



For Immediate Release

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THE NATURAL GOURMET INSTITUTE FOR FOOD & HEALTH ADDS MID-WEEK DAYTIME CLASSES TO ITS SUMMER/FALL 2013 LINEUP

~ Classes Include Essential Cooking & Cutting Techniques for the Vegan, Vegetarian and Flexitarian, a Gluten-Free Intensive and a NEW Cooking Camp for Teens~

New York, NY – June 18, 2013 – Due to popular demand for its diverse array of health-supportive culinary classes, the [Natural Gourmet Institute for Food & Health](http://www.naturalgourmetinstitute.com) (NGI) has added several mid-week daytime sessions to its existing summer/fall schedule, including a brand-new 4-day cooking camp for teens. 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 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 Smoky 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 Smoky 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-Marinated 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.)

Tuesday, July 23 – Friday, July 26, 10:30 am - 2:30 pm

Instructor: Olivia Roszkowski

Fee: \$495.00

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Teens Cooking Camp - A 4-Day Global Culinary Adventure (Ages 13-17) (Hands-On; *NEW CLASS*)

For 4 fun-filled days your teens will have a unique opportunity to explore the world of culinary possibilities with like-minded peers under the guidance of Chef Olivia. In this interactive, hands-on and supportive environment, teens will be immersed in preparing global, healthful recipes, each day focusing on a different ethnic cuisine - Italian, Mexican, Asian, and American. They will learn the basic fundamentals of the kitchen such as knife skills, kitchen safety, essential cooking techniques, how to read and understand a recipe, and how to plan and balance a menu. This fun, cool, and social experience is sure to provide the foundation for establishing your teen's culinary independence for a lifetime of good eating. Students will eat everything they make in class, take home all recipes and a chef's hat to start them on their way to creating great meals they can be proud of.

Day 1: ITALIAN:

Cherry Tomato, Mozzarella, Basil Skewers • Vegan Caesar Salad with Garlic Croutons • Tempeh Bolognese with Whole Grain Pasta • Baked Turkey Meatballs with Basil Pesto • Mini Cheese Pizzas with Roasted Vegetable Toppings • Vanilla Cupcakes with Mascarpone Frosting and Raspberries • Lemon Sorbet • Sparkling Lemon-Lime Spritzers.

Day 2: MEXICAN:

Roasted Corn and Black Bean Salad with Pickled Red Onions • Crispy Avocado Fritters • Baked Tortilla Chips with Homemade Salsa • Build Your Own Tacos and Quesadillas (vegetarian, chicken or fish) • Caramel Flan with Sautéed Bananas • Frozen Strawberry-Pineapple Smoothies.

Day 3: ASIAN:

Vegetarian Egg Rolls with Homemade Duck Sauce • Chicken Saté with Peanut Sauce (optional) and Cucumber Relish • Broiled Wild Salmon or Tofu Teriyaki with Forbidden Black Rice and Broccoli • Vegetable Stir Fry with Soba Noodles • Vegan Sushi Rolls • Tropical Mango Coconut Ice Cream Sundaes • Almond Milk Bubble Tea..

Day 4: AMERICAN:

Watermelon, Feta & Mint Salad • Garlic Herb Potato Salad • Turkey or Veggie Sliders with Homemade Ketchup • Crispy Kale Chips • Better Mac and Cheese • Fresh Caramel & Nut (optional) Popcorn • Chocolate Pudding with Homemade Whipped Cream • Freshly Squeezed Naturally-Sweetened Lemonade.

(Vegetarian-friendly; organic eggs, dairy, optional organic poultry and fish will be used.)

Monday-Thursday, August 12, 13, 14 & 15, 11:00 am - 3:30 pm

Instructor: Olivia Roszkowski

Fee: \$600.00

NGI's additions to the summer/fall schedule also include: The Art of Baking and Decorating Vegan, Gluten-Free and Soy Free Cakes; An In-Depth Herb and Spice Workshop; Spectacular Sushi & Sashimi; Essential Cooking & Cutting Techniques; a Vegan Baking Boot Camp Intensive and a 3-Day Gluten Free Intensive. For information about NGI's full schedule of evening, weekend, and weekday public classes or to register for a class visit www.naturalgourmetinstitute.com or call 1-212-645-5170 ext. 4.

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A 3-Day Spectacular Gluten-Free Intensive (Hands-On)

Don't miss this incredible opportunity to join Rebecca Reilly, chef, master baker, and author of *Gluten-Free Baking*, on a 3-day gluten-free culinary journey filled with fresh artisanal pasta, amazing breads, luscious classic pastries, and Rebecca's incomparable expertise. She will discuss the unique properties of gluten-free flours, egg replacements using flax and chia seeds, and unsuspecting places where gluten may lurk. 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. You'll leave this workshop with newfound knowledge and skills, tons of recipes and tips, and inspiration for a whole world of gluten-free culinary possibilities. The schedule goes like this:

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 filled with Butternut Squash, Goat Cheese and Crispy Sage • Baked Cannelloni filled with Assorted Vegetables and Ricotta and Quick Fresh Marinara Sauce • Spaghetti with Classic Puttanesca Sauce • Porcini Pappardelle with Mushrooms, Asparagus, Garlic and Herbs • Sweet Potato Vermicelli Fritters with Lemon and Crisp Parsley.* (Organic eggs and dairy; wine will be served.)

Day 2 - Breads Galore: On this day, 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 find yourself making these recipes at home all the time. *French Baguettes with Roasted Plum Tomatoes, Provolone, Arugula and Tapenade • Oatmeal Sandwich Bread with Hummus, Avocado and Shredded Carrots • New England Anadama Rolls with Butter and Jam • Multi-Grain Tuscan Focaccia • White Pizza with Walnut-Herb Pesto • Quesadillas with Tomatillo Sauce and Black Beans • New York Coffee "Cake" with Crumb Topping.* (Organic eggs and dairy; wine will be served.)

Day 3 - Classic Pâtisserie: You *can* have your cake, pies and pastries, and eat them, too! Today you will learn how to prepare flaky piecrusts, cakes, cream puffs, buttercreams, Genoise, crêpes, and more. You'll not only eat desserts today, but we'll add some food from previous days to help balance out this incredibly luxurious menu. *Gâteau St. Honoré (Classic Pie Crust topped with Handmade Cream Puffs and Pastry Cream) • Pear Tatin (Upside-Down Pear Tart) • Moka Torta (Vanilla Genoise Sponge Cake with Almond Meringue and Coffee Buttercream) • Boston Cream Pie Glazed with Chocolate Ganache • Chocolate Fettuccine Crêpes with Rich Dark Chocolate Sauce, Fresh Whipped Cream and Cherry Coulis.* (Organic eggs and dairy; wine will be served.)

A certificate of completion will be issued to students with perfect attendance. Rebecca's book will be included in the class fee. Please Note: The Natural Gourmet is not a gluten-free facility.

August 27, 28 & 29, 9:30 am - 3:30 pm

Instructor: Rebecca Reilly

Fee: \$895.00

Other classes added to the schedule include Knife Skills (June 27), The Art of Baking and Decorating Vegan, Gluten-Free and Soy-Free Cakes (June 28), An In-Depth Herb and Spice Workshop (July 1), Cooking with Duck, Where to Begin? (July 9), Spectacular Sushi & Sashimi (July 11), and A Vegan Baking Boot Camp Intensive (August 19).

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.