



For Immediate Release

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BEYOND THE BARBEQUE:

**From Frozen Vegan Desserts to Summer Salad Suppers,
Natural Gourmet Institute's July/August Recreational Classes
Serve Up Courses in Healthful, Delicious Summer Fare**

New York, NY - June 23, 2010 - Summertime often means a busy social schedule filled with dozens of backyard barbeques and get-togethers. For those looking for a healthful alternative to the usual burgers and ice-cream sundaes, Manhattan's Natural Gourmet Institute for Food and Health (NGI) (www.naturalgourmetinstitute.com) offers more than 30 summer Recreational Classes that teach everything from basic knife skills to how to make a vegan mocha-chip coconut ice cream that tastes absolutely amazing!

Summer is the perfect time to start eating right -- after all, the farmers' markets this time of year are bursting with luscious produce fresh off the farm. Here are just a few of the upcoming NGI classes that will help students learn to turn natural, whole foods into mouth-watering, healthy masterpieces:

Amazing Gluten-Free Pies, Tarts & Quiches: Students will spend an entire day learning skills and secrets to making delicious pastries and fillings without any gluten in sight, using a variety of gluten-free flours and starches such as beans, amaranth, soy and rice to create delectable dishes including dairy- and egg- free chocolate silk pie, wild mushroom quiche, and Dutch apple-cranberry streusel pie. Thursday, July 8, 4:00 p.m. – 10:00 p.m.

Build Your Own Frozen Vegan Desserts: Vegan and gluten-free desserts are making big news; now NGI students can learn to make their own non-dairy ice creams, sorbet and (granite) granita from nut milk, coconut milk, fresh fruit and tofu bases. They'll mix and match a smorgasbord of confections to build ice cream cakes, sundaes, parfaits and more out of vegan versions of rich chocolate ice cream, ginger-peach ice cream, mocha chip-coconut ice cream, watermelon sorbet, and more. Saturday, July 10, 10:00 a.m. - 4:30 p.m.

Summer Salad Suppers: Salads refresh us with their colors and textures, build us up without weighing us down, and simplify our cooking and entertaining – especially in the warm summer months. Students will learn to prepare hearty, gorgeous, vitamin-packed main course salads, such as edamame and wild rice salad with spelt berries and grapes with orange-cumin dressing and escarole and wild spinach salad with marcona almonds, nectarines and ricotta salata with blueberry vinaigrette and almond-crusted chicken cutlets. Monday, July 26, 6:30-10:00 p.m.

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Easy, Breezy Summer Entertaining: The season's lush berries, heirloom tomatoes, fresh shell beans and herbs need only a little help from the chef to wow guests. Students will learn how to keep their cool in the kitchen by making unfussy dishes such as blackberry, jicama and arugula salad with champagne-poppy seed vinaigrette; steam-baked halibut packets with oregano and capers; and mixed-berry tart with toasted nut crust and yogurt crème fraîche. Friday, July 30, 6:00-9:30 p.m.

Summer Squash Sensations: If you've ever tried home gardening, you know that it can be difficult to know what to do with the copious amounts of squash that are harvested each August. This class will teach students how to use heirloom varieties like zephyr, patty pan and little bear—in addition to the ubiquitous zucchini, to make culinary delights such as velvety zucchini, corn and golden beet soup; braised stuffed cousa squash wheels with almond-sesame-mint pesto; and zephyr squash sauté with pine nuts, capers and raisins. Monday, August 30, 6:30-10:00 p.m.

In addition to summer-themed classes, NGI is offering a wide variety of fascinating courses on topics ranging from **Umami: The Elusive “Fifth Taste”**, where students will learn how six very different cultures have utilized the virtues of Umami (deliciousness) in their cooking, **Cooking for Natural Beauty**, in which students learn to deeply nourish their skin with foods that help calm inflammation, strengthen hair and nails, and keep body systems running smoothly, and **Calling All Locavores: Homemade Bread and Market Menu-Live from Union Square**, for a true market-to-table culinary adventure.

More information about these and other NGI Recreational Classes can be found online at www.naturalgourmetinstitute.com or by calling 212-645-5170 ext.4.

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About Natural Gourmet Institute for Food and Health

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.

The Natural Gourmet Institute for Food and Health offers excellent learning opportunities to the general public. Through a combination of cooking classes and lectures, NGI teaches health-supportive food preparation, as well as an ever-expanding array of approaches to nutrition, including models from Western nutrition, Chinese medicine, macrobiotics, raw foods, fermentations, Ayurveda and more.

The Natural Gourmet Institute for Health & Culinary Arts Chef's Training Program was created in 1987 in response to the demand for culinary professionals skilled in the art of preparing beautiful, delicious health-supportive cuisine. This accredited, comprehensive, mostly-vegetarian program -- the only one of its kind in the world -- prepares students for careers in health spas, restaurants, bakeries, private cooking, catering, teaching, consulting, food writing and a variety of entrepreneurial pursuits.