

NATURAL GOURMET INSTITUTE FOR HEALTH & CULINARY ARTS

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THOUGHTS FROM THE FOUNDER

WHO HEALS THE HEALER?

by Annemarie Colbin, Ph.D.

If you're cooking or working for other people, you put out your energy for their benefit. Who takes care of you? If you live with your family, that can be healing for you – and yet sometimes it is more stress added to your day, especially if there are children who clamor for your attention. Perhaps you have a caring mate who rubs your back or your feet when you're tuckered out. Or it may be that your mate also demands your attention and care. Perhaps you live alone.

In all cases, you have to take care of yourself. For this you need to a) set boundaries, b) enlist a support system, and c) manage stress.

A) Boundaries. If you work for others, be



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clear on your time commitment. Pay attention that the hours you work are reasonable in terms of the work to be done, the kind of work it is, and of course, the pay. If you are consistently over-worked, remember that even metal develops fatigue and will break if stressed past its limit. Arrange to set time limits or reconsider the work.

If you work for yourself, schedule time off and vacations. It is so easy to spend 20 hours a day on your own business that you love and want to nurture, but it's not a good idea. Early on in my teaching days at home, I found that I was dealing with the children in the daytime, and then when everyone normally goes home to dinner, I would get to work and have cooking classes in the evening. Fortunately, I had just learned to meditate (the Transcendental Meditation system, or TM). I organized it so that every day at 5 pm I would retire into my bedroom for 20 minutes of meditation. The children were under strict orders to not disturb me unless there was a fire or something. Coming out of that meditation was like a psychic shower, and I was ready to start my "work day" again. There was a time when I neglected such self care. When I had just moved the NG to its current location, about 1987 or '88, and I was doing office work every day until 9 pm and teaching on the weekends, too, my staff had a mutiny one day because I was becoming increasingly difficult to work with – which of course I hadn't noticed. They called me in, informed me that all my classes and consultations for the next week had been cancelled or rescheduled, and they ordered me away for a vacation. I went to Florida to swim with the dolphins and came back renewed and refreshed, having learned a very important lesson.

B) Support group. Ask for help! Your family will want to support you if you are clear and certain of your needs and requests. In addition, your support group may include people to give you a regular massage, chiropractic adjustments, acupuncture for "tune ups," and let's not forget haircuts and pedicures (manicures for cooks are usually a waste of money).

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C) Managing stress. Many things contribute to the stress in our lives, some in ways we don't even realize. Here are some ideas to un-stress yourself: 1) Get rid of clutter – papers, clothes, stuff! Whatever you don't use, don't need, don't like, don't feel excited about – get rid of it! 2) Sleep enough to wake up refreshed. 3) As I mentioned above, take a vacation at least once a year, ideally for 2 weeks. 4) Exercise, stretch, run, walk, breathe. 5) Go to the movies, theatre, concerts. 6) Be nice to yourself! Treat yourself like a fine, expensive car –after all, you are your own instrument, and you want to have it in good condition so as to live the life you want.



ON THE PRESIDENT'S MIND

THE GRASS IS ALWAYS GREENER

This summer turned out to be one of many milestones for me. I turned 50 in August and decided to visit Ireland. It's a place I've always longed to see, partly because I'm sure I was Irish in another life. (Some of you may remember my incarnation as Fiona Fitzpatrick on Saint Patrick's Day, 3 years ago -- red wig, green garments and Irish brogue.) I had not been to Europe since the late 1980's and felt this trip was long overdue.

So, on a rainy evening in late August, my husband Bob, daughter Emily and I left New York and headed for the Emerald Isle. It was one of those overnight flights, which including the 2-hour delay, meant that 9 hours later, we landed in Dublin. It was 9:00 am, and we were bleary-eyed. We got in our rented car and set out to find our hotel. Driving in Dublin is insane! The roads are incredibly narrow, everybody is driving too fast and there are no street signs. Sometimes the street names are on the buildings, sometimes not, and they change every few blocks. My husband did all the driving, which increased his testosterone levels considerably. I'm sure that driving on the left with the steering wheel on the right didn't help. Of course we got lost, and about 3 hours later, after smacking into 3 side mirrors of 3 different cars, we found the hotel. Our room wasn't ready, so we walked into town and explored a bit. We found a little coffee house with



very good mushroom-vegetable soup and did some window shopping. There were so many wonderful stores!

After what seemed an eternity, our room was ready. We slept for 3 hours and then went for a lovely dinner at Trocadero Restaurant. The room was cloaked in red velvet, with soft lighting and pictures of Irish and English actors adorning the walls. It was like an Irish Sardi's, but a lot nicer. The food was absolutely delicious and the waiter was utterly charming.

The next day was our last in Dublin. After a hearty Irish breakfast and a good night's sleep, we headed out to see as much of the city as possible. We walked everywhere, taking in all the sights, including the River Liffey, which runs through the city and is transected by many charming bridges, Temple Bar, Saint Patrick's Cathedral and the shopping district around Grafton Street. That evening we listened to Irish music and saw traditional Irish step-dancing at the Arlington Hotel. The dancing was spectacular.

In the morning, we bravely got back in the car and headed southwest for the medieval city of Kilkenny. Of course we got lost and wound up driving around the suburbs of Dublin. It didn't help that my husband would rather die than ask someone for directions. But fortunately for us, there was a car accident nearby, and a police officer who bore a close resemblance to Bob's nephew, Timmy (Bob is part Irish), escorted us back to the highway. Several hours later we reached Kilkenny and had an overpriced dinner at the hotel. The next day we explored the village, visiting numerous churches and the fantastic Kilkenny Castle. We had an amazing guide who effortlessly recited several hundred years



of Irish history as we toured the interiors of the castle. We stopped at Dennis Healy's outdoor organic market, which was located right next door. It was like a mini-version of the Greenmarket at Union Square. I bought cherry tomatoes, peaches and watermelon. The tomatoes were wonderful, the peaches okay, and I wound up giving the watermelon to an employee at Shannon Airport, before flying home to NYC. (I couldn't bear the thought of throwing it away or schlepping it across the Atlantic Ocean.)

We left Kilkenny that same day, anxious to get to our next destination before dark. We continued along the Southern coastal towns of Wexford and Waterford (yes, we stopped at the crystal factory) and then Northwest into the Irish countryside. We finally arrived in Shanagarry (County Cork) and looked for the Balleymaloe House. We mistakenly followed signs to the Balleymaloe cottages. The friendly woman who greeted us bore an eerie resemblance to Bob's dead mother in both manner and appearance. She was about to rent us a room when she realized we were in the wrong place.

The Balleymaloe House is a lovely country inn and restaurant, part of an Old Geraldine Castle situated in the middle of a 400-acre farm. It is owned and run by the Allen family who also operate the Balleymaloe

Cookery School. Both the inn and the school offer fresh, local food, much of it grown in their beautiful, organic gardens. The 5-course dinner that night



and the breakfast the next morning were fresh and flavorful, but very rich. Typical Irish fare features quite a lot of cream, butter, cheese, meat and of course, potatoes. We visited the school the next day, touring the kitchens and the gardens. There were 3 hands-on kitchens and a demo kitchen that accommodates 80 students! All the kitchens looked out on the farmland, providing a feeling of openness and space that New York City dwellers can only dream about. It reminded me of how wonderful it would be if we could grow our own food. Anyone care to donate a few acres?

