



The ICAEF presents
“Immersive Experiences”

Plant Based Experience

November 5-8, 2023
Los Angeles, CA



www.icaef.org



Embark on a culinary journey that caters to your taste buds and supports your vegan clients with our engaging Vegan Cooking Class. Join us as we delve into the art of crafting exquisite dishes that are entirely plant-based, guided by our seasoned chefs who are dedicated to helping you master the world of vegan cuisine.

From vibrant salads composed of seasonal produce to inventive takes on beloved classics, and comfort foods, this class empowers you with the knowledge and techniques needed to create delicious plant based meals that will satisfy and impress. Whether you're just starting to explore vegan dishes or are an experienced chef in this realm, we offer a valuable opportunity to expand your culinary repertoire.

Join us for a memorable experience that celebrates the richness of plant-based ingredients and equips you with skills to cater to your vegan clients.



Plant Based Experience Schedule

Sunday November 5

Arrivals to Culver City, CA

5pm - 6pm Meet and Greet - Mandrake bar with hors d'oeuvres from Good Gracious!

Events <https://mandrakebar.com/>

Monday November 6

9am - 4pm Hands on class at **Los Angeles Cooking School (LACS)**

Introduction and comprehension: framework and details of plant-based denominations

Adapting recipes | Anatomy of Taste | Building Plant-Based Flavors

Notable plant-based products: proteins, yogurts, cheeses and ingredients

Plant-Based Milk: techniques, emulsifiers, infusions and applications

- Nut Milk, Seed Milk, Coconut Milk – with and without emulsifiers
- Matcha Latte | Rooibos Pu-erh | Chocolate Milk | Golden Milk

Plant-Based Cultured Cheese (part 1): starters and techniques

- Almond Ricotta | Cashew Chevre | Parmesan Crumble | Cream Cheese: savory and sweet application | Sour Cream | Feta / Ricotta Salata

Plant-Based Quick Cheese: creamy dips, spreads and applications

- Whipped Almond Dip | Andaman Dip | Salsa Verde | Edamame Hummus | Cauliflower Hummus
- Applications: sweet potato rounds, braised daikon, Upgraded Avocado Toast
Building Umami and Texture
- Braised Daikon | Tempeh Bacon | Mushroom Bacon | Mushroom Seaweed Stock

Lacto-fermentation

- Carrot Kick Pickles | Spicy Sweet Radish Pickles | Miso Turmeric Pickled Daikon | Sriracha



Tuesday November 7

9am - 4pm Hands on class at LACS

Plant-Based Cheese (part 2): applications

- Almond Ricotta > Celeriac and Beet Ravioli | Cashew Chevre > Savory Tartes | Parmesan Crumble | Cream Cheese > Bagels and Lox and Cheesecake | Sour Cream > Tacos | Feta / Ricotta Salata

Savory Tartes – crusts and applications

- 3-2-1 Crust | Hazelnut Crust | Caramelized Fennel and Leek with Cashew Chevre | Mush rooms and Shallot with Herbed Almond Ricotta

Habit-forming Crunchy Things

- Ume Pumpkin Seeds | Spicy Sweet Nutty Seeds | Umami Bomb Coconut Bacon | Savory Golden Coconut Crisps

Tacos Many Ways

- Proteins: Tempeh Barbacoa | Mushroom Carnitas | Jackfruit Birria
- Toppings: Sour Cream | Guac and Salsa
- Soft and hard shell options

Whole plant recipes: Grilled Slaw

Vegan Pastry with Joanne Prunell and Jennie Cook of Good Gracious Events

Wednesday November 8

9am - 4pm Hands on class at LACS

Cheese Cake: various ingredients, thickeners, crusts and techniques

- White Chocolate and Vanilla Bean Cheesecake with Raspberries | Pumpkin Cheesecake

Grazing and Brunching

- Charcuterie Board – various cheeses, proteins, crunchies, pickles and dips
- Bagels, Lox and Cream Cheese Board with the works

Passing and Mains

- Hearts of Palm Cakes – New England style with Herb Aioli | Thai style with Sweet Chili Sauce
- Lettuce Cups: Mr. Chow Mushroom-Tempeh with Hoisin and Sriracha | Bang Bang Pumpfu with Sambal Oelek Aioli and Sweet Chili Sauce
- Miso Sake Mushroom Steaks with Yuzu Crème

4:00pm Experience Conclude

Plan departure flights after 8pm

Details

Included in the price:

Three full days Hands On course
Welcome Sunday reception
Networking Excursions
Lunch Monday, Tuesday & Wednesday
Products made in class

Customize your experience, the following are not included in price:

Hotel
Dinners
Transportation
Airfare

Please bring:

Chef Coats
Chefs Knives

PRODUCERS' NOTE: At the time of printing, August 2023, please note that the producers may be changing the schedule of activities and/or meals slightly to create a better flow of events and accommodate times between meals, events, and activities.



