

For Immediate Release

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THE NATURAL GOURMET INSTITUTE FOR FOOD & HEALTH INTRODUCES NEW PUBLIC CLASSES FOR FALL AND WINTER 2013

*~25+ New Classes Include: Handmade Pasta and Fresh Ricotta Workshop,
Izakaya & Sake Tasting, Sourdough Breads: The Real San Francisco Treat,
Canning 101, Handmade Crepes for Every Meal, Fresh Food Fast,
Hot Shots: Food Styling and Photography Basics, and More~*

New York, NY – August 21, 2013 – The Natural Gourmet Institute for Food and Health (NGI; www.naturalgourmetinstitute.com) has just released its fall/winter catalog of public classes. In addition to its widely-acclaimed Chef's Training Program, NGI offers excellent learning opportunities to the general public, providing an ever-expanding array of approaches to nutrition, including models from Western nutrition, Chinese medicine, macrobiotics, raw foods, fermentations, Ayurveda and more. All classes share the same core philosophy -- that there is a strong link between food and health. Just some of the exciting new classes for fall and winter include:

Canning 101 (Hands-on)

Whether your bumper crop comes to you from a CSA share, the farmers' market, your own garden or anywhere else, now you can revel in the taste of summer all year long. Here's your chance to work with canning expert, Michaela Hayes, owner of Crock & Jar. You'll learn how to safely can and preserve fresh produce, make pickled vegetables, chutney and jam. We'll even cook up some simple dishes incorporating each product. You'll take home recipes, a jar of preserves, and a world of ideas. *Classic Tomato Sauce • Blueberry Jam • Pickled Beets • Nectarine Chutney • Pickled Okra • Bread and Butter Pickles • Quinoa Pasta with Tomato Sauce • Basmati Rice and Chickpeas with Chutney • Gluten-Free Waffles with Blueberry Jam.* (Organic eggs will be used in one recipe; dairy-free, gluten-free.)

Thursday, September 12, 6:00 p.m. - 10:00 p.m.

Instructor: Michaela Hayes

Fee: \$110.00

Sourdough Breads: The Real San Francisco Treat (Hands-on)

There's no need to travel to San Francisco for its world-renowned sourdough bread with its intensely satisfying light-yet-chewy interior and addictive crust. Direct from the City by the Bay, Chef Michael Kalanty, artisanal sourdough bread baker, executive pastry chef, and award-winning author of *How to Bake Bread*, will share his knowledge, craft, tips --- and 19-year old sourdough starter! --- with you in this two-session workshop. He will guide you through each step of the process, including building starters from scratch, proofing, scoring, shaping, steaming, baking, and discuss how to distinguish flavor and textural subtleties in each loaf. You will leave with recipes, a portion of the chef's starter, and one of these delicious breads. *San Francisco Sourdough • Pain au Levain: the French Classic • Whole Grain Pain au Levain with Walnuts • Ancient Grain Sourdough with Barley Flour and Spelt • Sourdough Multi-Grain with Flax and Sunflower Seeds • Spelt Sourdough with Toasted Oats • Buckwheat and Apple Sourdough.* (Wine and cheese will be served.)

Wednesday, September 11, 6:00 p.m. - 10:00 p.m. and Thursday, September 12, 6:00 p.m. - 10:00 p.m.*

Instructor: Michael Kalanty

Fee: \$250.00

**This is a 2-session workshop*

Fresh Food Fast (Demonstration)

Here's a golden opportunity to learn super time-saving techniques and strategies for getting fresh food on the table fast. Veteran chef/instructor and cookbook author Peter Berley will show you how to prepare four beautifully balanced, nutrient-rich, easy-to-prepare vegetarian meals in each class so you can enjoy a great meal every night of the week. There are lots of interesting options for mixing and matching and these menus are even perfect for special holidays. *Barley Risotto with Golden Beets, Swiss Chard and Goat Cheese/Fennel Slaw with Red Cabbage and Apple • Pumpkin Pear Potage/Quinoa with Brussels Sprouts, Tempeh, and Toasted Almonds • Stuffed Greens with Red Bean and Vegetable Ragoût/ Roasted Squash with Curry Butter and Apple Cider • Vegetable Pad Thai/ Broccoli Salad with Ginger Vinaigrette.* (Organic eggs and dairy; wine will be served.)