Driving 5 hours per day over the course of 6 days enabled us to see a good deal of the country. Most of what we saw consisted of cows and lambs grazing on green countryside. This was a far cry from the factory farms that characterize animal husbandry in the U.S. It made me understand why the food tastes so much better and fresher than the typical fare that's served in the U.S. Even the junk food in Ireland has less chemicals (such as high-fructose corn syrup) than its American counterpart.

Our next destination was Dingle, a picturesque little town that is located in Western Ireland, a bit north of Shanagarry. We stayed at Heaton's Guesthouse, overlooking Dingle Harbour. I'm not sure why, but I got the sense that we had reached the end of the world in Dingle. The town is full of artists and musicians, who play in the pubs at

night. One of my favorite parts of our trip was our one night in Dingle. We ate dinner at a restaurant called Out of the Blue, serving only freshly caught seafood. The grilled sea bass was one of the best meals I have ever eaten. It was served with pesto, tapanade, gigante beans, couscous, greens, and of course, potatoes.

After dinner we went to John Benny's pub where we heard excellent music. The proprietor, John Benny, played the accordion and was accompanied by a guitarist and a fiddle player.



The next day after breakfast, we drove the Dingle Peninsula, the westernmost tip of Ireland. It was quite beautiful and quite stressful, as the roads are treacherously narrow. After lunch, we headed Northeast for Adare in County Limerick. We stayed in a grand manor, but it felt like a castle to me. It overlooked beautiful gardens on one side and a golf course on the other. This was definitely the fanciest place we stayed. It was here that I met my favorite person, John Greville, Head Doorman. John must have been pushing 80, but still had a twinkle in his eye and a true zest for life. He reminded me of Clarence, the guardian angel from Frank Capra's classic film, "It's a Wonderful Life."

Our last full day in Ireland was spent traveling to and visiting the famous Cliffs of Moher. We walked along the edge, watching the ocean waves crash against them, hundreds of feet below. It was magnificent. As one peered out at the Atlantic, the Aran Islands were visible through the mist.



Unfortunately, there was not enough time to visit them. But that's all right. Now I have a reason why I must to go back to this very beautiful, very special country.

Happy Holidays,

Jenny Matthau

SPOTLIGHT ON...

Kirti Rahi (CTP 115)
Executive Chef/Owner
Piquant Bread Bar & Grill
349A George St.
New Brunswick, NJ 08901

by Rosemary Serviss



Just one short year after completing the Chef's Training Program, former Information Technology Specialist, Kirti Rahi, officially began a new career as restaurateur and executive chef. It was her goal from Day 1, and we congratulate her for achieving it so quickly and brilliantly.

Piquant Bread Bar & Grill is a unique and welcome addition to the restaurant scene in bustling downtown New Brunswick. As stated on her Web site, Kirti's mission is to share her new age perspective of Indian cuisine. Using fresh, organic ingredients and carefully selected signature recipes, she offers a gourmet dining experience designed to achieve balance and contentment. The eclectic, all-natural menu reflects an emphasis on vegetarianism and health-supportive cooking techniques.

This past August, Jenny Matthau and I decided to pay Kirti a visit and have lunch at Piquant. It's a lovely 58-seat restaurant with polished wood tables and comfortable banquettes along one wall. The space is airy and tranquil with a soothing color scheme. Kirti's artistic touches are evident everywhere. We immediately noticed the unusual glass plates with rims of green, gold, coral and red.

Upon our arrival, we were greeted with a refreshing concoction of lime juice, mint, cilantro and salt. Our waiter advised us to drink it straight down to facilitate digestion. Moments later, a whimsical spiral container filled with homemade rice puffs appeared, along with three delectable dipping sauces: tamarind, yogurt and coriander.



For an appetizer, we chose the Baked Samosa filled with sprouted Bengal grams, peas and potatoes, accompanied by mango, apple and mint-cilantro sauces painted on the plate. We were sorry we hadn't brought the camera. The dish was visually striking, and the flavors were as vibrant as

the colors. To accompany the Samosa, we enjoyed a tall, frothy mint limeade.

For entrees, we sampled two of Kirti's salads, as well as the seasonal vegetable of the day which was a medley of fresh okra, onions, tomatoes and celery seeds. One salad was Chicken Tikka served on a bed of mesclun greens, shredded daikon and pickled onions dressed with mint vinaigrette. The other was Thai Shrimp with green peppers, ginger, red onions and toasted sesame seeds tossed with leafy greens. We also had two types of Naan, one filled with roasted portobello mushrooms and monterey jack cheese; the other with caramelized onions. The salads were substantial and had an intriguing depth of flavor. The breads were seriously addictive. They're baked fresh daily with hearty, whole grain flours.



Above the restaurant, there's a spacious room that Kirti is designing for private and corporate events. She and her team have also started doing some catering.

Clearly, Piquant is off to an amazing start, luring a steady flow of diners eager to experience a fresh, new interpretation of Indian cuisine. Future

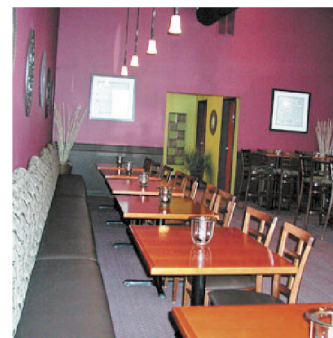


CTP students will benefit from Piquant's success. Kirti has graciously offered to accept interns who share her philosophy of serving only the freshest food made from high quality

organic ingredients. A chef with extremely high standards, she warned us that she'd be tough in the kitchen, but that students would have an excellent learning experience.

For reservations at Piquant Bread Bar & Grill, call 732-246-2468. To view the menus, go to piquantfoods.com

(All photos taken from the restaurant's Web site.)



ADVENTURES IN COOKING

THE THREE MARIES -- NOW, FOUR

by Sue Baldassano



Arbon, my beloved cat of sixteen years, died on a brick red Mexican style rug in our cozy study, surrounded by family photos and lush plants on the window sill (plants Arbon enjoyed gnawing on, roughing up and destroying in his hey-day).

Some would say the location of Arbon's demise mattered little, if at all, to him, but to me, it was a classy send-off for my closest friend. I hired a team of veterinary technicians to come to our house and perform a P.T.U. (Put to Sleep). Expensive, indulgent and a bit over the top, I felt it was better than Arbon's "going down" on a cold metal table in a sterile doctor's office.

The morning before the procedure, Arbon and I spent together, and strangely for a cat that had been so ill for so long, he was actually acting "well." That last morning I skipped our three-year-old ritual of sticking Arbon with a needle under his skin, and he seemed perkier and hungrier than usual. I sat in the living room and heard the familiar crunching sound as he nibbled on what would amount to his last meal, and I started to feel really sick to my stomach.

When the vet techs finally arrived (talk about having a crappy job), Arbon bolted out of my arms when he saw them, galloping away faster than I had seen him run in a long time.