Our Hosts

Los Angeles Cooking School (LACS)
8690 Washington Blvd., Culver City, CA

LACS empowers students to pursue their passion in this Boutique Culinary School in the Arts District of Culver City.

Mandrake bar- Meet and Greet
2692 S La Cienega Blvd., Los Angeles, CA 90034

Sponsors



Good Gracious! Events

Culinary expertise is at the heart of Good Gracious! Events. Driven by a passionate team, we craft memorable food moments for you, so you can share them with the world. Established in Los Angeles just over three decades ago, we provide award-winning services for the corporate, social and wedding markets in culinary, beverages and hospitality. We are always looking to expand our food-loving family, creating the best experience for all your event needs. We listen, we create, we bring your vision to fruition with only the highest standards. Our ultimate goal is to become your preferred client in all event services.

Joanne Purnell

Joanne Purnell has been a staple of the Good Gracious! Events' team for nearly 20 years as Chef de Cuisine. Having a similar passion as her mother, Joanne graduated from the California Culinary Institute and soon after moved to England and Paris to gain experience working with modern, international cooking trends.

With her innovative eye, attention to detail and cultural taste, she is also an educator and leader in the catering industry. She has received numerous awards including 'Chef of the Year,' and had her work celebrated in various food and entertainment magazines.

Joanne is constantly in the kitchen, coming up with ingenious new dishes and visionary ideas. She will be a force to reckon with for years to come.

Jennie Cook

Jennie Cook is the chef and owner of Jennie Cook's Catering and Plant-Based Parties, both based in Los Angeles. The chair of the board of Root Down LA, which promotes healthy eating at L.A. high schools, Jennie is a master foodpreserver, certified permaculturist, and avid visual journaler. She feels strongly that we can save the world if we all have a few more parties.



Chef Bio

Renée Loux has been at the forefront of the plant-based food movement and natural product sector for nearly 30 years. She has worn hats a chef, author, restaurateur, entrepreneur, journalist, television personality, sustainable advisor, consultant, and educator.

Ms. Loux is the author of the Gourmand Award-winning cook-books *The Balanced Plate* (Rodale Books) and *Living Cuisine* (Penguin), and sustainable living books *Easy Green Living* (Rodale Books) and *The Whole Green Catalog* (Rodale Books).

As a food pioneer, she founded one of America's first raw food restaurants, the Raw Experience, on the North Shore of Maui in 1996. She was a founding partner of Mala Wailea Ocean Tavern in Maui, Hawaii and has worked with and alongside of some of the best and brightest figures in Hollywood and Culinary Arts.

In education, Ms. Loux founded the Food First Institute in collaboration with the University of Hawaii and the Maui Culinary Academy in 2013, which was a launch pad for the University of Hawaii's ongoing Food Innovations Program. She has consulted for and advised Stone Barns Center for Food and Agriculture in program development, including teaching culinary arts in the Mobile Kitchen Classroom programs in NYC to empower high school students to become food citizens. In addition, Ms. Loux developed curricula and taught culinary arts at the Natural Gourmet Institute in NYC from 1999 until it merged with the Institute of Culinary Education in 2019.

Ms. Loux has been an active member of the board of directors and advisory boards for a diverse range of companies, media publications and foundations including Andalou Naturals, Exhale Spa, The Natural Gourmet Institute, Natural Health Magazine, and Women's Health Magazine and the National Firefighters and Law Enforcement Children's Foundation.

In the media, Ms. Loux hosted several seasons of the Scripps Network TV show, *It's Easy Being Green*, which aired on the Food Network, HG TV and the Cooking Channel, and has been a frequent guest on various broadcast TV shows, including the Today Show, Good Morning America, Extra, Insider Edition and Fox News.

As an entrepreneur, Ms. Loux co-founded Good Catch Foods in 2016, a plant-based seafood company. Previously she co-founded Andalou Naturals in 2010, bringing farm-to-bottle innovation and fruit stem cell science to mainstream cosmetics through a wide range of skin, hair and body care products.

Visit Renée at www.reneeloux.com.

