



Contact: Emily Baldwin/Jessica Brida
Emily@2bprinc.com/jessica@2bprinc.com
609-865-7399; 626-379-2381

Know Your Basics:
Natural Gourmet Institute's November/December Public Classes
Emphasize the Fundamentals of Cooking

New York, NY, October 9, 2013 – “When you're a dancer, you start with the basics. You don't all of a sudden do a grand jeté and pirouette. You start with first position, second, third.” (Rita Rudner) The same thing could be said about cooking healthy food. The ABC's of food preparation -- from basic cutting and cooking techniques to the art of enhancing flavor through the masterful use of herbs and spices, are essential tools that every chef -- pro or amateur -- should have in his or her tool box. This November and December, the [Natural Gourmet Institute](#) is offering a variety of classes designed to teach the fundamentals of cooking. Upcoming classes include:

Essential Cooking and Cutting Techniques for the Vegan, Vegetarian and Flexitarian (Hands-on)

This 4-part series focuses on basic cooking techniques and knife skills that bring out the most in vegan and vegetarian cuisines with options for the student who enjoys high-quality organic poultry and wild fish. Our chef instructor will guide you to a better understanding of how mastering proper cooking techniques can dramatically enhance the taste, look and nutritive properties of your food while learning how to cut a variety of vegetables, fruits and herbs for ease and efficiency in the kitchen. The class consists of four 4-hour sessions:

- Session 1- Pressure Cooking, Steaming, Braising, Blanching
- Session 2- Boiling, Simmering, Wilting, Poaching
- Session 3- Roasting, Grilling, Par-Boiling, Sautéing, Melting
- Session 4- Stir-Frying, Broiling, Baking, Toasting

Students will create and enjoy mouth-watering dishes including: *Borscht with Dilled Cashew Sour Cream; Herb-Laden Steamed Grain Salads using Bulgur, Vegetables and Almonds; Simmered Bean Spreads: Lentil-Walnut, Edamame-Scallion and Minted Fava Bean; Grilled Portobello Mushrooms & Zucchini; and Miso-Marinated Wild Salmon.* (Vegan, optional dairy, optional fish, poultry, and organic dairy. Wine will be served.)

Date(s): Thursdays, November 7, 14, 21 & December 5, 6:00-10:00 p.m.
Instructor: Chef Elliott Prag
Fee: (For 4-class series) \$495

An In-Depth Herb & Spice Workshop (Hands-on)

For thousands of years, herbs and spices have served as currency, medicine and, most importantly, the geographical “flavor print” of cuisine. Their proper alchemy can infuse ordinary ingredients with vibrant, signature flavors evocative of faraway places. In this class students will take simple salad, flatbread, beans, rice, tempeh, fruit, and vegan ice cream recipes and, through the use of herbs and spices, transform them into distinct ethnic variations. **Salads:** *Middle Eastern Arugula Salad with Lemon-Mint Dressing and Sumac; Italian Romaine Salad with Balsamic-Vanilla Dressing; French Spinach Salad with Tarragon-Mustard Vinaigrette.*

(more)

• **Flatbread and Spreads:** *Homemade Flatbread with Middle Eastern Za'atar; Indian Cilantro-Coconut Chutney; Italian Pistachio Mint Pesto* • **Bean Stews:** *Eastern European White Bean and Root Vegetable Stew with Dill and Caraway; Indian Red Lentil Dhal with Curry Leaves, Cardamom, Coriander & Cumin; Japanese Azuki Bean-Squash Stew with Ginger, Soy Sauce and Rice Vinegar* • **Sauces:** *Grilled Tempeh in Thai Basil-Cilantro Chile; Cajun Blackening Spice; Cumin-Chipotle Marinades* • **Rice Dishes:** *Thai Black Forbidden Rice with Coconut Milk, Ginger, and Garlic; Long-Grain Spanish Style Brown Rice with Saffron and Lemon; Persian Style Short-Grain Brown Rice with Parsley, Mint and Pistachios* • **Dessert Sauces:** *Poached Pears with Lemon-Ginger; Chinese Five-Spice; Vanilla-Nutmeg Reduction Sauces* • **Ice Creams:** *Cinnamon; Coconut-Cardamom; Basil Ice Creams.* (Vegan; wine will be served.)

Date: Saturday, November 9, 10:00 a.m. - 4:00 p.m.

Instructor: Chef Elliott Prag

Fee: \$215

Basics 2: Knife Skills (Hands-on)

Learning to use a sharp knife properly and safely is essential to good cooking. You'll prepare your meals in half the time as you effectively master knife techniques for mincing, dicing, slicing, shredding and more! You'll learn how to select and care for your knives as well as how to sharpen and hone your knives and your skills. A light meal will be served from the ingredients cut in class! **(Vegan)**

Date(s): Wednesday, November 6, Monday, November 25 or Monday December 9, 6:30-10:00 p.m.

Instructor: Varies

Fee: \$110

Other November/December public cooking classes include: *The Art & Technique of Homemade Tofu; Easy Go-To Vegan Sauces; Cupcakes for Kids: How to Make & Decorate (Ages 7-11); Baking/Decorating Vegan, Gluten-Free Cakes; Cupcakes for Teens: How to Make & Decorate (Ages 12-15); and Cooking with Duck: Where to Begin?* **To view NGI's full public class schedule or to register for a class, visit www.naturalgourmetinstitute.com or call 1-212-645-5170 (ext. 4).** NGI is located at 48 West 21st Street, 2nd Floor, New York, NY 10010.

(###)

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 operates three programs: [The Natural Gourmet Institute for Health & Culinary Arts Chef's Training Program](#), a comprehensive, mostly-vegetarian program that trains students for careers as culinary professionals who can prepare food that is not only beautiful and delicious, but health-supportive, as well; [The Natural Gourmet Institute for Food & Health](#), which offers excellent learning opportunities to the general public through a combination of cooking classes and lectures; and [The Natural Gourmet Institute's Friday Night Dinner Program](#), where NGI's Chef's Training Program students and instructors pour their expertise and enthusiasm into a three-course vegetarian dinner that is both innovative and elegantly presented.