Life these last two years without Arbon has been sad, but in some ways, it's been easier. No more frequent visits to the vet, no more twice daily needles under the skin, no more pee pee and doody stains on the bedspreads, rugs and furniture. No more kitty litter to schlep and clean up, no more dead and maimed plants, no more stuffing an incalitrant cat into a cat carrier and no more disposing of all my disposable income into the vet's bank account. And then, of course, there's the freedom factor -- I can come and go as I please without elaborate game plans every time I need or want to step out the door.

So why, I ask myself, did I adopt a kitten a few weeks ago? Are pets like bad boyfriends? Once you've had one, you keep going back for more? I

never could understand why women continue to bear second, third and fourth children when it's apparent after one how much time, energy and work is involved. Why can't we just be content without spouses, children, friends, pets or plants?

To add insult to injury, not only does my new cat resemble Arbon to a tee, I named the cat Marie (after my great-grandmother, grandmother and aunt).

Marie #1 (Maria Rizzo), arrived at Ellis Island in 1915 with her husband, Ciro, and her daughter, Maria Junior (Marie #2). Although she wanted to leave the extreme poverty in her native Sicily, she retained many of her Sicilian ways. In her adopted Staten Island home she continued to sun-dry her own tomatoes, can fresh tomatoes for sauce, grind pork for fennel sausages and sauté broccoli rabe with greens from her own garden.

We all adored Nana, even though she couldn't speak a speck of English, nor could she read or write in Italian. As young children, my cousins, brothers and I naively thought it was really "neat" that Nana signed important papers with the letter "X".

According to older family members, Nana was the brains behind the Sunday dinners of my childhood, but my own personal Cooking Goddess was my grandmother, Marie #2. Every week, my grandmother hosted dinner for 20-plus people, a feat I've only come to appreciate now as a professional.

On Saturdays, she and Nana would sit next to each other at the kitchen table shelling peas, stuffing sausages with a little tin funnel, sprinkling sesame seeds over loaves of unbaked bread, speaking to each other in a strange, soft and sensuous tongue.

Aside from the usual ingredients found on an Italian table, the three ingredients that kept me coming back for more were butter, extra virgin olive oil and chocolate. In the early sixties, many people, including my mother, replaced traditional fats with "healthier" vegetable oils and margarine. Grandma's house was the only place where I could get a decent piece of warm, homemade semolina bread and real butter!

The vegetables were abundant back then, and they always tasted great, especially after they were drizzled with the liquid gold olive oil. The chocolate was tucked away in the curio in the dining room -- top drawer, left side -- Hershey with whole almonds. A tug on grandma's apron usually resulted in receiving a bar or two that the cousins, brothers and I could fight over.

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Marie #3 (Maria Gorgia), my aunt, was well educated and feisty. She smoked like a trooper and died way too young. In spite of being a totally modern woman, she was the keeper of family recipes (and secrets), the decipherer of cryptic ingredients and procedures and story teller about life with people who were born on the other side of the planet.

Marie #4 is a black, Arbon look-alike cat. In temperament, she is not like Arbon at all. She is more like Marie #3 (feisty) and Marie #1 (doesn't speak any English). Whenever I call her name or hear the crunch, crunch when she eats her cat food, I wince, and then I smile.

MARIE'S BROCCOLI RABE WITH SUNDRIED TOMATOES AND WHITE BEANS

Yield: 4-6 main course servings

Ingredients:

- 1 bunch broccoli rabe, thick stems removed
- ¼ teaspoon sea salt
- 2 tablespoons extra virgin olive oil
- 4 cloves garlic, peeled
- 1 ½ cups cooked Cannelini beans
- ½ teaspoon red pepper flakes
- 6 sundried tomatoes, rehydrated until softened, drained & minced
- 2-3 tablespoons grated parmigiano cheese (optional)
- Sea salt to taste

Procedure:

1. Cut broccoli rabe into bite size pieces.
2. In a medium stock pot, bring 3 quarts of water to a boil. Add salt and broccoli rabe and boil until greens are tender (about 5-7 minutes). Shock greens in cold water and drain in a colander.
3. In a medium sauté pan, heat oil. Add garlic cloves and cook on a low heat until garlic is just tender (do not burn). Remove garlic.
4. Add beans to pan with pepper flakes, sundried tomatoes and greens. Cook two minutes more. Add cheese if using, season to taste and serve.

THE BUSINESS OF BEING A PERSONAL CHEF

by Nathan Donahoe (CTP 113)



I first got into cooking because it was something I truly enjoyed, and I saw the power that natural food had on people's health and wellbeing. I thought that if my intentions were pure, the universe would send me the business I needed to prosper. Unfortunately, that did not happen, and I had to learn pretty fast that in order for me to survive doing what I love, I needed to treat myself as a business. Here are four tips for the aspiring personal chef that helped me get started.

1. Write down all of your expenses: rent, electric bills, gas, etc. You need to know exactly how much money you need to make in order to cover your cost of living. When I first got started, I would negotiate my salary according to intuition. Most of the time, I would not get the salary I needed. Once I actually figured out what I needed to make to survive in Venice Beach, CA, I found that I was able to negotiate my salary with far more confidence than before, and I began getting the paycheck I wanted.

Also, figure out how much money you will be paying in taxes each year. Are you an employee, independent contractor or an LLC? How much you are taxed and what you can claim are different depending on what your job situation is. For example, as an independent contractor, nearly everything can be claimed in some way. Gas, chef uniforms, food for recipe testings can all be written off to some degree which means more money for you come tax time.

2. Get a business card. A chef without a business card is like a cop without a badge. No one will take you seriously. Does this scenario sound familiar? You are in Whole Foods getting ingredients for an incredible vegan Thanksgiving feast. Suddenly, a wealthy 40-something New York socialite starts a conversation. You both get excited at the possible business relationship, and she asks for your information. You frantically empty out your pockets, scrambling for small bits of paper, a napkin, anything. You plead with staff, customers and God for some sort of writing implement. You finally settle on a tube of lipstick and the back of a coffee cup. She never calls you.

A business card should have all of your pertinent information: phone, email address, Web site and what makes you special. Are you vegan only? Do you specialize in wedding cakes? It is important to convey some of that information or a feeling of what makes you special.

This is your first impression. A free, cheap-looking card from Vista Print won't cut it. Personally, I have found full-color, glossy business cards with my picture on them to be the most effective. They are definitely worth the money. Having a picture tells clients that you are serious, and when they are cleaning out their wallets and throwing out everyone else's business cards, your picture will stand out and they will remember you. Vistaprint.com has some good deals for nice-looking cards. You can also do a trade with a graphic designer. Prepare a lovely, romantic meal for the designer and his/her spouse, and in turn, you get a great design that you can just drop off at Kinko's.

3. Create and maintain a massive database of all your recipes, menus, product, food and equipment costs. Having a database is your most valuable asset in your business and is what separates an \$18 an hour chef from a \$30 an hour one. Every vegetable, fruit, piece of equipment, spatula, recipe and menu I have ever bought or created, I have organized and costed out in a spreadsheet format. Now when the client asks the most common question of all, "How much is it going to cost me?" I don't have to say, "I'll get back to you in a couple of days."

