



MATTHEW **KENNEY** CULINARY

crafting the future of food®

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**Now available in Hua Hin, Thailand**

Evason Hua Hin, Thailand  
2015/2016 Catalog



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## WHAT IS RAW FOOD?

**Raw food** consists of unprocessed, raw plant foods that have not been heated above 120 degrees Fahrenheit (49 degrees Celsius). The foods cooked below this temperature still retain their nutritional value and are healthful to the body.

**Raw food** has natural enzymes, which are critical in building proteins and rebuilding the body. Heating food destroys the natural enzymes, vitamins, and healthy fats, and can leave toxic materials behind.

**Raw food** has higher nutrient values than food that has been cooked, and doesn't contain any added chemicals, preservatives, additives, or coloring agents.

**Raw food** such as fruits and vegetables are high in antioxidants which can help to stifle signs of aging and rejuvenate the body.

# THE FIRST CLASSICALLY-STRUCTURED LIVING FOODS CULINARY CENTER IN THE WORLD

*Matthew Kenney Culinary* was created to meet the increasing interest in living foods and the art of raw food preparation. Our raw and vegan culinary school emphasizes the use of whole, organic, unprocessed, plant-based foods to achieve healthy, aesthetically refined and flavorful cuisine. Our intimate classes and personalized instruction allow for a successful integrated hands-on experience, within a custom designed, state-of-the-art living foods kitchen.

## **CLASSICAL STRUCTURE WITH INNOVATIVE TECHNIQUES**

When learning from our culinary academy, we want to ensure that after completing the program, you have the training and techniques to create healthy, aesthetically refined and flavorful cuisine. Matthew Kenney, our founder and namesake is a classically trained professional chef who studied at the French Culinary Institute (presently, International Culinary Center) and designed our courses in line with his classical background. Most plant-based culinary academy founders and educators are either self-taught or mentored by other chefs that have not been educated under professional culinary programs. Our academy provides the first and only classically structured plant-based culinary course in the world and includes knife skills, flavor and texture balancing, as well as artful plating. This foundation, together with our cutting-edge equipment and innovative techniques, is reflected and apparent in the captivating work our students execute.

## **AN OPEN-MINDED APPROACH TO CREATING**

Many plant-based culinary academies teach recipes with pre-measured and limited ingredients. While we feel recipes are a critical foundation, we encourage students to explore their creativity and the real-world applications of designing menus and writing recipes from scratch. Because it's important for us not to stifle your ideas, our instructors encourage students to measure and utilize local ingredients of their choice on hand at the academy. We encourage students to use local and seasonal produce and adjust for their food allergies or personal preferences. Chefs often run out of a specific produce, spice or ingredient or are restricted by their geographic region or access to purveyors; therefore, we teach the art of substitution within our curriculum.

## **INDIVIDUALIZED WORKSTATIONS FOR YOUR COMFORT**

Traditional culinary programs typically require multiple students to share workstations. Most other programs require four (4) to seven (7) students to sharing the same overcrowded space and equipment. We designed our classrooms with individual workstations and limit class sizes so as not to compromise your educational experience as a student. We have found that this enhances comfort, creativity, and allows for hands on learning.

## **ACCESS TO CUTTING-EDGE EQUIPMENT**

In order for innovation to occur, it is essential to understand advanced tools, techniques and equipment. Many culinary schools do not prioritize an investment in the highest quality equipment and tools for their students. Our students have access to the same equipment our company's chefs use; the paco jet, sous vide, anti-griddle, smoking gun, high-powered blenders, turning slicers, dehydrators, food processors, juicers and other machines and tools student will work as part of curriculum.



**ASIA'S FIRST** classically structured plant-based culinary academy is located at Evason Hua Hin, Thailand. The other three locations are VENICE, California, BELFAST, Maine, and MIAMI, Florida.

