

Introductory Vegetarian Cooking Classes 5 Evening Sessions



Healthy Food Trends, Whole Grains, Blistered Chilies, Agave Nectar will be featured in new recipes using the finest organic produce. Whether you are cooking solo or for a crowd, main course or dessert lover, Nettie's 5 Evening cooking course offers 40% new

recipes that will improve your health, revolutionize your ingredient pantry and awaken your taste buds to the wide range of low fat, low glycemic index ingredients. Tortilla Lasagna, Ancho Chocolate Chili, Silken Cashew Cream, Cocoa Oat Bars with Barley Flakes, and Cranberry Walnut Quinoa Squares are just a few of the newly developed mouth watering recipes ready to be prepared. Recipes may contain dairy, eggs and gluten.

Nettie Cronish is a Natural Food Chef Recipe Developer and Culinary Instructor. She has been teaching Vegetarian Cooking Classes at The Big Carrot for the past 20 years. In her opinion, The Big Carrot has the best ingredients – organic, local, fair trade and non-GMO.

Nettie is Chair of the Women's Culinary Network, a group of 300 culinary professionals celebrating their 19th year, who participate in the glorious food mosaic of Toronto & GTA. Nettie is also a board member for Transfair Canada, promoting the use and education of fair trade ingredients

Look for Nettie's new cookbook *Flexitarian Guide to Harmonious Eating* by Nettie Cronish and Pat Crocker, 150 recipes, 30 pictures, Whitecap books in Feb 2011. Check the Big Carrot website for book signing at the store .

Introductory Vegetarian Cooking Classes 5 Monday Evening Sessions

Monday, September 27 • October 4*, 18, 25
November 1

* Please note that this series skips a week for the Thanksgiving Day holiday.

Monday, November 8, 15, 22, 29 • December 6

5 Evening Sessions \$350.00 + HST = \$395.50
7:00- 9:30 p.m.

All classes are limited to eight people so that you can enjoy preparing the dishes hands on and get the attention you may need. Recipes and fact sheets keep you informed throughout the course. Tasting is enjoyed during the class. Please bring your own apron, hand towel and reusable containers in case there are any leftover goodies to take home! Closed toe shoes are required to comply with our health and safety policies.

Single Monday Evening Classes With Nettie

We are please to offer these specially themed single evening classes with Nettie. Learn to prepare dishes that are guaranteed to be a hit with family and friends!

\$70.00 + HST = \$79.10 • 7:00 - 9:30 p.m.

Terms & Conditions

We reserve the right to cancel or postpone classes with full re-imbusement if class does not fill minimum. Cancellations within seven days prior to the start of a session will result in a \$50.00 administration fee for Nettie's 5 Evening Series and a \$10.00 administration fee for Single Evening Classes. No refunds given after start date. There are no make up classes for missed classes, however all recipes will be available. Classes are non transferable. The Big Carrot is not responsible for any injury, loss or damage to persons or property during the class. Closed toe shoes are a requirement. Minors require parental consent.



Single Monday Evening Classes With Nettie

SEPTEMBER 20

Vegetarian Thanksgiving

Tired of Tofu lasagna as your vegetarian main course? Serve a brownie dessert with chilis and fair trade ingredients — vanilla, sugar and spices. Be cutting edge, seasonal and veg.

- Baked Artichoke Dip
- Apple Carrot Parsnip Soup
- Black Olive Salad with Lentils and Feta
- Tofu Meatballs with Sage, Ground Flax and Parmesan
- Ancho Chili Brownies with Dried Cherries

DECEMBER 13

Vegetarian Christmas

I'm dreaming of a healthy Christmas, a soup to nuts menu that will please your carnivore and vegan friends.

- Nachos with Pinto Beans, Monterey Jack and Salsa
- Red Cabbage Soup with Currants, Apples and Kale
- Tortilla Lasagna
- Buckwheat Noodle Salad with Dried Mushrooms, Cherry Tomatoes and Toasted Sesame Oil
- Matcha Green Tea Cupcakes

JANUARY 17

All About Quinoa

Is quinoa a protein or carbohydrate? From dips, salad, main courses and desserts, quinoa pasta, flour and grain can be used in interesting delicious ways. Quinoa pecan fudge cupcakes anyone?

- Cashew Nut Butter Quinoa Hummus
- Toasted Quinoa Eggplant Chili with Celery and Diced Tomatoes
- Quinoa Tabouli with English Cucumber, Cherry Tomatoes and Pine Nuts
- Quinoa Flour Pecan Fudge Cupcakes
- Cranberry Walnut Quinoa Squares

JANUARY 24

Casseroles — One for Every Day of the Working Week

Easy to prepare main courses that will inspire you to eat well.

- Oven Roasted Tempeh and Vegetables
- Goat Cheese with Leafy Greens, Bulgur and Toasted Pumpkin Seeds
- Black Bean Burritos
- Quinoa Chili
- Tofu with Leeks and Almond Nut Butter

JANUARY 31

Beans and Grains

Buy them canned, dried or frozen. Make recipes from scratch or with a twist of a wrist. Beans combined with grains are a staple.

- Pinto Bean Cashew Rice Salad
- Buckwheat Potato Pancakes
- Quinoa Tabouli
- Barley Flake Rice Crispie Squares
- Dried Fruit and Brown Rice Muffins

FEBRUARY 7

All About Quinoa

Is quinoa a protein or carbohydrate? From dips, salad, main courses and desserts, quinoa pasta, flour and grain can be used in interesting delicious ways. Quinoa pecan fudge cupcakes anyone?

- Cashew Nut Butter Quinoa Hummus
- Toasted Quinoa Eggplant Chili with Celery and Diced Tomatoes
- Quinoa Tabouli with English Cucumber, Cherry Tomatoes and Pine Nuts
- Quinoa Pecan Fudge Cupcakes
- Cranberry Walnut Quinoa Squares

FEBRUARY 14

Date Night

What should you cook for someone you like? Impress them with your delicious dinner made from organic ingredients and wash the dishes tomorrow!

- Almond Nut Butter Dip
- Sweet Potato Coconut Milk Soup
- Vegetarian Moussaka with Béchamel sauce
- Apricot Walnut Biscotti
- Matcha Green Tea Cupcakes

FEBRUARY 21

Tofu, Tempeh and Miso

Fermented soy made from organic soybeans is the best type to eat. Easy, quick and tasty!

- Barley Miso Soup with Leafy Greens
- Tofu Meatballs with Ground Flax, Sage and Parmesan
- Tempeh Waldorf Salad with OJ Yogurt Dressing
- Mango Cream Pie with Vanilla Soy Milk
- Peach Raspberry Kugel with Toasted Almonds, Cottage Cheese, Soft Tofu

FEBRUARY 28

Beans and Grains

Buy them canned, dried or frozen. Make recipes from scratch or with a twist of a wrist. Beans combined with grains are a staple.

- Pinto Bean Cashew Rice Salad
- Buckwheat Potato Pancakes
- Quinoa Tabouli
- Barley Flake Rice Crispie Squares



The Big Carrot's

Introductory Vegetarian Cooking with Nettie Cronish

NEW RECIPES

2010 Fall & Winter Schedule



**348 Danforth Ave.
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www.thebigcarrot.ca**