

# FOOD

## September

### TURKISH MEZZE WITH SEVEN STARS

Sunday 7<sup>th</sup> September 2008 10am—3pm

\$88/\$77 CERES members /concession



Learn how to prepare an array of traditional Turkish foods; dips, kofte, baked pide and salads. Finish the workshop with a Turkish feast of your own.

### GLUTEN FREE BREAD, PASTRY, CAKES AND BISCUITS

#### WITH SANDIE HERNANDEZ

Sunday 21<sup>st</sup> September 2008 10am—3pm

\$88/\$77 CERES members /concession

Rice flour, buckwheat flour, millet, maize, polenta, chickpea flour are all gluten free and make delicious cakes, biscuits, breads and sweets. Learn how to cook for friends and family who are gluten intolerant and enjoy the adaptability of these healthy ingredients.

### HEALTHY COOKING WITH SEASONAL PRODUCE

#### WITH SANDIE HERNANDEZ

Sunday 28<sup>th</sup> September 2008 10am—3pm

\$88/\$77 CERES Member/concession

Learn how to prepare colourful, fragrant and nourishing dishes, delicious drinks and naturally sweetened treats using seasonal produce. This is food for health and happiness that is bursting with goodness! Suitable for gluten free diets.

Learning new food cultures, skills and menus to impress yourself and friends.

## October

### MOZZARELLA AND HALOUMI WITH CAROLE WILMAN

Sunday 5<sup>th</sup> October 2008 10am—3pm

\$150/\$130 CERES members /concession

Blessed are the Cheesemakers! You will learn to make Mozzarella and Haloumi. There will also be a demonstration making Ricotta cheese. Workshops are hands on and include light lunch, detailed class notes and of course taste sampling!!!

### MACROBIOTIC INSPIRED JAPANESE COOKING WITH SHOKUIKU

Sunday 12<sup>th</sup> October 2008 10am—3pm

\$88/\$77 CERES members /concession

Macrobiotic is more than just a diet. Learn how it can help you to feel more centred and connected to the nature around you by choosing the right seasonal foods for your individual needs.



### INDIAN COOKING WITH NASIR WASIF

Sunday 19<sup>th</sup> October 2008 10am—3pm

\$88/\$77 CERES Member/concession

Discovers the spices, aromas and magic of Indian cuisine. You will learn how to make delicious traditional Indian foods including chicken korma, chapli kebabs, a lentil dish, rice pilaf and dips. There will be lots of taste sampling!!

## October

### ANOTHER PACKED LUNCH? WITH KEMI NEKVAPIL

Sunday 26<sup>th</sup> October 2008 10am—3pm

\$88/\$77 CERES members /concession

Let us search the world's tables to fill your children's bellies and lunch boxes with food that is healthy and delicious. We will be looking at the 'issues' surrounding this daily ritual and find ways to inspire ourselves.

## November

### DIA DE LOS MUERTOS DAY THE DEAD TRADITIONAL FEAST WITH SANDIE HERNANDEZ

Sunday 2<sup>nd</sup> November 2008 10am—3pm

\$88/\$77 CERES members /concession

Dia de los Muertos is a special fiesta celebrated throughout Mexico on 1st & 2nd of November each year. It is a time to remember those who have passed away with beautiful altars, special foods and drink. Prepare a traditional feast of sweet bread, tamales, Mole, rice, sweet potato with honey and a beautiful chocolate drink.

### FOOD FOR FAMILIES WITH KEMI NEKVAPIL

Sunday 9<sup>th</sup> November 2008 10am—4pm

\$88/\$77 CERES members /concession

Having to prepare food constantly for our families, how do we stay inspired? We look at the endless possibilities of nurturing families with food, how to create food cultures and traditions in the home and how to connect with food as a way of building and inspiring families.

# November

## BAKING ORGANIC SOUR DOUGH BREADS WITH KAT LAVERS

Sunday 16<sup>th</sup> November 2008 10am– 3pm

\$88/\$77 CERES members/concession

Experience the wonder of your own fresh baked bread. You will learn about sour dough breads and different baking techniques and share the still warm spoils for afternoon tea.



## MEXICAN FEAST WITH SANDIE HERNANDEZ

Sunday 23<sup>rd</sup> November 2008 10am- 2pm

\$88/\$77 CERES members/concession

Discover the exquisite flavours, textures and diversity of Mexican food. Learn about special foods present in rituals and celebrations and Mexican home cooking. Rich in Indigenous culture and food, Mexico is the home of a delicious cuisine with influences from the Caribbean, especially along the coast.

# December

## FOOD AS GIFTS WITH KEMI NEKVAPIL

Saturday 7<sup>th</sup> December 2008 10am—3pm

\$88/\$77 CERES members /concession

Are you becoming bored with the yearly Christmas shop? This workshop will inspire you to make and bake food that everyone you know will want a bag/jar of. Using seasonal organic produce you will create gifts to be remembered.

*CERES is a place which exists to initiate and support environmental sustainability and social equity, with an emphasis on cultural richness and community participation.*

**TO MAKE A BOOKING  
OR  
FOR FURTHER INFO  
PLEASE CONTACT  
RECEPTION ON 9387 2609**

All workshops require a minimum number of students, CERES reserves the right to cancel any workshop if student numbers are not met. If a workshop is cancelled any paid fees will be refunded in full

**Before you recycle me,  
pass me onto a friend to read**



**CERES Community Environment Park**  
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[www.ceres.org.au](http://www.ceres.org.au)

# CERES SPRING WORKSHOPS



**SEPT — NOV 2008**

**FOOD —**

**Learning new food cultures,  
skills and menus to impress  
yourself and friends.**