

S.O.U.L.* COOKING CLASSES

*Sustainable, Organic,
Unprocessed, & Local

fresh & wyld
Farmhouse Inn + Gardens



1978 Harding Road
Paonia, CO 81428
970.527.4374

FEBRUARY

The Flavors of India

INDIAN COOKING - TANDOORI, & MAKING PANEER CHEESE

FEBRUARY 3 - 10:00 AM TO 2:00 PM

Spice up your life with some Indian dishes! Probably no other cuisine in the world includes as many healthy and diverse vegetables and spices. Chef Dava Parr will introduce two delicious mainstays of Indian cooking—Tandoori meats and Saag Paneer. Learn to make Paneer Cheese, a versatile ingredient used in desserts, snacks or main course cooking. \$40 includes lunch.

INDIAN COOKING - INDIAN SPICING, DAL, & NAAN

FEBRUARY 10 - 10:00 AM TO 2:00 PM

The exotic flavors of Indian cuisine will be demystified in this class with Chef Maria Hodkins. Ever wondered how garam masala is made? Learn to make your own spice mixtures, including fresh curry powder. Dal is the staple food in every Indian home—what chicken soup is to the west—it is India's comfort food. Naan, a quick leavened Indian bread is traditionally served with meals. \$40 includes lunch.

Fabulicious Ferments

SAUERKRAUT & INDIAN PICKLE - FEBRUARY 17 - 10:00 AM TO 2:00 PM

Discover the endless enzymatic benefits of fermented foods, with focus on the age-old health tonifying and immune-building Mother of all Ferments--Sauerkraut. Class will also make palate-tickling pickled vegetables to enhance the flavor of Indian dishes. Vegetable Pickle is indispensable in Indian cuisine to awaken the appetite. Class will take home their own Sauerkraut or Indian Pickle made in class, plus several recipes. \$40 includes lunch. Bring your own Quart Jar with New Lid and Ring.
Instructor: Sharon Humphries, our on-site Master Homesteader, will teach the class.

Special Retreat

REJUVENATION WORKSHOP: ILLUMINATING YOUR PSYCHE

FRIDAY, FEBRUARY 26th THRU MONDAY, MARCH 1st

An in-depth exploration of how to transform your life using Food, Art Therapy and Sweat Lodge. Learn nutritional aspects of food to support your glimmering soul and spirit... Use Sweat Lodge to take you into deeper connection with your inner and outer worlds... And Art therapy will cultivate your imagination and uncover your soul's natural radiance. Register by February 15th. Call Dava Parr 527-4374 for more information.

UPCOMING CLASSES:

MAKING YOGURT, BUTTERMILK, & SOUR CREAM—MARCH 3, NATIVE AMERICAN GRAIN DISHES—MARCH 10, GREEK COOKING—MARCH 17, SOUTHWEST BLUE CORN ENCHILADAS—MARCH 24, RAW FOODS—MARCH 31

JOIN US FOR SOME S.O.U.L. COOKIN'! TO REGISTER: CALL DAVA PARR 527-4374