

For Immediate Release

Contact: Emily Baldwin
Emily@2bprinc.com

No Time for a Winter Getaway?
Take A Culinary Trip Around the World Instead!
The Natural Gourmet Institute Offers Classes for the Global Foodie

New York, NY – October XX, 2010 – Strapped for time or cash this holiday break with no chance of getting away? Now is the perfect time to take that class to spice up your cooking routine with some flavors from abroad. And while you may not get to sport a tan after your holiday break, you will have other wonderful bragging rights to share with your friends and co-workers.... Care for some *Karidopita* anyone?

First Stop: Japan -- Learn the Ins and Outs of Japanese Bar Food

"Izakaya" in Japanese means a gathering place, a bar or restaurant offering casual food and drink. In this class you'll learn how to prepare these special foods - the ones that travelers write home about - then enjoy them just as the Japanese do, ordering dishes and drinks throughout the dinner for you and your tablemates to share. *Shrimp Gyoza (Pot Stickers); Kaiso Salad (Seaweed Salad with Yuzu Dressing); Chawanmushi (Savory Egg Custard); Horenso Obitashi (Spinach with Soy Dashi Dressing); Potato Korokke (Fried Breadcrumbed Mashed Potato and Vegetables with Special Sauce); Kiriboshi Daikon (Dried Daikon Radish cooked in Dashi); Ochazuke (Hot Rice in Hot Green Tea with Sea Salt and Sesame Seeds); and Ichigo Daifuku (Homemade Sweet Rice Mochi Cake with Strawberry and White Bean Filling).* (Organic eggs, fish in one recipe; sake and shochu will be served.)

Friday, November 12, 6:00 pm - 9:30 pm

Instructor: Mamie Nishide

Fee: \$110.00

Next Stop: New Mexico – Prepare a Traditional Christmas Eve Dinner – Southwestern Style

Welcome to Noche Buena, the fabulous feast with which New Mexicans celebrate their Christmas Eve. You'll begin by making masa - a traditional ingredient in so many Southwestern dishes - then you'll make red and green chile sauces, posole, two kinds of enchiladas, a gorgeous salad - a perfectly orchestrated symphony of tastes, textures, and jewel-like colors - and conclude your meal with a simple dessert and cider-based cocktail. *Ensalada de Noche Buena with Yogurt Dressing; Vegetarian Posole Stew; Anasazi-Red Chile Tamales; Homemade Red and Green Chile Sauces; Red Chile Cheese Enchiladas; Green Chile Chicken Enchiladas; Spiced Winter Pears with Ginger Crème Sauce; and Orchard Cocktails.* (Organic eggs, dairy, and optional chicken will be used; alcohol will be served.)

Friday, December 10, 6:00 pm - 9:30 pm

Instructor: Tricia Brown

Fee: \$110.00

Next Stop: Korea... Explore The Essentials of Korean Vegetarian Cuisine

Korean food owes its lively flavors to complex fermentations and vegetables vibrant with touches of spice. Using authentic ingredients and methods, you will learn the secrets for making classic (and a few modern) Korean dishes including the famous bibimbap, boochu and kimchi. After you assist in the creation of these dishes, you'll sit down to a full Korean dinner as your instructor discusses the progression of the meal. *Korean Rice with Vegetables (Bibimbap); Mushroom-Scallion Pancakes (Boochu); Homemade Kimchi and Vegetable Dumplings (Mondoo); Ginseng Mushroom Soup (Vegetarian Samgyetang); Korean Pear Salad; and Chestnut-Maple Cake.* (Some organic eggs and dairy will be used.)

Wednesday, December 1, 6:30 pm - 10:00 pm

Instructor: Jay Weinstein

Fee: \$110.00

Next Stop: Greece -- Create Homemade Phyllo for Greek-Cypriot Pastries

Chances are you won't find any of these recipes in a cookbook. Using traditional techniques that your instructor's grandmother used, you'll prepare phyllo dough from scratch and transform it into flaky and crisp pastries (pittes). You'll make dough typical of different areas of Greece and Cyprus and learn how to use commercial phyllo when time is short. You'll use dough - puffed, layered, coiled, cake-like - in an array of savory and sweet creations that highlight their varied textures and flavors. You'll amaze yourself with *Spanakotyropita* (Spinach/Cheese Pie); *Tyropita Strifti* (Cheese Coil Pie); *Prasotyropita Me Spitiki Sfoliata* (Leek-Cheese Puff Pastry Pie); *Kolokythopita Glykia* (Butternut Squash Pie); *Karidopita* (Walnut Cake Pie); and, for balance, *Kypriaki Salada* (Mixed Green Salad). (Organic eggs and dairy will be used; wine will be served.)

Thursday, December 9, 6:00 pm - 10:00 pm

Instructor: Rea Varveris

Fee: \$110.00

Final Stop: Thailand – Prepare and Taste Authentic Thai Street Food

Thai cuisine brilliantly uses the law of opposites: pairing hot foods with cool raw vegetables, savory specialties with sweet/spicy chile sauces, and rich, smooth coconut milk with tangy broths. Tonight you'll make four curry pastes from scratch and, building on this foundation, prepare an array of popular Thai street food items that's in every way comparable to what is sold in the markets of Bangkok and Chiang Mai. *Vegetable Pad Thai*; *Seitan Satays with Thai Peanut Sauce*; *Spicy Fish Cakes with Honey-Chile Sauce*; *Galangal Coconut Chicken Soup*; *Savory Bites in Wild Pepper Leaves* (subject to market availability); *Pickled Cucumbers*; *Yellow Curry Shrimp*; *Vegetables with Green Curry*; *Mango-Coconut Sorbet*; and *Durian* (Southeast Asia's beloved yet feared tropical fruit - subject to market availability). (Some fish, organic chicken & eggs will be used; Thai beer will be served.)

Saturday, December 18, 1:00 pm - 4:30 pm

Instructor: Jay Weinstein

Fee:\$ 115.00

For more information or to register, visit www.naturalgourmetinstitute.com or call 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.