

CoolKing – where Cooking is Cool!

Syllabus

1st hour (28)

Understanding Why Cooking is so Important and How it Has to Become Cool and Fun!

- Intro – Hilary, Yum Yum
- Intro – Mandy, Foster/Orphan Homes
- Traditional vs Now
- Statistics
- The Choice Before You
- Grounding
- The Real Deal
- Fun

2nd hour

Meat Stock to Bone Broth (9)

- The Value of Stock and Broth
- Broiled Chicken to Stock
- Beef Broth & Crockpot style
- Storage – The fast food plan

Meat & Organs (4)

- Organs, most nutrient dense – all over the world
- Pate'
- Roasted Bone Marrow
- Heart, Liver, Thyroid...

Bread (3)

- Coconut Manna
- Crockpot Banana Bread

3rd hour

Cultured Dairy (17)

- Our Farmacy – Pasturized vs Raw
- Kefir
- Yogurt
- Power Smoothie
- Cultured Cream/Sour Cream
- Buttermilk
- Whey

Dairy (5)

- Butter
- Why Ghee?
- Kefir Cheese

4th hour

Fats and Condiments (16)

- Healthy Fats, animal fats
- Salad Dressing
 - Cultured Cream and kefir Dressing
- The Dangers in Eating Out & simple {DIY} recipes
- Ketchup
- Mustard
- Mayonnaise – make for chicken salad, optional: add whey from cultured dairy

Ferments (8)

- The more absorbable way to get probiotics
- Veggies
 - Sauerkraut
- Beverages
 - Kombucha
 - Kvass
 - Soda

5th hour

Treats (5)

- Berry Tart
- Easy Peasy Ice cream
- Date/Nut Ball Snackers

Nuts and Seeds (6)

- Anti-Nutrients
- Sprouting
- Soaking

Non Dairy

- Coconut Milk - make
- Almond Milk – make with soaked nuts
 - Save pulp for treats
- Coconut Milk and Yogurt

Pulp (10)

- Recycle the pulp
- Nut Crackers/Veggie Crackers

6th hour

Greens, Mature and Sprouts

- Veggies
 - Raw
 - Cooked

Discussion, Questions