

WHATEVER-YOU-HAVE-ON-HAND-SOUP

Ingredients A handful or two of chopped onions
 a diced potato or two
 A diced carrot or two
 Some sliced or diced celery
 Some diced fennel bulb
 A handful or two of presoaked green lentils*
 A 1" stick of cinnamon bark
 A good dollop of crushed garlic

Spices a good pinch of cumin seeds
 A pinch of fenugreek seeds
 A pinch of turmeric powder

Herbs a good pinch of dried marjoram
 a hearty pinch of Celtic sea salt

Put some good olive oil in a pot and slowly cook the onions until translucent, add the spices and cook for another few minutes and then add the other vegetables. Cover and braise over low heat for 5-10 minutes (this will bring out the sweetness and other flavours of the various vegetables and marjoram. .

Add lentils and cover the mixture with water by about two inches. DON'T ADD ANY SALT YET **

Put on a *comfortable bubble****and cook for a good half hour. By this time the lentils should be nice and soft. If they are not, cook a while longer. Now add enough salt to give the brew some spunk. Before serving dribble some lemon juice over it.

* you will find it useful to always have some presoaked lentils in your freezer.. *Not essential, but useful.*

** *don't add salt to anything containing legumes. It toughens their skins and prolongs cooking time.*

*** *a comfortable bubble: that's a easy simmer, to make you feel comfortable walking away from it!*

Add or subtract any ingredients. Simply use what you have on hand. Other bits to add: zucchini, squash, tomatoes, green bean sweet potatoes, you name it!

MULLED WINE – the virtuous kind!

When you need copious quantities for a skating party or other such get-together, -- try the following. It calls for tea and only a small amount of wine. If you heat it to boiling point the alcohol content will disappear but leave you with the taste of red wine still intact.

Fill a large pot with several tea bags (English tea, the decadent stuff, with caffeine in it), add a few cloves, a stick or two of cinnamon bark, a few pieces of crushed allspice, half a cup of red wine and a liter or two of boiling water. Let it steep for as long as it takes to assemble the troops to taste it!

Just before serving add a dollop or two of concentrated unsweetened orange juice (and if you find it a tad tart, add some honey). You will find that half a cup of red wine is all you need to flavour even a large jug full.

Have you read.....

THE BODY ECOLOGY DIET

By Donna Gates with Linda Schatz.

Are you experiencing pain, discomfort, fatigue, or other symptoms that won't go away no matter what you do or how many doctors you see? Chances are that, unknowingly, you are suffering from candidiasis.

The result of an imbalance in the growth of a yeast naturally present in the body, candidiasis can be a key factor in headaches, depression, cancer, AIDS, skin rashes, low sex drive, food allergies, sensitivity to tobacco and odours, joint and muscle pain, menstrual irregularities, digestive problems and various immune-related disorders.

The authors draw on information from many sources and points of view, including modern medical science, ancient Chinese medicine, naturopathy, and their own personal study, observation, and experience. Recipes and meal plans round out the excellent advice contained in this book.

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!