



For Immediate Release

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“FALL” IN LOVE WITH THE FLAVORS OF AUTUMN: INTRODUCING THE NATURAL GOURMET INSTITUTE’S SEPTEMBER/OCTOBER PUBLIC CLASSES

New York, NY – July 24, 2013 – *“Delicious autumn! My very soul is wedded to it, and if I were I bird I would fly about the earth seeking successive autumns.”—George Eliot.* The Chef Instructors at the [Natural Gourmet Institute for Food & Health](http://www.naturalgourmetinstitute.com) (NGI) could not agree more— with the dog days of summer gone and a brisk chill in the air, it’s time to fire up the ovens to make some fresh-baked bread, pull the canning jars from the high shelves, and reap the rewards of the harvest. Delicious indeed! NGI has a wide selection of fall public classes that will help students make the most of the season’s bounty, including:

Sourdough Breads: The Real San Francisco Treat (Hands-On; *NEW CLASS*)

There’s no need to travel to San Francisco for its world-renowned sourdough bread with its intensely satisfying light-yet-chewy interior and addictive crust. Direct from the City by the Bay, Chef Michael Kalanty, artisanal sourdough bread baker, executive pastry chef, and award-winning author of *How to Bake Bread*, will share his knowledge, craft, tips --- and 19-year old sourdough starter! --- with you in this two-session workshop. He will guide you through each step of the process, including building starters from scratch, proofing, scoring, shaping, steaming, baking, and discuss how to distinguish flavor and textural subtleties in each loaf. You will leave with recipes, a portion of the chef’s starter, and one of these delicious breads. *San Francisco Sourdough • Pain au Levain: the French Classic • Whole Grain Pain au Levain with Walnuts • Ancient Grain Sourdough with Barley Flour and Spelt • Sourdough Multi-Grain with Flax and Sunflower Seeds • Spelt Sourdough with Toasted Oats • Buckwheat and Apple Sourdough.* (Wine and cheese will be served.)

Wednesday, September 11 & Thursday, September 12, 6:00 pm – 10:00 pm (2-part class)

Instructor: Michael Kalanty

Fee: \$250.00

Canning 101 (Hands-On; *NEW CLASS*)

Whether your bumper crop comes to you from a CSA share, the farmers’ market, your own garden or anywhere else, now you can revel in the taste of summer all year long. Here’s your chance to work with canning expert, Michaela Hayes, owner of Crock & Jar. You’ll learn how to safely can and preserve fresh produce, make pickled vegetables, chutney and jam. We’ll even cook up some simple dishes incorporating each product. You’ll take home recipes, a jar of preserves, and a world of ideas. *Classic Tomato Sauce • Blueberry Jam • Pickled Beets • Nectarine Chutney • Pickled Okra • Bread and Butter Pickles • Quinoa Pasta with Tomato Sauce • Basmati Rice and Chickpeas with Chutney • Gluten-Free Waffles with Blueberry Jam.* (Organic eggs will be used in one recipe; dairy-free, gluten-free.)

Thursday, September 12 6:00 pm- 10:00 pm

Instructor: Michaela Hayes

Fee: \$110.00

(more)

The Miracle of Lacto-Fermentation (Hands-On)

The miraculous process of lacto-fermentation converts mere cabbage to sauerkraut, upgrades simple dairy to luscious crème fraîche, and puts the wow factor into sourdough bread. Lacto-fermented foods are imbued with an irresistible zing and enhanced nutritional benefits. Medical research has shown they support the immune system, stimulate digestion, detoxify the intestines, and help normalize cell respiration. Join Peter to practice traditional fermentation techniques, enjoy some of his own handcrafted fermented foods, and take home his wild-cultured sourdough starter to start your own bread at home. *Brined Root Vegetables with Ginger • Pickled Garlic • Kimchee • Sauerkraut with Caraway and Juniper • Red Cabbage and Apple Kraut • Spicy Pickled Turnips and Turnip Greens • Sourdough Boule • Buttermilk • Crème Fraîche • Crème Fraîche and Raw Honey Ice Cream.* (Organic dairy)

Thursday, September 26 6:00 pm – 10:00 pm

Instructor: Peter Berley

Fee: \$110.00

An Autumnal Vegetarian Party (Hands-On)

Planning a party (think Halloween) or any gathering at this time of year? Myra's visionary harvest menu is a cornucopia in itself, bursting with fun flavors, textures, and the glowing colors of autumn leaves. Who could resist this celebration? *Crostini with Chipotle-Garlic Cream Cheese, Radishes and Chives • Autumnal Party Mix • Baked Stuffed Red Kuri Pumpkin with Hominy and Tomatillo Stew topped with Poblano Chile, Avocado and Cucumber Salsa • Pressure-Cooked Forbidden Black Rice Risotto with Balsamic-Sautéed Yams • Arugula Salad with Roasted Grapes and Shaved Pecorino with Roasted Shallot Vinaigrette • Spiced Espresso Chocolate Pudding with Pumpkin Whipped Cream.* (Organic dairy will be used, organic eggs in one dish; wine will be served.)

Friday, October 25 6:00 pm – 10:00 pm

Instructor: Myra Kornfeld

Fee: \$115.00

Other fall classes include: The Healing Kitchen- Your Natural Pharmacy; Fresh Food Fast; How to Season Like a Chef; How to Write a Great Business Plan for a Food Business; Gluten-Free Made Easy; and many, many more. For more information about the Natural Gourmet Institute's public classes or to register for a class, visit www.naturalgourmetinstitute.com or call 1- 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.