



Rozanne Stevens – Bringing the ish factor to world cuisine

Background – South African by birth, Rozanne has lived in Ireland for more than 10 years. Rozanne qualified as the youngest ever lecturer for the prestigious Cape Wine Academy. She then branched into complimentary therapy by studying iridology, herbal medicine and nutritional therapy. She combined these disciplines to treat clients in her Dun Laoghaire Clinic, Green Living Health and Lifestyle Clinic. Her studies have enabled her to create delicious wholefood, healthy recipes without compromising on taste or enjoyment.

Irish Produce – Rozanne is a member of Slowfood and is an active campaigner for Irish produce, artisan products and organic farming. She takes a holistic approach to lifestyle and promotes the use of only natural, plant based personal and homecare products ,after having worked for Aveda, a well-known Ayurvedic cosmetics company

In the Kitchen – Today, Rozanne uses her extensive food and health knowledge to teach classes and also to give one on one lessons on cooking, menu planning and healthy lifestyle choices. Particularly popular are her 'Kitchen Detox' days where she revamps your kitchen cupboard with useful, tasty and healthy staples to help you whip up healthy meals in minutes according to her recipes and planned menus

Rozanne is a keen baker and very knowledgeable about alternative grains such as spelt, rye, buckwheat etc. She believes in reigniting an interest in traditional crafts such as baking your own bread and bottling your own jams and preserves. She incorporates these skills in her 'Kids in the Kitchen' lessons, to encourage kids to take an interest in good food, where it comes from and different cultures

Having fun – While Rozanne believes in a wholefood, unprocessed more plant-based diet, she does believe in having fun and enjoying time cooking for family and friends. Hence the popularity of her Pseudo BBQ (rainy weather plan!) and cupcakes classes