

# MENU

## A World of Wholefoods Cooking Series - July 2022

*Please note, menus are subject to change depending on seasonal availability and the weather... This is the approach of wholefoods cooking!*

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### Class 1

**Summer miso soup** - silken tofu, wakame, spring onion

**Red camargue rice & long-grain brown rice bowl** – with thin herby omelette roll, seasonal greens, sweet-glazed carrot spears, 'pink sauerkraut', braised button mushrooms, balsamic-seared red onion with cucumber, chicory & alfalfa sprouts.

**Strawberries & raspberries** with lime, oaty almond crunch and dairy-free cream

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### Class 2

**Asian-style noodles** in a rich, umami broth with marinated tofu, vegetable beignets, new season turnips, tender-stem broccoli, fresh shiitake, toasted nori, sesame seeds and grated radish pickle.

**Sweet adzuki bean pudding** with ginger & orange zest.

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### Class 3

**Quinoa and 'speckled' green lentil bowl** with grilled sardines, caramelised onions, oregano, chives & citrus zest, arame sea-vegetable, green beans, bunched carrots, cauliflower & a miso-mustard dressing. Served with a pressed salad of cucumber and carrot.

**Mixed-berry kanten** (refreshing fruit-based dessert) with fresh mint and pecan nut crunch.