



For Immediate Release

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**STIR UP SOME ROMANCE AT THE NATURAL GOURMET INSTITUTE'S
COUPLES' COOKING CLASS: "A SCINTILLATING
VALENTINE'S DAY EXPERIENCE"**

New York, NY - January 12, 2011 – Couples with a fondness for food will fall in love with the Manhattan-based Natural Gourmet Institute's romance-themed recreational class, "A Scintillating Valentine's Day Experience". Rather than partake passively in yet another candlelit restaurant meal, couples will learn how to create a fabulous feast together. From the first slippery oyster to the last melting mouthful of chocolate, they will be swept along on a sensuous ride of textures, tastes, shapes and colors.

In this fun-filled, hands-on class, Chef Instructor Richard LaMarita will guide couples through cooking techniques and share highlights from the history of culinary aphrodisiacs. Participants will learn to prepare, and then enjoy devouring: *Oysters on the Half Shell with a Trio of Garnishes; Wild Mushroom and Hazelnut Crostini; Handmade Ruby Red Beet Ravioli with Sage Butter Sauce; Watercress & Parsley Salad with Sun-Dried Tomato Vinaigrette; Roasted Wild Salmon Stuffed with Spinach, Red Peppers & Goat Cheese on a Bed of Silky Swiss Chard; Deeply Rich Chocolate Truffles and Decadent Chocolate-Dipped Fruit.*

The class will be held Monday February 14, 2011 from 6:30 -10:00 p.m. A \$260 two-person fee covers all instruction, materials and wine served with each course. Directions and more information about this 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.