4. Get a Web site. Having a Web site will be one of your most effective marketing tools. It can contain everything from your contact info, services and prices to testimonials and more. You can get a domain name for \$9 and a 5-page Web site that practically builds itself for about \$5 a month at godaddy.com. To see how quick and easy it is to get on the Web, go to www.chefofthepeople.com to view my simple 1-page Web site.

What's even better is that I can generate passive income from my Web site with affiliate marketing, so my site will pay for itself. For example, I can have a Web page devoted to books that I recommend to my clients. When they click on the link, it will take them to amazon.com where they can buy the book, and I will get a commission on it. Other examples are google adsense, adsearch, ebay and clickbank.

It's amazing what you can accomplish when you start to focus on the business of being a personal chef.

COOKING IN THE FAST LANE

by James Barry (CTP 123)

This past summer, I toured around the country and in Canada as the vegan/vegetarian chef on the 2006 Vans Warped Tour. The first week back, my body wouldn't stop buzzing. For two months, eleven other people and I traveled by luxury bus to 50 different cities in North America. We experienced extreme heat and extreme working conditions. This was my crash-course in fast-paced restaurant cooking.



We'd begin every morning at 6:30 am in a new city. Sometimes, I wouldn't even know where we were. Most of the time, it didn't really matter, since we were there to do one thing and one thing only: feed between 600-1000 people lunch and dinner. We were the catering crew for the bands, production and stagehands. Similar to a traveling circus, a caravan of trucks and buses would glide into each city, set up, be ready by 11:30 am so the bands could start playing by noon and then be packed up and ready to go to the next city by 9 pm. I was working on a big-rig trailer that had been converted into a kitchen that included a walk-in refrigerator, two convection ovens, one fryer, one flat-top, two stoves with eight burners, two separate burners for large pots and a dishwashing area. On hot, humid days when all the ovens and sources of heat were on, the truck would get as hot as 185 degrees. No matter how much water we drank, we couldn't avoid getting dehydrated in such extreme conditions.

The cooking crew consisted of a talented head chef who oversaw the whole operation and made most of the sauces and dressings, five cooks to prepare the food, and me, the vegan/vegetarian chef. Believe it or not, but in this punk rock world, there

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were about 50-70 vegans and about 150 vegetarians. Some of the bands that I cooked for were Joan Jett and the Blackhearts, Silverstein, The Sounds, Helmet, 30 Seconds to Mars, Saves the Day and Anti-Flag to name a few. The owner of the catering company created the menus, and we would get Sysco food deliveries every two days.

I learned very quickly how to work in such a fast-paced, extreme environment without getting caught in the weeds. It's amazing how time-consuming something as simple as grilled vegetables can be when you're making enough for 200 people. Bean cakes were also quite the chore.

For the first month, I would work fourteen-hour days without any breaks. As I got used to the pace and became faster at my job, I was able to squeeze in a 10-minute break here and there. The intensity never let up, but my coping skills increased.

Overall, I'm extremely grateful for the experience. Since I returned, I've found that I have a renewed appreciation for the little things in life like having time to read a book or go for a walk. I've increased my speed and efficiency in my personal chef work. All in all, I feel like a better, more seasoned chef. I guess sometimes you have to go through the forest to get to the clearing.



ANNOUNCING OUR NEW, IMPROVED WEB SITE

Launched last October, our new site has a number of features we want you to be aware of. Employers can now submit job opportunities electronically, and alumni can view the descriptions under Job Postings located in the alumni section. If you'd like to apply for a job that's listed, just email Rosemary for contact information (placement@naturalgourmetschool.com).

You'll also find our newsletter in PDF.

And, we've made it very easy to stay connected to the school. Simply fill out the Alumni Update Form and submit it online whenever you change your address or your job.

We hope we'll see some of you soon at a Friday Night Dinner. You'll find menus posted in advance on our site. Call 212-645-5170, ext. 0 for a reservation.

STAY IN TOUCH

What's going on in your culinary career? We'd like to share your good news. So tell us what you're up to.

Online: Alumni Update Form

Email: placement@naturalgourmetschool.com

Phone: 212-645-5170, ext. 103

Next news deadline is May 1st.

WHO'S DOING WHAT

CTP 135 (2006)

Gail Berrigan is a line cook at Canyon Ranch in the Berkshires.

CTP 134 (2006)

Laura DiScipio is a personal chef in NYC.

CTP 133 (2006)

Sarah Hill is a cook at Dodo Café, as well as a personal chef in NYC. **Anna de Castro Lacerda** is the head chef at The Plant in Brooklyn. **Emily Marciniak** is a cook at Stanford Catering on the Stanford University campus in CA. She is also a volunteer in an after-school program for K-2nd graders. She makes food recommendations, writes a shopping guide for parents and suggests snack combinations. She taught a children's cooking class in November. **Janice McLean** is doing catering in NYC. **Molly Schrecengost** was a personal chef at South Paw Entertainment in MD until she relocated to the LA area in December. **Chris Janse Van Rensburg** is a cook at The Cleaver Co. in NYC.

CTP 131 (2006)

Diane Collins is a line cook at the Sheraton Hotel in Rockville, MD. **Kory DeClark** is in grad school in CA. **Ronit Netter** enrolled in the Institute for Integrative Nutrition. She's expecting a baby in January.

CTP 130 (2006)

Hans Bartges started a farm in upstate NY. Last August, he was part of the cooking team for the annual biodynamic farming conference. **Grace Buderus** is a cook at The Cleaver Co. and a p/t manager at The Green Table in NYC. **Erin Murphy** spent the summer working on an organic farm in CT. **Michael Schurr** is a private chef in NYC.

CTP 129E (2006)

Theresa Morelli is a cook at Dodo Café in NYC.

CTP 128 (2006)

Renae Ask is a cook at Café Brenda in MN. She also teaches at a local cooking school. **Amy Ball** relocated to CA. **Carell Cassey** is working on an organic, sustainable farm in Tasmania. **Tim Celenza** is a cook at Jandi's Natural Foods Market on Long Island. **Ginny Evans** is a personal chef in the Bay Area. **Brandi Kowalski** is a line cook at Pure Food and Wine in NYC. **Summer Kriegshauser** is a wholistic health counselor in NYC. **Linda Lantos** is a personal chef in NYC. She also teaches at the JCC and does cooking demos. **Audrey Rosevear** is studying pastry arts in France.

CTP 127S (2006)

Helena Aktar is a cooking instructor and demo chef in NY. **Nick Dimartino** is a Naturopathic Doctor in PA who plans to offer cooking classes in the preparation of whole foods to his patients. **Jill Engelhardt** is a personal chef on L.I. **Brian Jones** is a cook at a vegetarian restaurant in Brooklyn. **Asya Ollis** is the sales and marketing coordinator for Great Performances Catering and Event Planning in NYC. She also received a scholarship/internship from Women Chefs and Restaurateurs to spend a week working with Chef Nora Pouillon in Washington, DC at the certified organic Restaurant Nora. **Carly Smith** is a baker at Saint Cupcake in Portland, OR, where she's creating a vegan menu in addition to doing full production. **Lindsey Williams** is working on a new cookbook that will trace the influence of traditional African cuisine on today's Southern cooking.

