



For Immediate Release

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Practice Makes Perfect:

Thanksgiving “Dress Rehearsal” Classes at the Natural Gourmet Institute Give Aspiring Chefs Something to Truly be Thankful For

New York, NY – August 3, 2010 - Thanksgiving can be stressful enough without worrying about whether or not you are going to mess up your meal! This year, why not do a run-through ahead of time by taking a cooking class at New York’s Natural Gourmet Institute for Food and Health? NGI’s instructors will teach class participants how to prepare wholesome, gourmet options for both vegetarians and “turkey traditionalists” alike:

A Vegetarian Thanksgiving (Move Over, Tofurkey!)

Who said vegetarians have to miss out on exquisite, mouthwatering dishes? Chef Myra Kornfeld will teach class participants how to prepare a healthful, vegetarian Thanksgiving meal that needs no excuses or apologies. Colorful and bursting with flavor, this balanced and elegant meal is faithful to the spirit and style of America’s favorite harvest holiday. Myra will teach how to organize the cooking process to make a stress-free meal, so you, the chef of the day, simply sit down to enjoy a sumptuous banquet and a good time with your guests. The menu will include:

Black Bean Hummus with Crudités; Three Sisters (Squash, Beans, and Corn) Polenta Casserole with Pumpkin Seed Pesto and Mole Gravy; Beer-Braised Brussels Sprouts; Wild Rice Dressing with Mushrooms and Pine Nuts; Sweet Potato Gratin; Cranberry Persimmon Sauce; Braised Winter Greens with Pearl Onions; Double-Crusted Apple-Pear-Cranberry Pie; and Pumpkin Semifreddo Torte with Ginger Snaps. (Organic eggs, dairy, beer in one dish; wine will be served.)

Wednesday, November 10, 6:00 – 10:00 p.m.

Fee: \$115

Let’s Talk Turkey...

Put your mind at ease under the expert eye of Peter Berley in his class ***A Traditional Thanksgiving***. Can’t find Grandma Pearl’s famous recipes from days gone by? Relax. Peter has designed a winning menu from start to finish with just the right blend of classic flavors and chic, contemporary flourishes that will leave everyone asking for more.

By the end of the class participants will have learned how to prepare the following delicious dishes sure to impress: *Roasted Pumpkin Soup with Spiced Crème Fraîche; Watercress and Fennel Salad with Lemon Vinaigrette; Maple-and Spice-Brined Organic Turkey with Pan Gravy; Sourdough Stuffing with Caramelized Onions, Sage and Gruyère; Roasted Brussels Sprouts with Chestnuts and Prunes; Candied Yams; Cranberry-Orange Compote; and Maple Pear Galette.* (Organic turkey, dairy, wine; wine will be served.)

Saturday, November 13, 11:00 a.m. – 4:00 p.m.

Fee: \$125

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.