

For Immediate Release

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THE NATURAL GOURMET INSTITUTE OFFERS NEW 3-DAY SPECTACULAR GLUTEN-FREE INTENSIVE

Been Wanting to Explore Gluten-Free Alternatives? Here's the Chance!

New York, NY – May 8, 2013 – About 1.8 million people in the U.S. have celiac disease, and many, including family members who support celiac disease sufferers, are turning to gluten-free diets to ease the effects of the disease.* In response to demand for more information about how to live a gluten-free lifestyle, the Natural Gourmet Institute (NGI) is rolling out a new inspirational and health-supportive class, the 3-Day Spectacular Gluten-Free Intensive. Led by Rebecca Reilly, chef, master baker, and author of *Gluten-Free Baking*, this culinary journey will be filled with fresh artisanal pasta, amazing breads, luscious classic pastries, and Rebecca's incomparable expertise. Rebecca will discuss the unique properties of gluten-free flours, egg replacements using flax and chia seeds, and unsuspecting places where gluten may be lurking. Each day of this intensive will begin with a one-hour discussion pertinent to the day's topic, followed by hands-on preparation of the recipes, and end with a fantastic feast. The action-packed schedule is as follows:

Day 1 – Artisanal Pasta: Today, you'll learn new and classic techniques for making fresh, delicious pasta using a variety of gluten-free flours like millet, quinoa, and brown rice. You'll use rolling pins as well as hand-cranked and electric pasta machines and learn how to roll out dough like a pro. *Striped Ravioli/ Agnolotti with Butternut Squash, Goat Cheese and Crispy Sage • Baked Cannelloni with Assorted Seasonal Vegetables and Ricotta with Quick Fresh Marinara Sauce • Spaghetti with Puttanesca Sauce • Porcini Pappardelle with Mushrooms, Garlic and Herbs • Sweet Potato Vermicelli Fritters with Lemon and Crisp Parsley.*

Day 2 – Breads Galore: Rebecca will demystify gluten-free bread making from A - Z. She will teach you the science of flour and starch combinations and how they work together to produce some of the best-tasting and perfectly-textured breads. Once you master the basics of baguettes, rolls, pizza, quesadillas and more, you'll be making these recipes at home all the time. *French Baguettes with Roasted Plum Tomatoes and Provolone • Oatmeal Sandwich Bread with Hummus, Avocado and Carrots • Anadama Rolls with Butter and Jam • Multi-Grain Tuscan Focaccia • Pizza with Walnut-Herb Pesto • Quesadillas with Tomatillo Sauce and Black Beans • New York Coffee "Cake" with Crumb Topping.*

Day 3 – Classic Pâtisserie: You *can* have your cake, pies and pastries, and eat them, too! Learn how to prepare flaky piecrusts, cakes, cream puffs, crêpes, and more. We'll eat some food from previous days to balance out this incredibly luxurious menu. *Gâteau St. Honoré (Pie Crust topped with Cream Puffs and Pastry Cream) • Upside-Down Pear Tart • Moka Torta (Vanilla Genoise with Coffee Buttercream) • Boston Cream Pie with Chocolate Ganache • Chocolate Fettuccine Crêpes with Dark Chocolate Sauce and Fresh Whipped Cream.* (Organic eggs and dairy used; wine will be served.)

The fee for the class is \$795 and takes place on Thursday, May 30, from 9:30 am - 3:30 pm; Friday, May 31, 9:30 am - 3:30 pm and Saturday, June 1, 9:30 am - 3:30 pm (each day includes one ½ hour break).

A certificate of completion will be issued to students with perfect attendance and Rebecca's book will be included in the class fee.

Please Note: The Natural Gourmet is not a gluten-free facility.

To register online, click here: <https://publicclasses.naturalgourmetinstitute.com/register.html?class=1060>
or call 212-645-5170 ext. 4.

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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 believes that what we eat significantly affects our physical, mental and spiritual well being.

For more information, log onto <http://www.naturalgourmetinstitute.com>.

* Source: The Huffington Post, 7/31/2012