CTP 126 (2006)

Susie Arnold and **Claire Levitch** are working at Beleza in Atlanta. **Theresa Bliffert** is a cook at Spoonriver in Minneapolis. **Karen Formanski** is asst. mgr. of the catering dept. at Northshore Cookery in IL. **Sara Gifford** was the head chef and **Jill Hitchcock** was the sous chef at a women's retreat called Wiawaka Holiday House in the Adirondacks last summer. **Doron Hanoach** received a culinary fellowship at Villa Montalvo in Saratoga, CA. **Cheryl Hines** is managing the food program at The New Deal Day Care Center in Queens. She's also a cooking instructor. **Annie Kunjappy** is a personal chef and a retreat chef in NYC. **Perry Pearson** is a pastry chef at The Plant in Brooklyn.

CTP 125 (2006)

Stephanie Beine spent the summer as a vegetarian

cook for Oakland Feather River Camp in CA.

Lauren Culleton is the pastry chef at The Ravens in CA. **Jana Keith-Jennings** has a pastry position at Pure Food & Wine in NYC. **Aja Marsh** is a personal chef/caterer in NYC. **Michelle McKenzie** is the executive chef at Beleza in Atlanta. **Derek Treuer** is a cook/closing mgr. at The Refectory, a café at the Duke University Divinity School in NC.

CTP 124S (2006)

Susan Albarran is an admin. asst. at C-Cap in NYC. **Madea Allen** is a prep cook at The Cleaver Co. in NYC. **David Carpenter** is a freelance cooking instructor and demo chef in PA. **Erin Hoppin** works at Cowgirl Creamery in San Francisco. **Sarah Peltier** is a p/t pastry cook at Candle 79 in NYC. **Tiiu Ruben** has a garde manger position at Toro in Boston.

CTP 123 (2005)

Seth Aubuchon spent the fall traveling through Europe. **James Barry** is a personal chef in CA. **Kate Billett** has a business called Soul Fire Foods in the Virgin Islands. **Ann Cary** was promoted to sous chef at Siam Society in Portland, OR. **Emily Elliot** is a line cook at Tabla in NYC. **Katie Foerter** moved to Atlanta. **Jennifer Goldberg** is a line cook at Native Foods in CA. **Stefan Goldberg** is getting a degree in holistic nutrition in AZ. **Sabrina Gregath** is the deli mgr. at Dean's Natural Market in Red Bank, NJ. **Neal Harden** is the chef at Pure Food and Wine in NYC. **Matthew Sherrill** is the chef at Mind Your Body, a fasting and meditation clinic in HI. **Maleta Van Loan** is a line cook at Pure Food and Wine in NYC. She also works in the wholesale dept.

CTP 122E (2006)

Steven Bowe plans to start a vegan baking business. This past September, he had an article on fruit "caviar" published in Elements Magazine. **Brianna Nichols** is the chef at Perelandra in Brooklyn. She's also a personal chef. **Matt Slagle** is a dietary supervisor for Aramark at a long-term care facility.

CTP 121 (2005)

Yasmin Alli is a private chef in NYC. **Dree Andrea** is a food coach and a mystery chef in NYC (dreeinthebigcity.com). **Lydia Choudhry** is a cooking instructor and a demo chef in PA. Her business is called The Daily Vegan. **Allison Fasano** is a personal chef in Yonkers.

CTP 120 (2005)

Annie Alvarez is a line cook at Stone Soup Bistro

in WV. **Charlie Branciforte** is a baker at Mr. Ritts Gluten-Free Bakery in Philadelphia. **Erika Geldzahler** completed her tour as the chef on the Letti G. Howard last October.

CTP 119 (2005)

Julie Cole is asst. mgr. at Dinner Done in Tampa, FL. **Matt Downes** is a pastry cook at Pure Food and Wine in NYC. **Adrienne Felder** has a business called The Whole Bite, Inc. in Chicago. She teaches classes, cooks for clients, does consulting and catering. She also writes recipes for The Active Survivor Network newsletter. **Carolyn Gilles** has a meal delivery service called Blue Note Foods in NYC. **Shane Kelly** is a cooking instructor in TN. **Gloria Reyes** is asst. mgr. at Hungry Hollow Co-op in NY.

CTP 118S (2006)

Abby Fammartino works at Monsoon in Seattle. She also has a personal chef business called The Natural Chef's Custom Cuisine. **Schuyler Frazier** is a pastry cook at Gramercy Tavern in NYC. **Thomas Lipski** has a personal chef business called Healthy Spoon in NJ. **Joanna Perl** is an asst. manager at Le Pain Quotidien at 72nd & Columbus in NYC.

CTP 117 (2005)

Naomi Close had a baby.

CTP 116E (2005)

Trish Buldo is a confectionery food technologist for Takasago, Inc. in Rockleigh, NJ. **Tino Carero** is a chef at the Belgian East West Centre. **Ashley Pilato** is a cooking instructor at Young Chefs Academy on Long Island.

CTP 115 (2005)

Kieren King is studying baking and pastry at L'École Supérieure de Cuisine in Paris. **Tanya Melloul** enrolled in the pastry arts program at ICE in NYC. **Kirti Rahi** has a restaurant called Piquant Bread Bar & Grill in New Brunswick, NJ.

CTP 114S (2005)

Rosemary Antonelle relocated to Annapolis, MD. **Jennifer Asfar** is a personal chef in NJ. She recently won a WCR scholarship. She spent 4 days at Restaurant Nora, 2 days on an organic farm in PA and 1 day at Dupont Market in DC. **Tracy Jorg** is a private chef and caterer on Long Island. **Wendy Ramunno** is an editor and writer in NYC. **Wendy Schnitzer** has a company called Yogalicious in CT. **Jason Sellers** is the chef at Laughing Seed Café in NC.

CTP 113 (2005)

Lindsay Chapman is a personal chef in NYC. She also works p/t at Naturally Delicious and Pure Food & Wine. **Nathan Donahoe** is executive chef and guest activities director at Pangaia in HI. **Lakshmi Harilela** has a catering business called Love True Food in Hong Kong. **Heather Rouse** is the pastry chef at Pangea in Ithaca, NY. **Erica Strait** is a line cook at Spoonriver in Minneapolis.

CTP 112 (2004)

Maiko Amemiya helped open a café in Tokyo. **Jennifer Brawn** is a steward at the Natural Gourmet and a personal chef in NYC. **Josh Gonzales** is the head prep cook at Snice in NYC. **Brian Harris** is a food stylist in CA. **Jennifer Trinkle** has a personal chef business called Blue Ramekin in Washington, DC.

CTP 111E (2005)

Joyce Gurian is a p/t instructor in the culinary workshop program at Shop Rite in NJ. She's also a cook at Organica and an instructor at the Viking cooking school. **Brenda Peterson** has a business called Green Planet Market in CT. **Cindy Siegenfeld** has a business called Turning Point Culinary, LLC on Long Island. Last summer she created a course for high school students on food preparation, sustainable agriculture and all aspects of nutrition. **Kevin Takasato** has a personal chef business called Food Alchemist in NYC.

