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The Raw Deal

Cru Cacao Catering and Cooking Classes



Your raw food anthem goes something like this:

*I don't want no salmonella,
ella, ella, ay, ay, ay.*

You're clueless. Eating raw doesn't mean undercooking food; it means never

heating anything above 118 degrees, thus keeping vitamins, enzymes, and nutrients intact for optimal health.

For a beginner's boost, call Cru Cacao. Started by husband-and-wife duo Dereme Church and Blazej Mikulicz (both internationally trained chefs), the new local catering company specializes in organic, raw, and vegan food, including handmade raw chocolates. Even better: They offer private raw food prep classes.

Invite them into your kitchen (with up to five pals) and learn how to use blenders, **juicers**, and dehydrators (provided by them) to create dishes like a lasagna with zucchini, heirloom tomatoes, herbed cashew ricotta, and wild **mushrooms** or a Katmandu samosa tagine with cauliflower and root veggies.

They'll also advise on how and where to shop for the best local organic ingredients.

Pretty swella.

Cru Cacao (877-729-2462 or cru cacao.com).



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