



For Immediate Release

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A HEALTHIER HARVEST-TIME:

Natural Gourmet Institute's Fall Recreational Classes Teach Students to Reap Maximum Health Benefits from Autumn's Bounty

New York, NY - August 12, 2010 - As the weather chills and leaves change colors, local farmers' markets burst with a veritable cornucopia of nutritious produce. The Natural Gourmet Institute's (www.naturalgourmetinstitute.com) fall line-up of recreational classes promises to help even the most kitchen-challenged student learn to make the most of the wide array of fruits and vegetables available this time of year. Here are just a few of the upcoming NGI classes that will help students learn to turn natural, whole foods into mouth-watering, healthy masterpieces:

Summer in a Jar: The Time-Honored Art of Canning and Preserving: Whether a bumper crop comes via a farmer's market, one's own garden or the grocery store, class participants can learn to revel in the taste of summer all year long, as our ancestors did through the art of canning and preserving. Students will learn how simple and safe it can be to pickle peppers, make wonderful jams and fruit butters, and can chopped tomatoes with herbs. All participants will take home recipes, a jar or two of preserves to start their own canning pantry, and a world of wonderful ideas for putting their new skills to work.

Saturday, September 11, 1:00 p.m. - 4:30 p.m. Instructor: Stefania Patinella

Essential Cooking and Cutting Techniques for the Vegan, Vegetarian and Flexitarian: Whether one is new to the world of healthy cooking and knife work or looking to improve skills, this four-part series focuses on basic cooking techniques and knife skills that bring out the most in vegan and vegetarian cuisines. Just as the delicious fall fruit and vegetable crops are coming in, students will learn the basics of steaming, simmering, blanching/shocking, pureeing, roasting, flambéing, reducing, marinating, broiling, grilling and more to make the most of the harvest's blessings. **4 Mondays, September 13, 20, 27 and October 4, 6:00 p.m. - 10:00 p.m. Instructor: Leslie Stone**

An Autumn Vegetarian Party: Planning a party (think Halloween) or any gathering this time of year? This visionary harvest menu bursts with fun flavors, textures, and the glowing colors of autumn leaves. Who could resist this celebration? This hands-on class will teach students to make such delectable dishes as: *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-sauteed yams, spiced espresso chocolate pudding with pumpkin whipped cream, and more.* **Friday, October 22, 6:00-9:30 p.m. Instructor: Myra Kornfeld**

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Cooking with Autumn Fruits- The Savory and the Sweet: When we think of fruit, a hundred sweet possibilities come to mind. But the fruits of autumn, coming to us in that brief breath between summer's heat and winter's cold, combine as beautifully with savory foods as with sweet. In this class students will work with brilliantly colored and flavored fall fruits to assemble pairings that are likely to surprise and sure to delight, including: *roasted chicken or braised tempeh with cranberry glaze and fresh cranberry sauce; sautéed trout over apple rosemary puree; garlicky braised escarole with almonds and pomegranate seeds; sweet and spicy ginger butternut squash with pear sauté; quince, Asian pear and red onion gratin; individual molten chocolate cakes with baked seckel pears and pomegranate glaze, and more.* **Monday, November 8, 6:30-10:00 p.m.**
Instructor: Myra Kornfeld

In addition to autumn-themed classes, NGI is offering a wide variety of fascinating courses on topics ranging from **Chinatown: A Food-and-Culture Field Trip** where students will enjoy a guided "tasting" tour of Manhattan's best tea cafés, Asian food markets, dim sum restaurants; **The Raw-Food-Made-Easy All-Day Seminar**, in which students learn how a raw food diet can transform their sense of well being plus practical tips and techniques for "going raw"; and **The Healing Kitchen- Your Natural Pharmacy**, which will teach students how common fruits, vegetables, and other items in the kitchen pantry can be used to create safe, natural and effective remedies for everything from insect bites to headaches.

More information about these and other NGI Recreational Classes can be found online at www.naturalgourmetinstitute.com or by calling 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.