CTP 110 (2004)

Kristen Kancler is a baker and recipe developer at Whole Foods in CA. **Becky Mendez** has a business called Frescura in PR. She does catering, baking and private cooking. **Joslyn Oppenheimer Sagasta** has a business called Nosh in the Netherlands. Her services include private cooking, catering, classes and consulting. She also sells handmade organic snacks. **Korrin Quinn** is a cook at Taste of Paradise in Maui. She is also a personal chef.

CTP 109E (2005)

Gilda Mulero is a personal chef in NYC. **Diane Raymond** has a personal chef business called Healthy Plate in NYC.

CTP 108 (2004)

Lauren Pilgrim is a personal chef/caterer in NYC.

CTP 107 (2004)

Nick Beitcher was promoted to the canapé station at Per Se in NYC. **Emily Cavelier** is the pastry chef at Pure Food and Wine in NYC. **Bo Quijano** owns a restaurant called Baby Bo's Burritos in

NYC. **Nicole Parker** has a catering business called Kitchen Alchemy in Salt Lake City. **Tal Ronnen** is a vegan food specialist at Peta in VA. **Shannon Sullivan** relocated to Chicago and started an online health store: www.eatforchange.com. **Pharon Wilson** is chef/owner of Melonhead Café in New Orleans. He is also a partner in a new business called The World's Healthiest Pizza.

CTP 106E (2004)

Katherine Meyer Falkowski has a farm on Long Island called Open-Minded Organics where she grows mushrooms. **Natalie Pitchford** is a food scientist at The Great A & P Tea Company in NJ. **Angela Vicari** is a cook at Canyon Ranch in Tucson.

CTP 105E (2004)

Fredrik Berselius is the sous chef at Falai in NYC. **Tara Delanghe** is the pastry chef at Jefferson Grill in NYC. **Juliet Masters** is a prep cook at Manna Catering in NYC, as well as a freelance chef/event planner.

CTP 104 (2004)

Anne Baptiste is the pastry chef at Millennium in San Francisco. **Rossana DeAngelis** is a wellness consultant in Canada. **Liz Kahler** has a personal chef/nutritional counseling business in CA. **Anthony Pallante** owns Anthony's Everyday Italian Deli & Market in FL. **Allison Saunders** is a teaching asst. for the professional pastry program at Tante Marie's Cooking School in San Francisco. She also tests recipes for cookbook author, Lisa Weiss. **David Stowe** is a personal chef in MI. **Dana Wallace** has an organic bakery in MT called Ice House Baking Co. **Matt Weber** is the executive chef at Camp Carroll Joy Holling and the Swanson Retreat Center in Nebraska.

CTP 103 (2003)

Joni Cushman is a private chef in Portland, OR. **Lynne Forte** has a business called Earthwise Personal Chef Service, LLC in CT. **Carole Ortenzo** started a business called Organic Personal Chef Service in Pittsburgh. **Jelena Savic** is a personal chef in Chicago.

CTP 102E (2004)

Maria Diaz relocated to NJ. **Sara Ross** works at Robbins Wolfe Catering in NYC.

CTP 101 (2003)

Hilary Brown has a restaurant in Lawrence, KS called Local Burger. **Eavan Daily** is a production chef at Whole Foods in Princeton. She's also a freelance personal chef and caterer. **Katherine**

Matutina is the catering manager and events/marketing coordinator for Medicine Restaurant in San Francisco. She also has a personal chef/catering business called Lick the Plate. **Veronica Rodriguez** is chef/owner of a café called Asiquesi in Cabo Rojo, Puerto Rico.

CTP 100 (2003)

Rachel Brumitt has a personal chef business in Washington, DC. **Jennifer Dudek** is the head baker/bakery manager at The Palate Pleasers, an upscale gourmet shop and catering service in Annapolis, MD.

CTP 98 (2003)

Sheri Lazar has a personal chef business called Blissful Palate in MI. **Lisa Reeder** is the sous chef at a grocery store and café called Feast! in Charlottesville, VA. **Michael Welch** is a personal chef, health food coach and cooking instructor in NYC.

CTP 97 (2003)

Melissa D'Elia is the chef/owner of Down to Earth in NJ. **Jennifer Lutrell** has a catering business called Tastebuds in IN. **Janet Rosenholz** is a personal chef in NJ.

CTP 96E (2003)

Elizabeth Johnson is the program coordinator for Community Food Education at Just Food in NYC. She's also a partner in Conscious Cravers, a company she created with Ludie Minaya (CTP 87E) to teach kids about food and health. **Danielle Orthwein** is a partner in a catering business in PA.

CTP 95 (2002)

Susan Anzalone was the hostess for a show that aired on PBS called Endless Feast. The show's premise was to travel from local farm to local chef and put them in touch with one another to create a feast for the local people. In addition, she announced her engagement last summer. **Becky Bender** is working on a Master's Degree in Holistic Nutrition. **Brandon Fortenberry** is the vegetarian chef at the Kosher Dining Hall at Cornell. **Jenna Hamilton-Prochilo** got married last April and works at Elemental Foods in NYC. **Rebecca Stevens** is the sous chef and pastry chef at Venus Restaurant in CA. **Junko Takagi** is a chef at a vegetarian café in Tokyo. She's also a cookbook author and cooking instructor.

CTP 94E (2003)

Katrina Bisanti is a caterer/event planner in RI. **Pete Solomita** has a cookie business in Brooklyn

called Little Buddy Biscuit Company.

CTP 93 (2002)

Celeste Oertel Kellerhouse is a personal chef in CA. **Andie Kouyoumjian** is chef/owner of The Newton House & Monty's Pub in SC. **Christina Santini** moved to Cambridge, MA. She had been working at the headquarters of the Food and Agriculture Organization in Rome.

CTP 92 (2002)

Anthony Archer is a personal chef and freelance baker in NYC. **Julie Ayotte** is the bakery team leader at Whole Foods Market in Woburn, MA. **Emily Gorsline** is living in Oaxaca. **John Fleischman** is the head banquet chef for the Pacific Grill at the Marriott Hotel in Tacoma, WA.

CTP 91E (2003)

Gillian Chi is co-manager of Buttercup Bake Shop in NYC. **Tanya Lopez** has a business called Ladybird Home Catering in Newburgh, NY.

CTP 90 (2002)

Anthony Di Rienzo is the fish chef de partie at NoMI in Chicago. **Batya Goldberg** is the chef at NuKitchen Food in LIC. **Cheryll Jarrett** is asst. to the general manager at Really Cool Foods in NYC. **Bob Stevenson** is the executive sous chef at The Center for Discovery in Harris, NY.

CTP 89 (2002)

Jonah Chasin is a personal chef in NYC, as well as one of the chefs at Pennington House.

CTP 88 (2002)

Gillian de Seve is a personal chef in NYC. **Andrea Gunderson** is the sous chef at Superfine in Brooklyn. **Catherine McConkie** is a cooking instructor at Bauman College in Berkeley, as well as a personal chef. **Anna Sobaski** has a business called Gluten Evolution in IA. **Omawali Stewart** is a personal chef in the DC area.