Tuesday, October 15, 6:30 – 10:00 p.m.

Instructor: Peter Berley

Fee: \$110.00

Vegan Mediterranean Mezze (Hands-on)

For centuries, the mezze has been integral to food culture in many Mediterranean and Middle Eastern countries. This mouthwatering collection of appetizers and small plates is traditionally nibbled with drinks along with lively discussion. Now Chef Olivia has taken this time-honored celebration of life to new vegan heights. *Rainbow Chard Falafel with Tahini, Harissa and Chimichurri Dipping Sauces • Grilled Eggplant with Toasted Pine Nuts, Mint & Pomegranate Vinaigrette • Crispy Cauliflower with Caper-Parsley Gremolata • Roasted Moroccan Carrots with Avocado & Black Sesame Seeds • Traditional Hummus with Roasted Red Peppers, Marinated Olives & Crispy Pita • Tabouleh 2 Ways: Black Quinoa with Mint, Cucumber and Scallions with Toasted Cumin Vinaigrette & Red Quinoa with Apricot, Cilantro and Pistachios with Orange Balsamic Vinaigrette • Black Rice, Sour Cherry & Marcona Almond-Stuffed Grape Leaves • Baby Spinach Salad with Spiced Cashews, Pickled Red Onions, Za'atar Croutons and Preserved Lemon Dressing • Rosewater- & Cardamom-Infused Dark Chocolate Bark.* (Vegan; wine will be served.)

Monday, October 28, 6:30 pm - 10:00 p.m.

Instructor: Olivia Roszkowski

Fee: \$115.00

Meatless Monday Through Sunday (Hands-on)

The Meatless Monday campaign has become a nationwide craze, so why not meatless every day? Chef Marti Wolfson will show you how to prepare delicious, nutrient-dense vegetarian meals that you can enjoy all week long. As Marti teaches simple, healthful cooking techniques, she'll discuss the health benefits of a vegetarian diet, the best sources for protein, and how to obtain important vitamins and minerals. You'll also learn how to maximize your time in the kitchen and how to make these surprisingly simple one-dish meals last all week long (or longer, by freezing). *Seared Red Lentil Rice Cakes with Cilantro Pesto • Dairy-Free Herb and Kale Quiche with Almond Flour Crust • Roasted Butternut Squash Stuffed with White Beans, Wild Rice and Watercress • Sesame Soba Noodle Bowl with Baked Maple-Mustard Tofu and Gingered Bok Choy • Chickpea Crepes with Seasonal Greens and Optional Goat Cheese • Moroccan Chickpea and Roasted Root Vegetable Stew • Buddha Bowl with Forbidden Rice, Braised Ginger-Tamari Tempeh, Caramelized Onions and Garlicky Broccoli.* (Organic eggs and optional dairy will each be used in one recipe; gluten-free. Wine will be served.)

Monday, December 2, 6:30 pm - 10:00 pm or Monday, February 24, 6:30 pm - 10:00 pm

Instructor: Marti Wolfson

Fee: \$115.00

Izakaya & Sake Tasting (Partial Participation)

“Izakaya” in Japanese means a gathering place, a kind of tapas bar or restaurant that offers casual food and drink. Tonight you'll work under the guidance of Chef Hideyo to prepare these special high-quality fish and vegetable dishes – the ones that travelers write home about – as she teaches you the basics of how to clean, cut, marinate and cook fish in various ways. Then she'll discuss how to select different types of naturally fermented sake, how to taste them, and how to pair each with the appropriate dish. *Grilled Scallops in the Shell with Mitsuba and Spicy Shichimi Pepper • Shiso-Flavored Squid Sashimi with Salmon Roe • Wild Salmon Sashimi with Daikon Salad • Pan-Seared Spanish Mackerel Cake with Shiso • Fluke Sashimi with Scallions and Mustard-Miso Sauce • Pan-Fried Vegetable Tempura • Tofu, Nappa Cabbage and Kuzu Noodle Nabe with Homemade Ponzu Sauce • Green Tea Vegan Ice Cream.* (Fish; gluten-free and dairy-free. Sake will be served.)

