

"How to Think Like a Chef"



From Planning to Plating



JOSEPH P CORY
FOUNDATION
Anchored in Love.



Nada Cory



From as early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.

She was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of wellbeing. Those lessons learned have remained and have given her the gift to create scrumptious meals from the garden's bounty, and to comfort and heal using natural remedies.

Nada is a licensed medical assistant, certified in Healing Dhan Hag Yoga, Reiki, Essential Oils/Raindrop Therapies, Philanthropist, Entrepreneur, and a Dream Builder/Life Mastery Coach.



Nada And Her Cousin Bo In Croatia





Focus for Today: Preparing foods that are easy, delicious, and provide optimal health and wellbeing.

- Cooking Technique Basics
- Choosing the Best Food Options
- Understanding Food Combinations
- Cooking Demonstration



It's a process.

How to Think Like a Chef!

Progress as you learn the basics, just like the professionals.

- 1 Master Cooking Techniques
- 2 Use only the freshest ingredients
- 3 Grow you own - Buy local
- 4 Get it together - Pre Prep
- 5 Understand flavor combinations
- 6 Plan ahead with what you have
- 7 Assemble an attractive plate
- 8 Be thrifty and use everything
- 9 Don't be a slave to recipes
- 10 Simplify
- 11 Understand food-body balance
- 12 Taste, taste, taste!
- 13 Have fun!



Cooking Techniques

Grill

Pan Fry

Sauté

Boil

Roast

Bake

Poach

Simmer

Broil

Steam

Blanch

Braise

Stew

Dehydrate

Blend



RECIPE

RECIPE NAME

INGREDIENTS

PROCEDURE

NUMBER OF SERVINGS

TIME TO
PREPARE

TIME TO
COOK

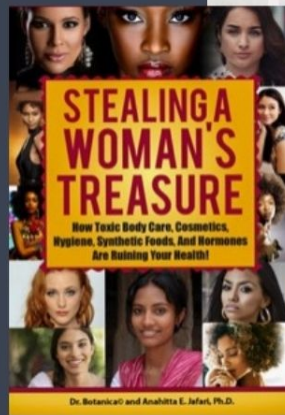
TOOLS NEEDED



DR. ANAHITTA JAFARI

Dr. Anahitta Jafari, Ph.D., is an expert in nutritional science and herbalism. As a certified iridologist, 6th generation traditional Persian healer, Author, and professional food therapist, she is officially recognized internationally in the holistic domain as an expert on health and spirituality, and named the “Kitchen Physician©”.

February 18, 2021
10:00 AM
Biwa Pavilion
Morikami Park
Delray Beach, FL



Guest Lecturer/Cooking Class
"Your Health Is Your Wealth Series"

FYI

- Our next class is on March 18, 2021
- Sign up for our newsletter, great for kids and adults
- Volunteer with us!
- Email us your photos for social media
- Email questions to info@josephpcoryfoundation.org





Love What You Do.
Live a Happy Healthy Life!