CTP 87E (2002)

Annmarie Butera is a personal chef and cooking instructor in Philadelphia. **Ludie Minaya** is a partner in Conscious Cravers, a company she and Elizabeth Johnson (CTP 96E) created to teach kids about food and health. **Daniel Nydick** has a business called Gourmet for the Day in NJ. **Leda Scheintaub** is a personal chef and cookbook editor in NYC. **Bryant Terry** is a chef, author, food justice activist and founder of b-Healthy.

CTP 86 (2001)

Christina Hristakos has a business called Cosmic

Gourmet in NC. **Chandra Neparlo Ozkan** teaches cooking classes in VA.

CTP 85 (2001)

Holly Mendenhall has a personal chef service in Brooklyn called Unfussy Food. **Alec Schuler** is the executive chef at Treppeda's Italian Ristorante in Niwot, CO. **Laura Stoms** is expecting her second child in December.

CTP 84E (2002)

Glenna Clark is the financial manager of the retail shop at Kripalu in MA. **Pat Curley** offers private cooking classes in NJ. **Ladan Raissi** is chef de cuisine at L'Escale in the Coronado Marriott Resort in CA.

CTP 83 (2001)

Porsche Combash is a partner in Three Stone Hearth in CA. **Taffy Elrod** relocated to FL. **Alex Jamieson** is a holistic health counselor and author. **Matteo Silverman** has a supper club called 4-Course Vegan in Brooklyn. He's also the chef at Organic Avenue in NYC.

CTP 82 (2001)

Bing Lam is opening an organic, health-supportive restaurant in Singapore. **Amy Rau** has a business called Cakes, Confections and Associates in NYC. **Anie Salerno** gave birth to a baby boy in October. His name is August Brasco Moreno Salerno.

CTP 81 (2001)

Ted Hobart has a personal chef business called Clematis Cuisine in the DC area. **Jason Olensky** is a personal chef in NY. **Louisa Shafia** has a business called Lucid Food in NYC.

CTP 80E (2001)

Anne Gallagher is a caterer and personal chef in CT. **Luke Gorey** is a cook at Carmelita's in Seattle.

CTP 79S (2002)

TipTip Cipriano is a baker at Lifethyme Natural Market in NYC. **Isabel Marin** is a personal chef in NJ. **Aliyah Rowe** is the assistant manager in the nutrition education department at City Harvest in NYC.

CTP 78 (2001)

Thom Kotch is the café mgr. at Barnes & Noble in Bethlehem, PA. He's also a chef/instructor in the Lehigh Carbon Community College Culinary Arts Program. **Dre Maher** writes a bi-monthly family gardening column for New Mexico Kids magazine. She also teaches children's classes at a CSA. **Maria**

Washburn is co-manager of Buttercup Bake Shop in NYC.

CTP 77 (2000)

Leslie Bauer is a whole food chef and nutritional educator in AZ. She also markets a raw food bar she developed called Cocobarra. **Mickey Walker** has a bakery called LUST in CA.

CTP 76E (2001)

Lagusta Yearwood is chef/owner of Lagusta's Luscious Vegetarian Meal Delivery Service in New Paltz, NY.

CTP 74 (2000)

Marisa Caltagirone is a nutritionist at Canyon Ranch in the Berkshires. **Sara Robillard** is a private chef in NYC. **Camilla Sherret** has a restaurant in Banff called The Bison Mountain Bistro & General Store. **Deborah Soffel** is a personal chef in NYC.

CTP 73 (2000)

Susana Castroman has a restaurant called De La Cocina de Susana in Puerto Rico.

CTP 72E (2000)

Tom Falconi is a personal chef in NY. **Judith Friedman** has a business called Conscious Cuisine in NYC. She offers private cooking, catering and cooking classes. She's also the program director at the Natural Gourmet Institute for Food and Health, as well as an Institute and CTP instructor. **Athina Holmes** has a personal chef/catering business called One Hot Stew in FL.

CTP 71 (2000)

Sofia Wilt is a personal chef, caterer and instructor in HI. Last year she catered a meal for the top 10 chefs of 2005 who were featured in Food and Wine magazine.

CTP 70S (2001)

Carol Gawryszeski is a cook/instructor for cancer prevention and survival in The Cancer Project's Food for Life cooking class series, sponsored by PCRM. **Annette Wilson** is a personal chef in CT.

CTP 69 (1999)

Carrie Bader is working on a Master's Degree in Public Health at Portland State Univ. in OR. **Heidi DeCosmo** is a culinary consultant in AZ.

CTP 68E (2000)

Gaby Sherrow has a business called Gaby's Granola in NYC.

CTP 67 (1999)

Peter Brown is the chef at Les Mars Restaurant in CA. **Myra Church** is the sous chef at Sette Enoteca e Cucina in Brooklyn. **Katie Haje** has a business called Elemental Foods in NYC. **Suyai Steinhauer** appeared on Top Chef in October.

CTP 66 (1999)

Rebecca Katz is the founder of The Inner Cook, a business focused on teaching individuals and communities how to make healthy connections with food in CA. She's also a senior chef at Commonwealth Cancer Help Program and a cookbook author. **Mafalda Leite** is the food editor at a Portuguese cooking magazine called Blue. She's expecting her second child in March.

CTP 65S (2000)

Debbie Kleinen does menu planning for weight loss and health. **Mark Majer** owns Organic Harvest Café in NYC.

CTP 64E (1999)

Marisa Czajkowski is a personal chef in NJ. **Irene Dorosh** is a personal chef in NYC.

CTP 63 (1999)

Janelle Sterner is Chef/Director of Research and Development at Inland Empire Foods, Inc. in CA.

CTP 62 (1999)

Ellen Abraham owns Simple Treats in VT. She's also a cookbook author. **Cassie Tolman** is the chef at Taliesin West, the Frank Lloyd Wright Foundation in Scottsdale, AZ.

CTP 61 (1999)

Julie Kaye is an RD. **Deb Marlow** has a business called The Dharma Kitchen in WI where she teaches cooking classes. **Amanda Nahas** is chef/owner of From Scratch Personal Chef Service in NJ.

CTP 60E (1999)

Gail Doherty has a business called Good Om Cooking in Asheville, NC. **Tracy Hatch** is an instructor at the Natural Gourmet. **Sarah Lacamoire** is a freelance journalist in Scotland. **Laura Solimano** is a nutritional counselor and personal chef in CT. **Elise Spiro** is the pastry sous chef at Sundance Natural Foods in OR.

CTP 59 (1998)

Birgitte Antonsen is a personal chef, instructor and nutritional therapist in Seattle. Her business is called Nature's Way Food. **Alexandra Borgia** is a full-time instructor at the Natural Gourmet, as well

as a personal chef.

CTP 58E (1999)

Alice Benedetto has a dessert company called Raw Indulgence in Westchester. **Marcella Friel** is kitchen mgr. at Spirit Rock Meditation Center in Marin Cty, CA. She also teaches whole foods cooking at Bauman College in Berkeley and Penngrove.