Evason Hua Hin is located in the peaceful area of Pranburi facing the Gulf of Siam. The brand new state-of-the-art academic facility is surrounded by 20-acres of lush, landscaped tropical gardens, including an organic garden, lotus ponds and access to the best plant-based produced in Thailand.

## EVASON

HUA HIN

The resort offers 196 guests rooms, suites and villas. All rooms are newly renovated and offer eco-friendly designs with unique ambience highlighting natural fabric and calming hues in line with our responsibility to the environment.

The resort offers a variety of dining choices and wide range of leisure activities including, infinity edge swimming pool, four tennis courts, Archery, Bicycles, Beach Volleyball, an award winning Six Senses Spa along with Just Kids - a professionally managed children's club, with it's own swimming pool and mind-challenging activities.



## MATTHEW KENNEY, FOUNDER

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**Matthew Kenney** is the world's leading raw food chef, the writer of several best-selling cookbooks, a culinary educator, and an entrepreneur specializing in the plant-based lifestyle. He graduated from the French Culinary Institute and, after working in upscale New York City kitchens, opened a number of his own highly regarded restaurants across the country. He has earned several awards, including being named one of America's Best New Chefs by Food & Wine Magazine and was twice nominated as a Rising Star Chef in America by the James Beard Foundation.

Having grown up on the coast of Maine and being an avid outdoorsman, Kenney's success lies within his innate understanding of seasonal and local ingredients, his classical training and extensive travel background. His application of contemporary methods and techniques along with a firm commitment to innovative recipes and food aesthetics is leading the raw food industry to the mainstream.

In 2009, Matthew Kenney founded the world's first classically structured raw food culinary academy. Graduating students from over 30 countries, Kenney's passion for raw cuisine is apparent in his dedication to education. Kenney has appeared on numerous food and talk shows, and regularly lectures on the subject of food and health at culinary and philanthropy events around the globe, including two high-profile TEDx talks. He has authored 11 cookbooks, including, *Raw Food Real World*, *Raw Chocolate*, *Everyday Raw Detox*, *Plant Food*, and a newly released auto-biography, *Cooked Raw: How One Celebrity Chef Risked Everything to Change the Way We Eat*.



## CURRICULUM OVERVIEW

The mission of Matthew Kenney Culinary is to share and advance cutting-edge living cuisine in an inviting environment through superior instruction and innovative techniques designed to challenge and inspire.

Our program is designed for those interested in learning more about the healthful and delicious culinary art of raw food, while using professional-style techniques in a hands-on setting with experienced instructors.

## ONSITE INTENSIVES COURSES

Intensives are in-depth 1 or 2 day courses in raw cuisine, held in our state-of-the-art raw kitchen.

Programs Available	: Please see course schedule for dates available
Program Duration	: 1-2 days
Tuition	: THB 8,000 - THB 15,600 net per course The tuition fees are net, inclusive of government tax.



## INTRODUCTION TO RAW CUISINE

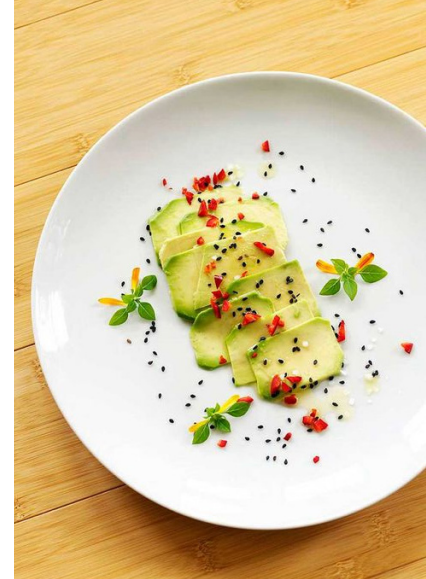
Program duration : **1 day**  
Tuition : **THB 8,000 net**

### ABOUT THIS COURSE

This course is an introduction to the principles and philosophy behind the preparation of raw cuisine. Students will learn a variety of recipes and techniques that are fundamental to creating delicious & nutritious cutting-edge raw food cuisine. You will learn valuable skills necessary to incorporate raw food into your life easily, on a daily basis.

