



## FOUNDATIONS OF THE KRIPALU KITCHEN

March 3–June 18, 2021

Jeremy Rock Smith

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Date	Time	Topic
Sunday, March 7	6:00 pm	Introduction, Where to Start, Clearing Your Space
Thursday, March 11	5:30 pm	Principles of Kripalu Cooking and Mindful Eating
Thursday, March 25	5:30 pm	Kitchen Basics, Safety and Knife Skills
Thursday, April 8	5:30 pm	Salad Dressings & Emulsifications and Herbs & Spices
Thursday, April 22	5:30 pm	Vegetable Cookery and Stock Preparation
Thursday, May 6	5:30 pm	Grains & Legumes and Sauces
Thursday, May 20	5:30 pm	Alternative Proteins and Seafood Cookery
Thursday, June 3	5:30 pm	Poultry Cookery and Kripalu Bakery Basics
Sunday, June 13	6:00 pm	Final Review, Graduation Celebration