Thursday, February 13, 6:00 p.m. - 10:00 p.m.

Instructor: Hideyo Yamada

Fee: \$125.00

Handmade Pasta and Fresh Ricotta Workshop (Hands-on)

Creating one of the greatest Italian food combinations is now possible in one class! Under the guidance of Chef Peter Berley, you'll make the freshest and most delicious handmade pasta dough and then transform it into different shapes – ravioli, gnocchi, tagliatelle, cannelloni, orecchiette – using various methods such as pin-rolling, hand-cranked pasta machines, and electric pasta rollers. You'll then pair these pastas with the freshest, most amazing organic and grass-fed whole milk ricotta you have ever tasted this side of the Italian border. Mangial! *Freshly-Made Ricotta Cheese • Chard and Ricotta Ravioli with Fresh Tomato Sauce • Buckwheat Gnocchi with Roasted Butternut Squash • Whole Grain Tagliatelle with Mushroom Ragù • Pumpkin-Ricotta Cannelloni with Brown Butter and Sage • Eggless Orecchiette with Roasted Cauliflower, Pine Nuts and Lemon • Crostini with Ricotta, Olive Oil and Fresh Herbs • Roasted Beet- Arugula Salad with Spicy Ricotta and Walnut Vinaigrette • Maple Ricotta Cheesecake.* (Organic eggs & dairy; wine will be served.)

Friday, February 21, 5:00 pm - 10:00 pm

Instructor: Peter Berley

Fee: \$135.00

Hot Shots: Food Styling and Photography Basics (Hands-on)

A visually appealing dish stimulates the appetite and creates mouthwatering enthusiasm, an essential ingredient in genres that “sell” food, like blogs, websites, books and magazines. No one knows this better than Judi Orlick, a seasoned food stylist and photographer. In this workshop, Judi will teach you styling techniques that will take your culinary shots from drab to fab! You'll benefit from her wealth of tips and tricks such as how to make “beige” food like whole grains more photogenic by playing with texture, depth, light and shadows; what the optimal temperatures are for photographing baked goods, ice cream, beverages and more; and how food photos translate through the camera lens. So, if you want to create beautiful – and playful – food shots, this fun, interactive class is for you. Bring your own camera (your Smartphone is fine) – and an appetite for creativity! (All ingredients used are vegetarian.)

Sunday, March 23, 10:00 am - 5:00 pm

Instructor: Judi Orlick

Fee: \$175.00

Handmade Crêpes for Every Meal (Hands-on)

Peter continues to amaze us with these thin, flour-based pancakes, which are a delicious staple in many of the world's great cuisines. Tonight you'll learn how to make light and tasty crêpes using a variety of different flours. You'll then transform them into bases for a range of savory and sweet dishes for breakfast, brunch, lunch, dinner and dessert. *Rye Crêpes with Sauerkraut, Leeks and Potatoes • Rice Flour Crêpes Stuffed with Curried Cauliflower, Spinach and Peas • Chickpea Crêpes with Roasted Vegetables and Ricotta • Spelt Crêpes with Mushroom Ragoût • Buckwheat Crêpes with Gruyère, Poached Egg and Scallions • Seafood Crêpes with Mornay Sauce • Apostles Fingers (Delicate Dessert Crêpes) with Whipped Crème Fraîche and Lemon Syrup.* (Organic eggs, dairy and fish in one recipe; wine will be served.)

Monday, March 31, 6:00 pm - 10:00 pm

Instructor: Peter Berley

Fee: \$115.00

The above is a small sampling of the myriad new classes on offer for fall/winter 2013/14. For more information about the Natural Gourmet Institute for Food & Health's public classes or to register for a class, visit https://publicclasses.naturalgourmetinstitute.com/class_calendar.html.

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About Natural Gourmet Institute

Founded in 1977 by Annemarie Colbin, Ph.D., the Natural Gourmet Institute (NGI) is the leader in teaching health-supportive cooking as well as elucidating the relationship between food and health. NGI believes that what we eat significantly affects our physical, mental and spiritual well being.