### RECIPES + SKILLS

- Introduction to Raw Cuisine
- Kitchen Equipment - Using Blenders & Food Processors
- Make Your Own Non-Dairy Nut Milk
- Nutritious Smoothies
- Flavorful Raw Pasta
- Fresh & Vibrant Salads
- The Art of Raw Desserts



## EVERYDAY RAW DETOX

Program duration : **1 day**  
Tuition : **THB 8,000 net**

### ABOUT THIS COURSE

This course is designed to jump-start your health with a focus on detoxifying ingredients and raw food applications. Students gain a greater understanding of juicing, green smoothies, soup, healthy raw snacks and light recipes. The course curriculum is based on Matthew Kenney Cuisine's Everyday Raw Detox book.

### RECIPES + SKILL

- Benefits of Alkaline Food
- Nutrient Dense Dairy Free Nut Milk
- Healthy Smoothies & Juices
- Nutritious Detox Recipes





## RAW PASTA & SAUCES

Program duration : **1 day**  
Tuition : **THB 8,000 net**

### ABOUT THIS COURSE

Learn to make healthful gluten-free raw pastas using a variety of plant-based ingredients and equipment. Create different types of pasta, such as ravioli, tagliatelle, spiralized vegetable noodles, and kelp pasta. To pair with your pastas, we will explore plant-based sauce making, drawing from classical flavors of world cuisine, including cream, tomato, herb, and soy-based sauces.

### RECIPES + SKILLS

- Tender & Flavorful Plant-Based Pastas
- Proper Use of Kitchen Equipment – Spiralizer,
- Mandolin Sheet Slicer, Peeler
- Rich, Satisfying, Healthy Raw Sauces
- Easily Incorporate Recipes Into Your Lifestyle



## INTRODUCTION TO RAW DESSERTS

Program duration : **1 day**  
Tuition : **THB 8,000 net**

### ABOUT THIS COURSE

This one-day course is an introduction to creating healthful, delicious raw sweet and treats. Recipes featured are free of gluten dairy, refined flour, and sugar. Topics covered include frozen desserts, cookies, creams, and other plant-based sweet.

### RECIPES + SKILLS

- Dairy-free Creams
- Frozen Desserts
- Cookies & Sweets
- Guilt-Free Treats



## ESSENTIALS OF RAW CUISINE

Program duration : **2 days**  
Tuition : **THB 15,600 net**

### ABOUT THIS COURSE

A one of a kind gourmet culinary experience, this two-day course in raw food essentials teaches students fundamental and cutting-edge recipes in order to develop a deeper understanding of the principles behind raw cuisine. Hands-on kitchen experience creating healthful raw food drinks, snacks, entrees and desserts ensures that students will leave the kitchen more confident in preparing delicious & nutritious raw food recipes.

## WEEKEND DETOX

Program Duration : **2 days**  
Tuition : **THB 15,600 net**

### ABOUT THIS COURSE

A more in-depth understanding of detoxifying ingredients, balanced juices and smoothies, and hands-on instruction in creating light and nourishing gourmet recipes. The course curriculum is based on Matthew Kenney Cuisine's Everyday Raw Detox book.

### RECIPES + SKILLS

- Philosophy & Benefits of a Raw Food Diet
- Nut Milks & Smoothies
- Raw Food Snacks, Entrees & Desserts
- Dehydrating Techniques
- Introduction to Fermentation
- Benefits of Superfoods
- Flavor Balancing

### RECIPES + SKILL

- Benefits of Alkaline Food
- Nutrient Dense Nut Milk
- Healthy Smoothies & Juices
- Dips for Snacking
- Detoxifying Salads
- Medicinal Soup
- Breakfast Pudding
- Decadent Dairy-free Milk Chocolate Custard
- Fermented Coconut Yogurt
- Body Care & Rejuvenating Scrubs





