



For Immediate Release

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A RESOLUTION WORTH KEEPING: MAKE 2013 THE YEAR OF HEALTHY COOKING!

Let the Healthy Cooking Classes at the Natural Gourmet Institute Show You the Way

New York, NY – December 19, 2012 – “This is my invariable advice to people: Learn how to cook—try new recipes, learn from your mistakes, be fearless and above all have fun.” These words of wisdom from cooking icon Julia Child become more important with every passing year, as fast food and “microwave-ready” options wreak havoc with our health as well as our wallets. Learning to cook at home is not only a source of joy, it's also a step toward improving your health and your finances. For those determined to kick off the New Year with some life-long changes, NGI's Chef Training Program and Public Classes are a perfect way to keep those resolutions on track to start preparing wholesome, delicious foods!

Here are just a few of our many classes to get the New Year started right:

The Art of Baking & Decorating Vegan, Gluten-Free, and Soy-Free Cakes (Hands-On)

It's not only life without gluten, soy, eggs and dairy—it's life with soft, moist cakes with creamy piped and spreadable frostings. Everyone will love these delectable wonderfully-textured treats that use health-supportive ingredients. After learning to bake cakes, students will learn how to make borders, flowers, and write sweet messages. *Chocolate Mint Cake with Creamy Mint Frosting • Gingerbread Cake with Double Ginger Frosting • Vanilla Hazelnut Cake with Coffee Frosting • Sweet Potato Pecan Cake with Maple Sugar Frosting • Spiced Chai Cake with Spiced Frosting • Orange Zest Cake with Citrus Frosting.*

Date: Tuesday, February 5th OR Friday, March 8th

Time: 6:00 p.m. - 10:00 p.m.

Fee: \$120

Homemade Bread and Market Menu—Live from Union Square (Hands-On)

Calling all locavores! Join chef, instructor and cookbook author Peter Berley for a true market-to-table culinary adventure. While the day's bread dough is rising, Peter will lead the way to Union Square Greenmarket where the class will shop the way market-driven chefs do—by choosing what's local and seasonal. The ingredients selected by the students will determine the menu, teaching improvisation rather than relying solely on recipes. Market purchases might include freshly-caught fish, farm-fresh eggs, dairy, wine and a bounty of locally-grown produce. Back in the classroom, students focus on technique while helping Peter prepare a seasonal meal, bake the bread, and sit down to savor the fruits of a good day's labor. (Vegetarian-friendly; wine will be served.)

Date: Saturday, February 16th

Time: 10:00 a.m. - 4:00 p.m.

Fee: \$150

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Achieving Balance with Ayurveda (Hands-On and Lecture)

Born in India millennia ago, Ayurveda is one of the oldest prevention-oriented systems of health care. It offers a complete way of life and a finely-tuned system of natural healing based on harmony and balance. Students will spend an entire day with Chef and Ayurvedic Instructor, Richard LaMarita, where in the morning session they will learn the fundamental principles of Ayurveda including consciousness, mind/body health, the theory of food and digestion, balancing and planning a menu, identification of the various doshas (body types) and then, in the afternoon, they will prepare a delicious meal to enjoy together. *Mushroom Rasam • Baked Samosa with Cauliflower-Pea Filling • Millet Squash Kofta in Tomato Curry • Sautéed Green Beans with Coconut and Urad Dhal • Braised Greens Indian Style • Tamarind Chutney • Pickled Red Onion and Cucumber • Fresh Mango and Brown Basmati Rice Pudding Parfait with Cardamom Syrup and Roasted Pistachios • Ginger Green Tea Chai.* (Some organic dairy will be used.)

Date: Saturday, January 19th

Time: 10:00-5:00 p.m.

Fee: \$160

Inspired to change your career as well as your lifestyle? Make the ultimate resolution to a life of health and well-being—train to become a chef!

Always dreamed of being a chef? Join the ranks of other prominent NGI grads, including Tal Ronnen, private chef to Oprah Winfrey and author of *The Conscious Cook*; Amanda Cohen, owner of NYC's Dirt Candy restaurant and recent Food Network "Iron Chef" challenger; and Alex Jamieson, author of "Veganism for Dummies." This program provides the same basic skills training as its more mainstream counterparts, but takes it one step further. In addition to preparing its graduates for careers in 5-star restaurants, bakeries, catering businesses and other entrepreneurial pursuits, NGI is also dedicated to graduating chefs who are committed to using local, sustainable, organic, fresh whole foods with an emphasis on traditional unrefined ingredients. Students learn not only to prepare delicious food, but how to use it as a tool for health and healing.

For more information about these and The Natural Gourmet Institute's other public classes or to register, visit www.naturalgourmetinstitute.com or call 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 and 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.