

VIVA LA RAW Project

Raw Culinary Essentials

Taught by Master Chef, Eric Rivkin,

On the Organic Farm at La Joya del Sol, Costa Rica

“I hope to guide you and meet your dreams of being the raw chef you want to be. We hope to inspire lots of people to have better health and ultimately treat our planet with utmost reverence by encouraging food awareness and its healing properties.” Eric Rivkin

Discover a plant-based, sustainable diet that includes exposure to a life-style that includes living off of the land. You will learn valuable raw food essentials including hands on recipe preparation, food combinations, and farm to table concepts.

This is a UNIQUE experience, and you will be able to take your skills home with you and share them professionally, for family and friends, or with others as a teacher. We tailor our lessons so that no matter where you live in the world, you will have to skills to prepare raw, plant-based, culinary creations.

Our program is 21 days in length. You will be learning, preparing, and enjoying food with a minimum of 10 hours focus per day. This is an “Extensive Course.”

Tuition is \$2100.

Included in the price:

- Instruction including hands on food preparation, and enjoying the beautiful creations that you make.
- Lodging in a manicured jungle farm environment on tent platforms inside of comfortable tents that include mattress, bedding, and a towel for your showers.
- Recreation on the farm that includes waterfalls, hiking trails, wildlife watching, and drumming, reading, and discussions.
- An autographed copy of “To Live For!” by Eric Rivkin, a book containing over 450 recipes, some of which will be used for the course.
- A Raw Essentials Course Certification of Completion

Schedule

Our schedule includes the instruction of the material included in this PDF, and a day may vary, but here is an average day of instruction:

6:00 – Meet at the “rancho.” Begin breakfast food prep which includes gathering farm fresh herbs and edible flowers for garnishing.

7:30 – Sit for breakfast. We decorate our food and take photographs before eating. Also, daily gratitude is offered with each student taking their turn.

8:30 – Clean up and setting up for morning lesson. Instructions until lunch

1:30 – Lunch. Again, we style our food and take photographs. There is plenty of time to post socially.

2:30 – Clean up and then preparation for afternoon lessons.

4:00 – 6:00 Break to enjoy waterfalls, hiking, relaxing

6:00 – Meet back up at the rancho for either a dinner snack or dessert lesson and meal.

8:00 – End of session for the day. Sometimes students will play music with Eric or enjoy their time reflecting on lessons. We have lots of drums in the rancho!

Fundamentals: Curriculum

Daily hands on meal preparation, presentation, and service: You get to harvest, forage, and prepare freshly made every meal, and you get to enjoy your creations! You will learn how to prepare foods without salt, sugar, oil (minus small usage of coconut oil), or unhealthy condiments. We use only whole, organic foods that are grown on the farm, purchased at the local farmer's market ("feria"), or foraged on our property.

What You Learn:

- How to choose ripest fruits and vegetables
- How to store vegetables and fruits with optimum nutrition preservation
- Learn safer, more economical, and functional sprouting techniques of grains, seeds, and legumes
- Juicing with and without a juicer (using my juicing bag)
- Healthy meal preparation, including nutrition-safe heating of food
- Hands-on experience at every meal
- Making basic recipes with attention to whole food solutions for taste balancing, consistency, aroma, beauty and type of audience
- Create classic and ethnic flavors with fresh herbs and spices
- Develop new recipes and convert cooked ones to raw
- How to create various textures with whole food solutions
- Flavor dynamics
- Various whole food and healthy sweeteners, thickeners, thinners and emulsifiers
- Healthy menu planning
- Consistent portioning
- Making and storing dehydrated foods like breads, crackers, pastries and even pizza!
- Simple yet elegant plating and garnishing
- Beauty of edible flowers

Use of kitchen equipment:

- Use of raw kitchen equipment such as a high speed blender, various juicers, food processor, dehydrator, and more
- Using torte pans with removable sides and other specialty presentation staples
- Art of cutting skills, knife uses, safety and perfect sharpening
- Machete techniques to safely open coconuts
- Common kitchen gadgets: grinder, spiral slicer, peeler, and mandoline
- Ancient stone grinding of pesto and cacao bean
- Setting-up a raw food kitchen

