



For Immediate Release

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UP YOUR ENTERTAINING ANTE THIS SUMMER

~Let The Natural Gourmet Institute's Public Classes Help Channel Your Inner Martha~

New York, NY – June 20, 2012 – Summer is officially here and for many, with that comes the urge to entertain. But not everyone is content with serving up standard summer fare. Good thing New York City's Natural Gourmet Institute for Food and Health, www.naturalgourmetinstitute.com, is offering several classes this summer to help take the ho hum out of one's hosting or hostessing. Classes include:

A Delicious Seasonal Dinner Party

With summer fast approaching, more seasonal treasures crowd the markets and they will all be showcased in this spectacular dinner party menu. The three main dishes are unusual and delicious; the sides are dramatic and surprising and include salt- and smoky tea-infused edamame, gratinéed artichokes, and the bright surprise of sautéed radishes. To finish it all, students will prepare and work with pastry dough to create a luscious dessert. *Edamame with Lapsang Souchong Salt • Braised and Gratinéed Baby Artichokes • Olive Oil-Poached Halibut with Broccoli Rabe Pesto • Poached Chicken Salad with Sugar Snap Peas and Garlic Scapes with Tarragon Vinaigrette • Semolina Gnocchi with Fresh Fava Bean Purée • Sautéed Radishes with Lemon Dill Butter • Berry Crostata À La Mode.* (Some fish, organic chicken, dairy and eggs will be used; wine will be served.)

Friday, June 29, 6:00 pm - 10:00 pm

Instructor: Myra Kornfeld

Fee: \$115.00

Vegetarian Tapas Party

The Spanish tradition of tapas - small plates of beautiful food to be nibbled with cocktails or between lunch and a late dinner - has found a second home in American food culture. These irresistible finger foods make perfect hors d'oeuvres or appetizers. This class is for anyone who loves to entertain - or just wants to enjoy the opportunity to create a dozen or more all-vegetarian tapas. And Chef Jay Weinstein's croqueta and fritter techniques adapt beautifully to other types of dishes. Students will learn how to make *Garlic-Laced Mushrooms • Spinach Fritters • Patatas Bravas • Caramelized Onion Toasts • Crispy Battered Zucchini • Sweet Carrot Tempura • Stuffed Squash Blossoms • Fresh Bean Purée with Assorted Raw Vegetables • Poached Asparagus with Goat Cheese, Chives and Olive Oil • Truffled Celeriac Bites • Tiny Greek Salads on Endive Leaves • Vegetarian Croquetas Filled with Creamy Tempeh Bits.* (Some organic eggs, dairy and alcohol will be used and sangria will be served.)

Friday, July 13, 6:00 pm - 9:30 pm

Instructor: Jay Weinstein

Fee: \$110.00

(more)

The Best of Summer Entertaining

Summer is a fabulous time for parties. Learn how to host some sumptuous events that just may be the most memorable meals of the season. Celebrate the sultry days of summer by serving up some dynamite dishes spiked with explosive flavors. Chef Instructor Myra Kornfeld's impressive recipes are gorgeous, flavorful, and simple. *Sunset Fruit Salad • Grilled Herbed Vegetable Salad with Zucchini, Corn, and Spinach • Grilled Tofu, Shrimp, or Chicken with Barbeque Spice Rub • New Potato Salad with Sugar Snap Peas and Cherry Tomatoes • Tequila-Spiked Pinto Beans with Tomatoes • Grilled Turkey Burgers with Spicy Avocado Mustard • Red, White and Blueberry Sundaes.* (Some organic poultry, alcohol and optional shellfish will be used; wine will be served.)

Friday, July 20, 6:00 pm - 10:00 pm

Instructor: Myra Kornfeld

Fee: \$115.00

Fresh Fish Made Fabulous

This class is for those needing a little bit of inspiration to turn out fabulous fish dishes. Chef Myra Kornfeld will show students classic cooking techniques to get the job done! Using five different fish, she'll demonstrate how to sauté, sear, bake, grill, and prepare fishcakes. All of her recipes are easy to assemble and perfect for warm weather cooking. *Baked Sole with Wild Mushrooms and Cherry Tomatoes • Pan-Seared Halibut with Tomato Vinaigrette • Crispy Sea Bass with Braised Bok Choy and Soba Noodles • Braised Grouper in Green Curry Sauce • Cumin Cornmeal-Crusted Sautéed Tilapia with Avocado Sauce • Creole Salmon Cakes with Olive Muffaletta Topping.* (Wine will be served.)

Wednesday, July 25, 6:30 pm - 10:00 pm

Instructor: Myra Kornfeld

Fee: \$115.00

Additional summer entertaining classes include Super Simple Shrimp and Scallops (July 19); Conroni: Simply Prepared Italian Vegetables (July 23); Summer Salad Suppers (July 24); Opa! Classic Greek-Cypriot Meze (August 21); and a Vegetarian Hors D'oeuvres Party (August 24).

For more information about these and The Natural Gourmet Institute's other summer 2012 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 & 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.