CTP 57 (1998)

Antonia Chan is a demi chef at the Landmark Mandarin Oriental in Hong Kong. **Jacques Gautier** opened a restaurant called Palo Santo in Brooklyn where he is executive chef. **Sherry Krum** has a food consulting business in MD called The Wholesome Krum. **Arielle Potter Levy** is a Jewish Educator for university students in England.

CTP 56 (1998)

Maria Gutierrez is a sushi chef at the Ritz Carlton in PR.

CTP 54 (1998)

Nikole Paulos is the chef at Laurel Springs Retreat Center in Santa Barbara, as well as chef/owner of Goodie Goddess Treats, a mail order cake company.

CTP 53E (1998)

Donna Goldman has a home delivery business in NYC. **Stefanie Sacks** is a culinary nutritionist in NY.

CTP 52 (1998)

Martha Diaz is a cook at Jandi's Natural Food Market on Long Island. **Carlin Greenstein** is a personal chef in NYC. **Ron Malanga** is the operations mgr. at Land of Medicine Buddha in CA. **Georgina Quinones** is the office mgr. at Tempranillo, Inc. Wine Distributors in NY.

CTP 51 (1998)

Tatiana Cardoso has a vegetarian restaurant called Moinho de Pedra in Sau Paulo. **Kathleen D'Angelo** is a private chef.

CTP 50E (1998)

Adriana Estefan owns Sunrise Pizzeria in NJ. **Jackie Sharlup** has a restaurant in Bayshore called Tula Kitchen. **Heidi Klein Valenzuela** is enrolled in the pastry arts program at ICE in NYC.

CTP 48 (1997)

Colleen Holland is food editor for Veg News in San Francisco. **Soraia Melo** is a personal chef in CT.

CTP 47 (1997)

Dina Brigish has a vegan inn in Schuyler, VA called

The White Pig Bed and Breakfast. **Mitch Orland** is the executive chef and food service director at Earth Fare in Asheville, NC.

CTP 46E (1997)

Jennifer Branitz is the head chef and manager at Jandi's Natural Food Market on Long Island. **Michele Owings** is the chef at Green Earth in Oneonta, NY, as well as a personal chef. **Natanya Siegel** is a personal chef in Tucson.

CTP 45 (1997)

Wayne Tumbleson is exec. steward at the café in the Georgia Aquarium in Atlanta.

CTP 44E (1997)

Shawna Good is the manager of Bouley Bakery & Market in NYC. **Michal Schlierer** is executive chef/culinary advisor at Unilever/Bestfood Foodsolutions in Rotterdam.

CTP 43 (1997)

Lisa Gabriel Eklund is a contract chef at Hilton Head Health Institute in SC. **Daniel Landes** is chef/owner of Watercourse Foods in CO. **Laura Pole** is on the advisory board of the Center for Mind-Body Medicine and its Food as Medicine Training Program. She also has a personal cooking, catering and teaching business called Eating for a Lifetime in VA. In addition, she's the chef for Smith Farm Retreats.

CTP 42 (1996)

Jody Mutzenberger is a wellness specialist for The Extended Care Program at The Hazelden Foundation in MN. **Jessica Prentice** is a chef, food activist, author and founder of Wise Food Ways. She is also a cofounder of Three Stone Hearth, Locavores and the Eat Local Challenge. She lives in Richmond, CA.

CTP 40 (1996)

Tommy Habetz is the chef at Gotham Bldg. Tavern in Portland, OR.

CTP 39E (1997)

Hillary Stern is a food counselor/educator in New Milford, CT. **Elisa Winter** is the head chef at Mother Earth's Storehouse in Kingston, NY.

CTP 38 (1996)

Christine Maguire owns Rinconada Dairy in CA. **Paulette Prudhon** writes a food column called *Kitchen Kaleidoscope* and is a restaurant critic for her regional NYT newspaper in FL. She is also a writer on the production staff of the Natural

Gourmet Institute for Food & Health brochure.

CTP 37 (1996)

Dan Esses is the sous chef at Buddakan in NYC.

CTP 36 (1996)

Chris Erickson has a national Fat Flush meal delivery business based in Newport, RI. In March, he'll be the natural foods chef on The Taste of Health Cruise in the Caribbean for the second time. **Donald Montgomery** is a personal chef in NM.

CTP 34 (1996)

Ali Ghiorse has a business called Savory Thymes in CA. **Sheri DiPelesi** is the catering director/event planner at Second Helpings Café in Brooklyn. **Marguerita Mees** is a personal chef in CA.

CTP 33 (1995)

Barbara Frish is a personal chef in NJ. She also lectures at The Siegler Center for Integrative Medicine.

CTP 32 (1995)

Elliott Prag is a full-time instructor at the Natural Gourmet. **Lisa Zullig** is the nutritionist at God's Love We Deliver in NYC.

CTP 31E (1995)

Kathryn Bari does demos and lectures at Stonybrook College in Stonybrook, NY, private cooking and life coaching, and marketing for Organic Frog Int'l. She's also teaching natural foods cooking at a health food store. **Joelle Plagianos** is a personal chef and yoga instructor in Miami Beach.

CTP 28 (1995)

Amy Gordon has a wholistic nutrition counseling practice called South Mountain Wellness in NJ. She also teaches Nutrition at the Natural Gourmet. **Rachel** and **Josh Herman** are parents again. Their son, Isaac Maxwell, was born last July. **Sascha Weiss** is the executive chef at Lettus Café Organic in San Francisco.

CTP 26 (1994)

Lisa Boymann is the CTP administrator and an instructor at the Natural Gourmet.

CTP 24 (1994)

Judith Shapiro is the night manager at the Natural Gourmet.

CTP 21 (1993)

Caroline Fidanza is the chef at Diner in Brooklyn.

Dana Nichols has a juice company called Adina World Beat Beverages. **Carolyn Weeks** works p/t at Whole Foods and does some catering on the side in CA.

CTP 20 (1993)

Kevin Sexton is a p/t caterer in VA.

CTP 19 (1993)

Karin Turett is a personal chef in Utica, NY.

CTP 18 (1993)

Bob Arndt owns Harvest Natural Foods in WY.

CTP 17 (1993)

Marlene Liff-Anderson is executive chef/owner of Intaba's Wildfire Restaurant & Bar in Corvallis, OR.

Prior to 1992

James Amerson is the catering sales mgr. at Bella Luna Restaurant in New Orleans. **Louis Centeri** is a team leader at Whole Foods in NYC.

Richard Choy is a certified Quantum Touch instructor in NYC. **Fran Costigan** is chef/owner of For Goodness Cakes, a catering and consulting company specializing in customized, organic, vegan desserts. She is also a food writer, a cookbook author, an instructor at the Natural Gourmet Institute for Food and Health and a regular presenter at conferences throughout the country. **Myra Kornfeld** is a cookbook author and an instructor at the Natural Gourmet. **Jeanette Maier** owns Fancy Girl Catering in NYC. **Leslie Weiner Morrison** is a personal chef and cooking instructor in NJ. **Cheryl Perry** is an instructor at the Natural Gourmet. **Peggy Tobin Edwards** is a personal chef in CT. **Eric Tucker** is a cookbook author and executive chef at Millennium in San Francisco.

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