Confident food preparation of a variety of:

- Exotic fruits (with a focus on the ones here in Costa Rica!)
- Savory or fruity sauces and dressings that "make" the dish a tasty meal

- Savory or fruity whole meal "stews" and soups
- Bean and seed dishes, including sprouted and lightly cooked
- "Soup-in-salad" dishes
- Foraged fruits, vegetables, herbs and seeds
- Raw pesto, hummus, pates
- Making foods "cheesy" with nuts and noni.
- Use of whole food wraps as sandwiches: nori, cabbage, and lettuces
- Savory or fruit appetizers
- Famous "spoothies" varieties
- Fermented foods like red sauerkraut
- Perfect crepes, pancakes and folded taco shells
- Rice and grain alternatives, like "ryce" and veggie pasta
- Raw-mazing desserts including tortes, puddings, sauces, and creamy non-dairy ice creams that tantalize without compromising health
- Ethnic and cultural dishes and flavoring, including Mexican, Thai, Indian, Ethiopian, Italian
- Cooking for service or for large parties, like catered events

Raw Food Nutrition

"We are what we eat" and "Food is our medicine" are well know axioms, but not wholly followed with the Western Diet and do not necessarily reflect the food we eat in our busy lives and modern world. We discuss many topics of nutrition and discuss resources for further investigation.

This section is student driven. Please inquire to what you wish to know about:

- Healthy or not? A host of topics including salt, agave, cacao, suppliments, and of course, the raw food diet.
- The value of ancient superfoods, spring water, pure air, soil / plant connection
- Importance of oxygen in food and water
- Fast and enjoyable weight loss or gain
- Blood sugar regulation
- Acid/alkaline balance
- Raw food vs. cooking food
- Anti-inflammatory nutrition
- Anti-aging and longevity
- Protein - how to bust the myth in 10 seconds
- Vitamin B12
- Essential fatty acids
- Antioxidants and phyto-nutrients
- Cleansing for health and vitality
- Raw food that supports an active lifestyle such as sports or at spas needing a wide array of exotic and gourmet dishes
- Raw food that supports beauty, anti-aging, immunity, weight control

Food Styling and Food Photography

Capture the beauty of your creations in photographs by preparing food that is beautiful. You will learn plating and styling techniques and will have plenty of time to photograph your creations and post them on social media or save them for your portfolio.

Food To Table - The Sustainable Life

La Joya del Sol is an organic, off-grid farm that has a food forest, and progressive planting beds. We are a part of a diverse eco-system and practice recycling and permaculture systems. You will have exposure to all of these.

We will:

- Take walking tours of the farm
- Choose fresh produce and forage foods that grow wild
- Visit a local farmer's market and experience a Costa Rica "feria"
- Learn some basic farm techniques including indoor "micro-green" concepts
- Experience nature fully!

Food That We Create

Foods are seasonal, and we will work with available food. We use Eric Rivkin's recipe book, "To Live For!" as the basis of most of our food preparation. Students are encouraged to create custom recipes towards the end of the course. Students will receive an autographed copy of the book upon arrival for study and use.

Here are some of the recipes that we have prepared in the past:

- Pizza
- Dehydrated Crackers and Breads
- Stacked Open Lasagna
- Pad Thai Noodles and Sauce
- Quiche
- Jackfruit Chili
- Tacos
- Nut and Seed Milks
- Nice Creams
- Mashed Potatoes
- Veggie Noodles and Pastas
- Fruit "Soothies"
- Cacao Truffles
- Lemongrass Elixir
- Alfredo Sauce
- "Pumpkin" Pie
- Keylime Pie
- Raw Hummus
- Grain-less "Ryce"
- Sushi Nori

Sign up and reserve your spot for upcoming classes:

<http://vivalaraw.org/raw-culinary-essentials-chef-certification-course/>

If you have any questions at all, please use our Contact page located on our site:

<http://vivalaraw.org/contact>