



For Immediate Release

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ALL YOUR “BURNING” COOKING QUESTIONS ANSWERED!

~Join Elliott Prag of the Natural Gourmet Institute for a Live Chat on Wednesday, April 24~

New York, NY – April 17, 2013 – No time to take a cooking class? Join Elliott Prag, full-time chef instructor at the **Natural Gourmet Institute for Food and Health (NGI)** and frequent contributor to *Vegetarian Times* for a live 2-hour Facebook chat on Wednesday, April 24th from 1-3 pm EDT.

Chef Elliott will be available to answer any and all cooking questions on topics such as how to choose quality ingredients (organic, seasonal, non-GMO, etc.) vegan and gluten-free baking substitutions, proper knife technique, and even how to cure a hangover with radishes and Shoyu sauce!

In addition to teaching at NGI's widely acclaimed Chef Training Program, Chef Elliott also teaches the following classes to the public:

An In-Depth Herb and Spice Workshop

For thousands of years, herbs and spices have served as currency, medicine and, most importantly, the geographical “flavor print” of cuisine. Their proper alchemy can infuse ordinary ingredients with vibrant, signature flavors evocative of faraway places. Today we'll take simple salad, flatbread, beans, rice, tempeh, fruit, and vegan ice cream recipes and, through the use of herbs and spices, transform them into distinct ethnic variations. **Salads:** *Middle Eastern Arugula Salad with Lemon-Mint Dressing and Sumac; Italian Romaine Salad with Balsamic-Vanilla Dressing; French Spinach Salad with Tarragon-Mustard Vinaigrette* • **Flatbread and Spreads:** *Homemade Flatbread with Middle Eastern Za'atar; Indian Cilantro-Coconut Chutney; Italian Pistachio Mint Pesto* • **Bean Stews:** *Eastern European White Bean and Root Vegetable Stew with Dill and Caraway; Indian Red Lentil Dhal with Curry Leaves, Cardamom, Coriander & Cumin; Japanese Azuki Bean-Squash Stew with Ginger, Soy Sauce and Rice Vinegar* • **Sauces:** *Grilled Tempeh in Thai Basil-Cilantro Chile; Cajun Blackening Spice; Cumin-Chipotle Marinades* • **Rice Dishes:** *Thai Black Forbidden Rice with Coconut Milk, Ginger, and Garlic; Long-Grain Spanish Style Brown Rice with Saffron and Lemon; Persian Style Short-Grain Brown Rice with Parsley, Mint and Pistachios* • **Dessert Sauces:** *Poached Pears with Lemon-Ginger; Chinese Five-Spice; Vanilla-Nutmeg Reduction Sauces* • **Ice Creams:** *Cinnamon; Coconut-Cardamom; Basil Ice Creams.* (Vegan; wine will be served.)

Essential Cooking & Cutting Techniques for the Vegan, Vegetarian, and Flexitarian

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 the student who enjoys high-quality organic poultry and wild fish. Our chef instructor will guide you to a better understanding of how mastering proper cooking techniques can dramatically enhance the taste, look and nutritive properties of your 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, Blanching: *Pressure-Cooked Creamy Gingered Carrot Soup • Pressure-Cooked Chunky White Bean Soup with Garlic and Basil Pesto • Borscht with Dilled Cashew Sour Cream • Herb-Laden Steamed Grain Salads using Bulgur, Quinoa, and Whole Wheat Couscous with Blanched Vegetables and Almonds • Braised Hearty Greens using Green Kale, Collards and Lacinato Kale in Pressure-Cooked Smokey Chile-Infused Vegetable Stock with Blanched Carrot and Daikon Matchsticks.* (Vegan)

Session 2 - Boiling, Simmering, Wilting, Poaching, Reducing, Caramelizing: *Simmered Bean Spreads: Lentil-Walnut, Edamame-Scallion and Minted Fava Bean on Spiced Spelt Crackers • Simmered Marinara Sauce with Assorted Whole Grain Pastas • Wilted Spinach, Swiss Chard and Beet Greens with Caramelized Onions • Poached Seasonal Fruit in Juice or Wine Reduction Sauce with Optional Raw Blue Cheese.* (Vegan; optional dairy)

Session 3 - Roasting, Grilling, Par-Boiling, Sautéing, Melting: *Antipasti of Roasted Peppers, Roasted Garlic, and Smokey Baba Ghanoush with Assorted Whole Grain Breads • Grilled Portobello Mushrooms, Zucchini, Tempeh or Chicken Breasts • Sweet & Sour Sautéed Red Onion Relish • Par-Boiled and Sautéed Garlic-Herbed Potatoes • Grilled Pineapple • Chocolate Truffles.* (Vegan; optional organic poultry)

Session 4 - Stir-Frying, Broiling, Baking, Toasting: *Assorted Vegetable Stir-Fry with Shoyu-Ginger Slurry Sauce • Toasted Sesame Seeds • Soba, Rice and Udon Noodles • Teriyaki-Glazed Broiled Tofu • Miso-Marinaded Wild Salmon • Baked Orange and Lemon Pressed Nut Crust Tarts with Cashew Coconut Cream or Freshly Whipped Cream.* (Vegan; optional fish and organic dairy. Wine will be served.)

The Private Chef: How to Start, Develop, and Succeed in Your Own Business

The increased awareness of food's role in healing as well as other important culinary trends - local, seasonal, farm-to-table, organic, allergen-free - make the career choice of private chef more viable than ever. What does it take to tap into this lucrative market? This course provides core and essential information for starting a private chef business such as career options and salary ranges; online resources for job searching; the importance of online media (website, blog, videos, Facebook, Twitter, Linked In) in promoting your business and how to develop and maximize them; how to interview with potential clients; outfit a kitchen; how to determine how much food to make and how to properly store it; the nuts and bolts of legal, insurance and accounting requirements. Don't miss this fascinating and detailed look at the profession of the private chef!

The above is just a sampling of Chef Elliott's areas of expertise. For more information, images or interviews with Chef Elliott, please contact Emily@2bprinc.com or Jessica@2bprin.com.

To join the chat, RSVP here: <https://www.facebook.com/events/311614598966818/>

For more information about the Natural Gourmet Institute's Chef Training Program or Public Classes, visit www.naturalgourmetinstitute.com.

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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.