



Food by Holly Davis

Food by Holly Davis cooking classes are taught by demonstration, with a relaxed, fun and informative style.

Every class offers delicious eating with superb nutrition to restore, promote, and maintain good health. Small groups means there is plenty of opportunity to have your questions answered. Palm Beach classes are held around my dining table where you are offered a generous taste of each dish made.

The principles taught in these classes are based in the Eastern philosophy known as the 'The Five Elements', and the wisdom of pre-industrialised societies. Our forebears respected the earth and everything that it provided. Their intuitive understanding and experience led them to treat and combine ingredients in particular ways; to optimise their nutrition and digestibility. Robust health was once our birthright, I believe it is timely to revive this wisdom. We will explore what contributes to a 'healthy' diet including, following the seasons. Why good fats are an essential part of our diet. The benefits of consuming live cultured probiotic foods. The best ways to prepare and cook: beans, legumes, nuts, seeds and grains. The place for: foods from the sea, animal foods and bones broths. Which sugars are best and their uses. If your path is as a vegan or vegetarian, we will explore how to maximise the nutritional value in your diet.

Because the heart of any great meal is superb produce, preference is always given to biodynamic, organic, and local ingredients. Sustainable fish is also used and advocated.

The majority of recipes are wheat, gluten and dairy free, if not suitable alternatives are given.

See you there!

Food by Holly Davis cooking classes July - September 2009

July 24th, school holidays

Mothers and daughters 4hr class

Learn to make simple dishes that taste fantastic and happen to be great for you too. We will discuss how to create meals for a family with different dietary needs (vegetarian etc). You will leave inspired and prepared to create weekend lunches, seemingly 'wicked' desserts, and simple dinners that will give you nourishing lunch box delights - provided you can leave some! Tips, tools, techniques and notes supplied, along with recipes to use and adapt.

11.30-3.30

Palm Beach

\$150 for 2

August 5, 12, 19, 26

Refresh, Restore and Nourish with Traditional Wholefoods 4 x 3hr classes

During this intensive 4 week course we will explore the fundamentals of a delicious wholefood lifestyle. This will include recipes and techniques for making breakfast, lunch and dinner and home baking that embody traditional wisdom. You will receive the 'Refresh, Restore and Nourish Manual' that contains notes, tips, class recipes and more. This will give you a basic guide to the 'What', 'Why' and 'How' to cook and include traditional wholefoods in your daily life, for optimum enjoyment and sound nutrition.

6pm-9pm

Palm Beach

\$410.00

August 22

Feed them well 4hr class

Your families minor ailments do not necessarily require a doctor. A well-stocked larder may provide an effective and non-invasive remedy, and at far less expense. This class will acquaint you with the healing power of many simple ingredients. Treat fevers, muscle aches and sprains, splinters, headaches, coughs and colds with what you have on hand: flour, mustard powder, salt and ginger to name a few. Some remedies may be consumed while others are made into compresses and plasters. We will eat a delicious lunch and you will leave prepared with notes and recipes.

11.30-3.30

Palm Beach

\$115.00

August 29

Capturing cultures - make your own probiotics. 4hr class

Cultured foods are delicious live foods packed with beneficial organisms, vitamins, enzymes and minerals. Culturing vegetables can increase their vitamin and mineral content by as much as 100 times. Eating cultured foods at every meal does wonders to reduce sugar cravings. Come to this class and get a source of the good bugs your body requires; foods you can make at home with low cost ingredients. Culturing is safe and easy and can provide you with a myriad of delicious and beneficial foods and drinks. You will taste and learn to make and use: home made yoghurt, soft cheese, naturally fermented fruits and vegetables, milk and water based kefir, ginger beer plant drinks and Kombucha mushroom tea.

11.30-3.30

The Intuitive Well Level 1 70 Bondi Road Bondi Junction

\$115.00

September 9,16,23,30

Spring Cleaning 4 x 3hr classes

Spring is coming, now is the perfect time to cleanse your body, refresh and review your cooking styles. Create balance whilst eating well and maybe shed a little extra weight. This class explores safe fasting and other cleansing techniques, it also offers delicious recipes that will help you shift any stagnant energy built up over the winter months. See your progress over the 4 weeks in a supportive group. You will receive the 'Spring Cleaning Handbook' which contains notes, seasonal produce lists, class recipes and menu planning guidelines.

6PM-9PM

Palm Beach

\$410.00

September 19

Spring Feast at the long table on the hill Dinner

Come to an uplifting dinner and enjoy an organic feast that expresses springtime and all it has to offer. This meal will embrace and reflect all the nourishing principles of our wise forebears. Price per head includes a delicious glass of wine and four courses. Numbers are limited so book early.

7pm sharp

Palm Beach

\$105

Products

Receive a 10% discount when you Order and pay for products at the time of booking classes.

Pickled vegetables

Cultured red cabbage, ginger and lemon pickles: 1L @ \$18 or 2L @ \$30

Probiotic drinks

Kefir making kit

1L jar, muslin, 1 tablespoon kefir grains in whole milk; instruction sheet \$20

Water Kefir making kit

1L jar with lid, muslin, 1 tablespoon water kefir grains in water solution with maple, lemon and ginger; instruction sheet \$20

Kombucha kit

1L jar with lid, cloth and tie, 1 kombucha mushroom in first batch of tea and instruction sheet \$20

For Mail orders postage is added to the total invoice.

For bookings and further enquiries please contact Holly on 04 1241 1242 or holly@foodbyhollydavis.com

A booking without payment in full will be held for 7 days only.

Cancellation Policy: If you are unable to attend, the cost is not refunded.

In some situations and with enough notice a credit for another class may be given.