



For Immediate Release

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START FRESH IN 2012 WITH HEALTHY COOKING CLASSES AT THE NATURAL GOURMET INSTITUTE

Begin with the Basics for a Better You and a Better World

New York, NY — In his newest e-book, “Cooking Solves Everything: How Time in the Kitchen Can Save Your Health, Your Budget and Even the Planet”, *New York Times* columnist Mark Bittman argues that a simple meal prepared at home is a powerful tool: It’s one small step toward improving your health and, by extension, the health of the planet. Processed food accounts for between 80 and 90 percent of all food sales in the U.S. This behavior supports a system of agriculture that plays havoc with our bodies, economy and the environment.* Cooking, Bittman says, breaks this cycle. The staff at Manhattan’s Natural Gourmet Institute (NGI) wholeheartedly agree with Bittman. For those determined to kick off the New Year on a healthier note, NGI’s Chef Training Program and Public Classes provide the skills and know-how to prepare wholesome, delicious foods that are beneficial to one’s health, one’s pocketbook and ultimately, the earth!

A few of the “Getting down to the Basics” classes include:

Essential Cooking & 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 students who enjoy high-quality organic poultry or wild fish. Chef Instructor Elliott Prag will guide students to a better understanding of how mastering proper cooking techniques can dramatically enhance the taste, look and nutritive properties of their food while learning how to cut a variety of vegetables, fruits and herbs for ease and efficiency in the kitchen. Session 1: Pressure Cooking, Steaming, Braising, Braising & Blanching; Session 2: Boiling, Simmering, Wilting, Poaching, Reducing, Caramelizing; Session 3: Roasting, Grilling, Par-Boiling, Sautéing, Melting; Session 4: Stir-Frying, Broiling, Baking, Toasting.

Date: Tuesdays, January 3, 10, 17 & 24

OR Mondays, February 2 & March 5, 12 & 19

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

Fee: \$495

Basics 1: How to Begin (Demonstration and Lecture)

Students will explore the vast variety of health-supportive foods including whole grains, beans, sea vegetables, condiments, oils and natural sweeteners; why to use them and how to gradually stock a pantry with these high-quality staples. Students will learn the ABC’s of menu planning and how to create nutritious balanced meals that leave one free of cravings. These basic principles will be applied to demonstrate a variety of cooking techniques as the Instructor Jenny Matthau, President of the Natural Gourmet Institute prepares a complete and satisfying meal with dessert for all to enjoy.

Date: Saturday, January 14

OR Sunday, February 19

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

Fee: \$170

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Gluten Freedom: Reclaiming our Daily Bread (Hands-On)

Join Rebecca Reilly, cookbook author, classically trained chef and master baker, who believes healthy, delicious bread is everyone's birthright -- especially for those who are gluten intolerant. Under Rebecca's guidance, students will create flavorful, perfectly-textured breads using a variety of high-fiber, high-protein flours and starches such as teff, amaranth, Montina™, coconut, buckwheat, quinoa, and others; learn about egg replacements using flax and chia seeds; the use of xanthan gum; how to avoid cave-ins; how to shape loaves, baguettes, bagels, English muffins; make pizza and focaccia; and compare bread machine versions to oven methods. The top-notch results will be astounding! *Tempeh Reubens on Tangy Dark Pumpernickel • Pizza Margherita • Caramelized Onion & Italian Tuna Pizza • Rosemary, Garlic, Black Olive Focaccia • French Baguettes with Roasted Garlic & Herbed Dipping Oil • Chewy Bagels with Organic Cream Cheese and Smoked Wild Salmon • Eggs Florentine on English Muffins • Grilled Vermont Cheddar & Tomato Sandwiches on All-Purpose Sandwich Bread.* (Organic eggs, dairy, optional fish)

Date: Friday, January 6

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

Fee: \$215

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.

*Gail Ciampa, *The Providence Journal*, "Food Notes"