

*Veronica O'Reilly, author of 'Raw in a Cold Climate' and Head Chef in Healthy Habits Cafe Wicklow Town brings her expertise in 'Raw Food' to this dynamic course.*

*She has appeared on T.V. e.g. Nationwide, RTE, Radio and various newspapers and magazines e.g. The Irish Times, Food and Wine etc.*

This is a professional course designed to develop individuals as Raw Food Chefs for Industry or home.

3 levels

Level 1.

Introduction to Raw and Living Food.

- a. Knife skills and other techniques.
- b. Sprouting
- c. Balance flavours
- d. Prepare a 3 course meal

Level 2.

Advanced techniques of making Raw Food.

- a. Fermentation
- b. Ethnic Flavours
- c. Dehydrated Foods

Level 3.

Menu Development.

- a. Celebration desserts
- b. Spreads and Condiments
- c. Plating

Dates

May 18th

June 8th

July 6th

Summer break

September 7th

November 9th

January 18th

each class 10 am - 1 pm.  
(includes lunch)

24 days hands on training in  
Healthy Habits Cafe  
supervised by Veronica O'Reilly.  
3 hours each Day.  
Days to be arranged.

3 written examinations  
3 practical examinations  
Ongoing assessment

Application Procedure

To register for a place  
applicants should phone  
Veronica 0404 68645 or  
email  
rawveronica@gmail.com

Places will be determined  
by interview.

Maximum of 3 places for  
each course as attention  
to each individual is  
paramount.

Cost €3,750