

ROUXBE
PLANT-BASED CHEF



THE
SEEDLING
VEGAN KITCHEN



INTRODUCING MARIAN COTTLE YOUR CULINARY PARTNER

Food has always been a part of Marian's life – it's been her 'thing' since she can remember. At the age of eight, she wrote her first recipe book and started collecting and experimenting with whatever was around her. Growing up on a farm brought her close to nature, and connected her to the core of agriculture and from where our food comes. The smell of soil freshly dug up to expose the glory of an abundant potato harvest still lingers in her nose, while the earth's redness and soft texture squeezed through her toes as they ran behind the tractor. Yup, she is a farm girl! Those years cultivated a deep appreciation for how generously the Earth gives of herself to nourish and heal all that roam upon her.

She remained fascinated by the chemistry of food ever since, and with a whole farm kitchen to herself, she could play to her heart's desire. However, that is not where it ended. Using food to connect with people has played an equally important role – the socialising, the comfort and warmth of family and friendships. She finds her purpose in making people happy, bringing them together on all levels - but mostly, she relishes watching their eyes light up.

Understanding and accommodating individual tastes and preferences has become her passion. Breaking stereotypes and helping people explore the unknown is ingrained in the psychology of food. It is here where nutrition and its role in the happiness and health of both body and mind come into play. We project what we eat. We become what we eat, and our bodies and behaviour are proof of that. While food is one of our most basic needs, what and how we eat ultimately affect our attitudes and appreciation for life.

Yet, after many years in the kitchen, she has concluded that the success behind a beautiful plate of food not only lies in the ingredients but also with the chef who prepared it. The chef is the one who sings and blesses the food, the one who takes care of the details, and the one whose heart-felt devotion ends up on the table!

TRAINING WORKSHOPS AND CONSULTING

- **KITCHEN RESETS FOR PLANT-BASED COOKING** – how to cook, stock and revamp your kitchen to accommodate this new venture in your life. Kitchen Resets are an excellent starting point for anyone who wants to make the change towards a vegan lifestyle, either entirely or gradually.
- **UMAMI WORKSHOPS** – A workshop on how to achieve this elusive taste in plant-based cooking through sauces, dips, pâtés and condiments. For those who are fairly familiar with plant-based cooking, but who want to take it to the next level.
- **GEARING-UP FOR VEGAN GUESTS** – This service assists commercial kitchens in stocking and preparing for preferences such as gluten-free, lactose-free and vegan cooking, including menu planning. Ideal for progressive establishments that would like to expand and diversify their menu offering to recognise and include the world-wide increase in special need diets and the growing vegan movement.

There is only one law - "Do no harm".

CONTACT

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