

FEB COOKING CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
				1 3-5pm - by Chef Arif Raw Balinese & Asian	2	3
4	5	6	7	8	9	10
4-Day Raw Food Intensive - 2 Classes /Day = 8 Classes Please note Can only be booked as full 4-day package.						10 am-12 Pm Raw Food Introduction
11 10am-12pm Raw Desserts 1 Chocolate & Cheesecake	12	13 10am-12pm Fermentation Basics	14 3-5pm- Jamu Natural Scrub, Facial Massage Oil	15 3-5pm - by Chef Arif Gourmet Raw Italian	16	17 10am-12pm Raw Desserts 2 Brownie, Ice Cream, Carrot Cake & Frosting
18	19	20 3-5pm,- by Arif Spring Gourmet raw Italian	21 3-5pm- Jamu Natural scrub, Facial Massage Oil	22	23	24
25	26	27	28	Raw Food Chef Training 25 February - 10 March See : https://balirawchef.com/bali-raw-chef-training		

RAW FOOD INTRO

"Healthy and quick brunch without dehydrator"

Talk: what is and why raw food, how to start raw living lifestyle, equipment, ingredient preparation.
Menu: nut milk / chia porridge / pasta marinara / raw-mesan / yogi' s must- bliss ball

RAW DESSERTS 1

Talk: natural sweeteners, cacao, swirl technique, flavors & extracts
Menu: Raw chocolate with super-foods, truffle/soft center chocolate, cheesecake and its crust with swirl.

JAMU & DIY SKINCARE

~BEAUTY & HEALTH BY YUNI

Menu: Jamu (healthy tonic drink with local super food turmeric), Boreh (Balinese traditional body scrub), Body massage oil, Facial & body massage oil, Hair tonic oil.

RAW BALINESE & ASIAN

Menu: Balinese seasoning & spices / jicama rice / sate ~Balinese kofta~ / sambal balado ~ spicy tomato sauce~ /sayur urab ~Balinese flavored veggies~ / sambal mata

RAW DESSERTS 2

Talk: healthy desserts without dehydrating, raw cake components, flavor variations.
Menu: carrot cake and its frosting, chocolate brownie & quick vanilla ice cream & chocolate ganache sauce.

PRICING

GROUP CLASS (2 HOURS)

(all classes on monthly schedule)
600,000 IDR per person

PRIVATE CLASS (2 HOURS)

1 person 1,800,000 IDR
2 people 1,350,000 IDR / person
3 people 950,000 IDR / person
4 people 800,000 IDR / person
5 or more people 600,000 IDR / p.

GOURMET RAW ITALIAN

Menu: Pate/ Alfredo sauce / canelloni or pasta with sauce / Chef Arif's special easy mini lasagna

FERMENTATION BASICS

Talk: Fermented drinks and foods & their benefits.
Menu: Kimchi, water kefir, kombucha, coconut yoghurt & fruit parfait, raw nut soft cheese fermentation

(to discuss menu and schedule for private classes or for further details on all classes, please contact: education@saurihealingfood.com)

BOOKING

To secure a spot and confirm your participation please come to the café and pay the full class amount by 1 day before your desired class date.

4-DAY RAW INTENSIVE INFOS & MENU

DAY ONE - Class 1 10:00-12:00 **RAW FOOD INTRO**

- Nut milk
- Chia porridge
- Zucchini pasta
- Marinara sauce,
- Raw-mezan
- Chocolate bliss ball

DAY ONE - Class 2 13:00-15:00 **Dehydration & Nut Cheese Fermentation**

Carrot flax crackers, Corn cracker,
Herb bread loaf, Fermented soft nut cheese

DAY TWO - Class 3 10:00-12:00 **Smoothie, Juice & Spreads**

Superfood smoothies, Alkalizing Juice
Hummus, Curry butter, Bruschetta,
Tasting with Breads and Crackers

DAY TWO - Class 4: 13:00-15:00 **Raw Desserts Part 1**

Brownie with Ice Cream and Chocolate
Ganache, Carrot Cake & Frosting

DAY THREE - Class 5 10:00-12:00 **All About Fermentation**

Sauerkraut
Water kefir and Kombucha
Coconut yoghurt

DAY THREE - Class 6 13:00-15:00 **Raw Desserts Part 2 & Burger Patties**

Easy (untempered) Raw Chocolate
Cheesecake with Swirl, Burger patties

DAY FOUR - Class 7 10:00-12:00 **Thai & Indian Flavors**

Pad Thai noodles, sweet tamarind sauce
"stir-fry" veggies with almond chili sauce
Curried salad sprinkles, Yoghurt Parfait

DAY FOUR - Class 8 13:00-15:00 **=Japanese Flavors & Condiments =**

Un-tuna pate, Salad nori roll
Sesame ginger dressing
BBQ ketchup & mayo, Burger Tasting

DATES

FEB 6-9, 2018

PRICE

Payment at our café - 4,800,000 IDR
PayPal: 369 USD (incl. 4% transaction fee)

BOOKING & PAYMENT

Booking to be done by full payment at the
café in IDR or FIRST confirm availability
with education@sayurihealingfood.com
and upon confirmation, payment can be
made via PayPal account:
yummtumm@hotmail.co.jp

CANCELLATION AND REFUND POLICY

Cancellation 1 WEEK or more before the
class: 100% refund excluding transaction
fee. Or credit towards a future class.
Cancellation 6 DAYS or less before the
class: no refund.

MAXIMUM

10 people

PLEASE NOTE

This is a 4-day package course. For
individual classes please see regular class
schedule.

4-DAY RAW FOOD INTENSIVE COURSE