## GOURMET RAW

Program duration : **2 days**  
Tuition : **THB 15,600 net**

### ABOUT THIS COURSE

Gourmet Raw at Matthew Kenney Culinary is a two-day course offering students training in the preparation of advanced raw cuisine. This course applies innovative techniques and professional equipment toward the development of contemporary raw food recipes. Students are exposed to the latest methods utilized in the Matthew Kenney technique, as well as an introduction to visually stunning plating methods, flavor balancing, and the creative process behind successful gourmet plant-based cuisine. This fast paced course is ideal for students wishing to advance their knowledge of raw cuisine and those wishing to attain refined culinary skills to apply to plant-based foods.

### RECIPES + SKILL

- Gourmet Raw Food Techniques to Entertain Guests
- Use of Advanced Kitchen Equipment
- Modern Plating & Presentation
- Flavor Balancing
- Raw Dessert & Ice Cream Preparation Techniques
- Wine Pairing & Raw Food



## RAW CHEESE, CHOCOLATE & DESSERTS

Program Duration : **2 days**  
Tuition : **THB 15,600 net**

### ABOUT THIS COURSE

Raw Cheese, Chocolate and Desserts is a two-day course focusing on the fascinating world of preparing your own raw, vegan pastry and dairy-free products all within the unique style of Matthew Kenney Culinary. Raw cheese, chocolate and desserts are some of the most impressive and delicious components of gourmet raw cuisine. Students learn how to prepare their own nut milks, ice creams, cheeses, chocolates and other sweet treats. Although the content of this course is advanced in formula, The technique is simple, and suitable for all kitchen skill levels.

### RECIPES + SKILLS

- Introduction to Raw Pastry Ingredients & Techniques
- Use of Gluten-Free Flours & Alternative Sweeteners
- Dehydration & Fermentation Techniques
- Tree Nut Cheeses
- Raw Chocolate Desserts
- Truffles & Sweets
- Cookies & Macaroons
- Ice Cream

## Q&A

**Q : How or where do I find the schedule of the courses?**

A : The course schedule is available on a quarterly basis. Please refer to the attached schedule or our website [www.evasonresorts.com/luahin](http://www.evasonresorts.com/luahin)  
The intensive courses are available on weekends only. Saturday classes are from 1 pm to 6 pm and Sunday classes are from 10 am to 3 pm.

**Q : What is the maximum capacity of each class?**

A : A maximum of 16 persons per class.

**Q : Do I need to have any formal cooking qualifications to attend the class?**

A : Our intensive courses are designed for those who are interested in raw food and would like to learn more about it. An interest in cooking although not essential would be a bonus as there will be reference to cooking terminology.

**Q : What do I need to prepare?**

A : The academy provides a set of knives and kitchen apron to be loaned in the class. Each student will have their own working station to allow for a "Hands-on" learning experience including access to specialty equipment in the academy.

**Q : What do I need to wear?**

A : Long pants or trousers, comfortable flat shoes with closed toe and slip resistant are recommended for safety reasons.

**Q : What language medium is used in the class?**

A : English.

**Q : Do I need to stay overnight at Evason Hua Hin?**

A : It's not mandatory to stay at Evason Hua Hin. However enrollment with resort accommodation will be guaranteed early check-in at 12 noon on Saturday and late check out at 6 pm on Sunday.

**Q : What time should I arrive at the academy?**

A : You should arrive and be present at the academy at least 20 minutes before the class starts. Our Academy Coordinator will meet you to give you the "Welcome Pack" before the class begins.

**Q : Could I enroll in more than one class?**

A : You can enroll in multiple available classes. Discounts are available for multiple class enrollments.

**Q : May I take my child to join the class?**

A : No - intensive courses are designed for persons from the age of 16 and above. We will introduce "Raw Food for Kids" which is tailor made for children aged 10 years and above. This course will be available soon.



## MATTHEW **KENNEY** CULINARY

crafting the future of food®

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HUA HIN