



Canadian School of Natural Nutrition  
TEACHING THE MEDICINE OF THE FUTURE™

## **Holistic Culinary Certificate**

These hands-on holistic food preparation and tasting classes teach basic cooking skills and techniques and applies them to foods like grains, legumes, greens, sea vegetables, bone stocks, and fermented foods. Cooking classes are taught by a professional Chef and R.H.N. and are designed to integrate food therapeutics into the kitchen, provide recipes, and give students increased confidence and skill in the areas of meal planning, food shopping, and food preparation.

### **Kitchen Culture & Knife Skills**

The essentials of food safety, how to maintain a clean and organized kitchen, and the proper temperatures for cooking, cooling, storing and reheating food. Basic knife skills will be demonstrated and practiced as students prepare a basic vegetable stock and garnishes.

Learn tips for working efficiently and effectively along with the use and function of the majority of standard tools and equipment found in a working kitchen.

### **Ancient Grains and Legumes**

Introduction to a variety of grains and legumes and their nutritional benefits with a focus on optimal preparation. Learn techniques such as soaking, sprouting, and fermenting of beans, nuts, grains, and seeds. Be able to visually identify and name nutritional properties of a variety of ancient grains and legumes, the knowledge of how to prepare them for optimal nutrition and digestibility, and confidence to expand variety in the diet.

A variety of dishes will be demonstrated and prepared which illustrate how to create delicious recipes with grains and legumes which have been prepared for optimal digestion.

### **Probiotic Foods and Beverages**

Welcome to the world of pickled, fermented vegetables and fizzy, live culture kombucha beverages. learn how to make and incorporate probiotic and enzyme-rich foods and beverages into the diet.

Learn the importance of probiotic foods in the diet for digestive and immune health as well as food traditions and the importance of including fermented, cultured foods in traditional diets compared to modern diets. This class also introduces quality salt and the functions of salt in the diet.

Make sauerkraut (a probiotic, fermented cabbage preserve) through hands-on preparation. This class also includes demonstrations and tasting of probiotic kimchi and kombucha.

Bring home a kombucha culture to start making your own.

*Bring two 500ml wide mouthed mason jars with lid to class to take home a sample.*

### **Eating Plants from Land, Lake & Sea**

Continuing on from the basic knife skills already learned, more complex kitchen techniques will be introduced as well as how to identify, prepare, and cook a wide variety of plants that are cultivated, foraged, and wild-harvested. Learn how to properly caramelize onions, braise hardy greens, roast root vegetables, rehydrate sea vegetables, sauté, and steam as we prepare a plant-based feast.



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## **Practical Food Preparation for Busy Lives**

This class is designed to provide the tools and insight on how to plan for and execute a successful week of healthy eating to incorporate personal tastes and recommended foods while considering time and budget.

Make dishes which keep well in the fridge, are versatile, and which can be batch-cooked and frozen. We will also have an interactive discussion of the benefits and limitations of eating locally and seasonally.

## **Raw Foods & Nut Cheeses**

A boot camp approach to the fundamental techniques used in raw food preparation as well as a discussion of the theory and nutritional pros and cons of this dietary paradigm. Hands-on practice will cover sprouting, dehydrating, juicing, raw “pasta”, nut milks, seed cheeses, etc. to get you familiar with the products, tools, and recipes of raw cuisine.

## **Alternative Baking and Raw Sweets**

Satisfy a sweet tooth with healthier alternatives and substitutions for commonly allergenic and trigger foods. The variety of sweets made can accommodate grain-free, gluten-free, and vegan diets and even incorporates ‘superfoods’ such as bee pollen, maca and raw cacao.

See how to create a creamy texture without dairy and eggs. Nutrition information provided on a variety of natural sweeteners and how to use them in baking and raw dessert preparations.

## **Eating for Growth & Performance**

Addressing the specific needs of people who need to adapt their diets for growth and performance, whether they are recovering from illness or injury, expectant mothers, or serious athletes. A discussion of the similar needs and dietary approaches to support people in these situations will be discussed plus learn techniques and prepare recipes that are protein-rich and nutrient dense.

## **Healthy Broths**

Learn how to make traditional bone broths to create a foundation for soups, stews, and sauces. Bone broths and vegetable broths are compared in preparation and nutritional qualities as students learn how to create delicious soups and stews using a versatile ‘recipe skeleton’.

Beyond just how-to, learn the healthy benefits of bone broth and how to apply them to GAPS, paleo-type diets, and other protocols. Ethical sourcing of bones and animal products is discussed and a local resource listing for finding quality meat and bones is provided.

## **Global Cuisine**

This class will provide a lens into how geography and climate have influenced some of the world’s major cuisines by providing not only different key ingredients, but also the herbs and spices which define their flavour profiles. Different cuisines have developed different cooking techniques and all have their inherent nutritional logic. Recipes will be selected to provide students with the templates to prepare authentic Indian, Mediterranean, or Southeast Asian dishes, or be able to adapt these for different ingredients and seasonings.