

“EATING LIVE: AN INTRODUCTION TO LIVE FOOD CUISINE”

A PRESENTATION BY

Chef Mark Reinfeld

Meat award-winning chef Mark Reinfeld in an introduction to the basics of live food preparation. This “uncooking” class will cover the latest and most delicious techniques to create seed cheeses, patés, and parfaits.

WED., JULY 12, 7 P.M.

ALA WAI GOLF COURSE

CLUBHOUSE

404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY)

Chef Reinfeld will also be speaking on Maui: Mon., July 10, at 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.



Vegetarian Society of Hawaii

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For more info call 944-VEGI (8344) or visit VSH.org



Mark Reinfeld is co-owner of the internationally acclaimed Blossoming Lotus Restaurant on Kauai and is the 2006 recipient of the Platinum Carrot Award for Living Foods—a national award given by the Aspen Center of Integral Health to outstanding healthy gourmet chefs.

Chef Reinfeld received his initial culinary training in New York City and Southern California and developed his love for world culture and cuisine during an extended journey through Europe, Asia, and the Middle East.

His cookbook, *Vegan World Fusion Cuisine*, co-authored with Bo Rinaldi, combines the beauty and wonders of nature with the cuisine and wisdom of the World's cultures.

**FREE Admission &
Food Samples**