

SAYURI HEALING FOOD CAFE

RAW CHEF
TRAINING
LEVEL 1
2019



SAYURI
Healing Food

WE ARE
WHAT WE EAT

SAYURI HEALING FOOD

*"Let food be thy medicine."
by Hippocrates*

- CAFE
- ACADEMY
- YOGA

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Bali Raw Living Culinary Arts ~ 2-week certification course ~

Join our internationally renowned Raw Chef Training and learn how to prepare luscious raw living world cuisine! Receive easily applicable nutritional information with a wide-open view of raw & plant-based nutrition from a modern scientific and a traditional Eastern perspective. Gain not only certification but also the full confidence to apply and integrate your knowledge into your daily life and the full enthusiasm to share your passion with the world.

True understanding comes from experience. Our Raw Food Chef Trainings are immersions into the vibrant raw-living food lifestyle. Whether you are searching for a new beginning or purpose to your life, wanting to shift old paradigms and beliefs, simply seeking more nutritional confidence and hands-on skills, or wanting to open your own health food shop or raw food café, these courses are for you! At fully equipped workstations you will work in teams to replicate and re-create our Sayuri Healing Food recipes, magic and techniques. You will attend lectures, go on field trips and spend quality time with an inspiring group of people from all over the world. Each course culminates in a final project in which you can apply all your freshly acquired skills and knowledge and develop your own raw creation. Students receive a Sayuri Healing Food certificate.

Through the experience we will share together, we will re-connect ourselves to nature to restore and reinforce our health & find our individual paths to a sustainable, radiant and healthy lifestyle!

Dis-ease, is simply dis-harmony from nature. If we align ourselves with the universal energy, our body, mind & spirit function perfectly, just the way they were designed to. We firmly believe that “what we eat” is one of the easiest ways to access that alignment.

Why do we eat? What is food? What are we made of? If we give off or even are energy & vibration, why don't we eat light & higher vibration? These are some of the many questions we will examine throughout the training.

RAW CHEF TRAINING LEVEL 1

Our passion is to share, teach & remind us all that we all are fountains of potential. You can do anything you want & you can become anything you want to become. Food is our tool to discover that. For some people, it is painting, singing, playing music, or meditation. We will learn tools to help you discover your true purpose, your dharma, for yourself and all living beings. All this is possible from the simple act of eating!

From Sayuri's experience, raw-living cuisine is all about playing with flavor, texture & colour! Preparing living food is by far one of the most beautiful works/acts that you can contribute to yourself and to the world. Your life becomes a full spectrum of colours, fruits & flowers, full of joy & excitement, of vibrations through veggies & plants, full of appreciation & gratitude for being nourished by nourishing others, and by becoming the bridge between them & mother earth. We will share all our tips to create fun and vibrant raw dishes whether you want to recreate your old traditional dishes or create a totally new contemporary extravaganza. We guarantee you will end up being amazed at how amazing you are!

RAW CHEF TRAINING LEVEL 1

2019 DATES

14-27 Jan

8-21 April (this course is followed by a level 2 course from 22-28 April)

8-21 July

7-20 Oct (this course is followed by a level 2 course from 21-27 Oct)

LOCATION

Sayuri Healing Food Academy, Ubud, Bali

www.sayurihealingfood.com

PRICE

1890 USD

*Flight & accommodation not included

SAMPLE DAILY SCHEDULE

Class Days:

9:30-11:15 Class or Lecture

11:15-11:30 Break

11:30-13:15 Class or Lecture

13:15-14:00 Lunch Break

14:00-15:30 Class or Lecture

First day: arrivals/welcome circle/dinner at 5pm

INQUIRIES

education@sayurihealingfood.com

MAX PARTICIPANTS

16 people

CURRICULUM

PRACTICAL SKILLS

Nut milk, smoothie & juice, difference & formulation

Fermentation: coconut yogurt, cheese, kimchi, sauerkraut, kombucha, water kefir

Dressing variations & formulation, how to adjust/fix flavours

Healthy breakfast: chia porridge, granola, bread and “butter”

Italian: pasta, sauces & dips, cheese, pizza

Mexican: taco “meat”, fruit salsa, guacamole, sour cream, cacao mole

Japanese: nori roll, “tuna” pate, jicama rice, Asian dressing

Indian: curry spice mixture, samosa, north Indian curry, biryani rice

Middle Eastern: hummus, harissa, tabouli, falafel

American diner: burger, jicama wedges, BBQ ketchup, mayo & mustard

Thai: Pad Thai noodles & Thai spice mix

Desserts: easy chocolate (without tempering), cheesecake & swirl technique, bliss ball, chocolate pie, carrot cake & frosting

Dehydration: crackers, salad sprinkles, samosa wrap, pizza crust, kale chips

Soups, dips, pate, spreads

Reading and understanding recipes, creating your own group project

Soft cheese and its plating & presentation, flavour combinations

Jamu - traditional medicinal tea from Indonesia- & healing herbs

CURRICULUM

LECTURES

What is raw living food and why

Fermentation, soaking & activating & sprouting

Superfoods

Food combining, Acid and Alkaline

How to manage a raw kitchen pantry

Safe usage of equipment

Knife skills & safety

How to balance flavours

Complementary flavors, ethnic flavors & their formulation, food evaluation

Understanding sweeteners and finding the best for your individual needs

Unique character of Thickeners & Binders

Dehydration: How it works and Tips for food recycling

Clever food recycling not only to avoid waste but also transform into wow-dishes

Herbs & spices: identification & use

Western nutrition perspective:

Macronutrients and Micronutrients

Important role of fat: Omega 3 & 6

Phytonutrients, antioxidants

Eastern perspective

Tonic herbal system :Yin Yang, 3 treasures – Jing, Chi, Shen, “Adaptogen”

Tonic herb individual details & tonic formulas to support raw food diet

Ayurvedic perspective 101

CURRICULUM

FIELD TRIPS AND EXTRAS

Spirulina Farm Trip: see the process of cultivating and harvesting the best tasting and freshest spirulina

Visit a local raw chocolate shop with tasting (you can purchase raw chocolate ingredients cheaper here)

Kitchen tour at one of Ubud's leading plant-based restaurants with the raw chef's special tasting lunch plate

Movie Night every Wednesday at the Café

CURRICULUM

INCLUDED

Manual & recipe book

Apron with logo

Lunch on all class days, + one lunch at one of Ubud's excellent plant-based restaurants

Certificate of Completion of Level 1 Raw Living Culinary Arts

Please note that you will receive the “certification of completion” of 2 weeks intensive raw food chef training. Although it is not national license, it proves your knowledge & skills to apply for the same field. I will provide a recommendation letter if requested.

NOT INCLUDED

Our training is purposefully condensed from 9.30 to 3.30 every day to give you the opportunity to discover the incredible variety of plant-based cafés and restaurants in Ubud. We will provide you with a list of our favourites and highly recommend you try them out to widen your experience! Go in groups and taste and share!

Furthermore, we start at 9.30 to give you the time to attend yoga classes before or after class.

1 team dinner out -- will be at your cost on field trip day.

There is 1 rest day off in the middle of the course. No lunch provided on this day.

Breakfast / Dinner

Flight and accommodation are not included.

BOOKING PROCEDURE & PAYMENT

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Please contact education@sayurihealingfood.com for availability, booking and payment details.