

NOTE TO PRINTER:

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FRONT COVER ON
SEPARATE FILE.**

Natural Gourmet Institute for Food and Health

48 West 21st Street, 2nd Floor
New York, New York 10010
(212) 645-5170
www.naturalgourmetinstitute.com

ABOUT OUR SCHOOL

Founded in 1977 by Annemarie Colbin, **The Natural Gourmet** is the leader in teaching health-supportive cooking as well as elucidating the relationship between food and health. We believe that what we eat significantly affects our physical, mental and spiritual well being. We all have different body types, ethnic backgrounds, medical histories, stress levels, caloric needs and physiological responses to food; therefore, no one philosophy is right for everyone. Our approach empowers people to tailor their eating style to support their individual health needs.

The Natural Gourmet Institute for Food and Health offers excellent learning opportunities to the general public. Whether you're a novice or experienced cook, new to natural foods or expanding your cooking repertoire, the Institute has a class designed especially for you.

Through a combination of cooking classes and lectures, we teach health-supportive food preparation as well as an ever-expanding array of approaches to nutrition. These include models from Western Nutrition, Chinese Medicine, Macrobiotics, Raw Foods, Fermentations, Medicinal Cooking, 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 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. Call for a complete brochure. (See ad on page 37).

Jenny Matthau
President



COVER PHOTOS

class photos: Ruth Glickman

food photos: © 2008 Doug Hill/PhotoAssist, Inc.

People enroll in our classes to learn how to:

- Eat more healthfully
- Eat to increase energy levels
- Select and prepare health-supportive foods
- Add new, exciting recipes to their cooking repertoire
- Be a healthy vegetarian
- Heal a medical condition through diet
- Lose weight—often a by-product of a healthier diet

Healthful food can be simple or gourmet, but should look and taste delicious. Our classes feature mostly vegetarian menus, some seafood, organic chicken and eggs, occasional grass-fed antibiotic- and hormone-free meat, and some dairy. We specialize in helping people select and prepare whole, fresh, natural, seasonal foods, including grains, beans, sea vegetables, soy foods, herbs and spices and high-quality condiments, oils and natural sweeteners.

We offer a variety of classes

- cooking classes, lectures, market tours
- single session classes (one session only)
- series (more than one session)
- intensives (concentrated learning)

We offer classes with varying levels of participation. All cooking classes provide ample food tastings.

Demonstration: students observe as instructor prepares recipes.

Partial Participation: students assist with some food preparation.

Hands-on: students cook under the guidance of instructor.

WORK-STUDY PROGRAM

We offer opportunities for selected participants to serve as kitchen assistants (stagiaire) at public classes to earn credit toward a full waiver of fees to enter the Chef's Training Program. Interviews required. Please call our Evening Office Manager at 212-645-5170 ext.0 between 5:00 p.m. - 9:30 p.m. for more information.

GIFT CERTIFICATES

Searching for a special gift? We offer gift certificates for a specific purchase — a Friday Night Dinner, cooking classes, or books and kitchen equipment from our store — or for a dollar amount of your choice. Order by mail or telephone.

CORPORATE TEAM EVENTS AND PRIVATE COOKING PARTIES AT THE NATURAL GOURMET

If you're looking for a unique and fun new way to plan a corporate event, celebrate a birthday, wedding or baby shower, call the Natural Gourmet to arrange a hands-on cooking party. Our team of professional chef/instructors, specializing in health-supportive gourmet cooking, will create a mouth-watering menu, guide you through its preparation, and then serve you the delicious results. All levels of cooking experience welcome! Call our Evening Office Manager at ext. 0 between 5:00 p.m. and 9:30 p.m. for details.

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CORE CLASSES: BASICS 1-4

For the many students that attend our public classes each year who are unfamiliar with the wide variety of whole foods, staples, and cooking techniques used, the Basic Core Program is the place to start. Basics 4 theory can be taken anytime; Basics 2 can be taken before or after Basics 1, but before Basics 3. **Students with 100% attendance in the Basic Core Program will receive a Certificate of Completion upon request.** For make-up classes, please see our make-up policy on page 59.

1 Basics 1: How to Begin

2 sessions: 1 lecture, 1 demonstration

Explore the vast variety of health-supportive foods including whole grains, beans, sea vegetables, condiments, oils and natural sweeteners; why we use them and how to gradually stock your pantry with these high-quality staples. *In the first session*, we'll discuss the ABC's of menu planning and how to create nutritious balanced meals that leave you free of cravings. *In the second session*, we'll apply the principles and demonstrate a variety of cooking techniques as the instructor prepares a complete and satisfying vegetarian meal with dessert for all to enjoy. In the weekend all-day class, the cooking demonstration and meal will precede the afternoon lecture.

- a) 2 Tuesdays, October 6 and 13; 6:30 - 9:30 p.m.
- b) 2 Mondays, December 7 and 14, 6:30 - 9:30 p.m.
- c) 1 Saturday, January 9, 10:00 a.m. - 5:00 p.m. (1-hour break)
- d) 2 Mondays, February 1 and 8, 6:30 - 9:30 p.m.
- e) 1 Sunday, March 21, 10:00 a.m. - 5:00 p.m. (1-hour break)

Fee: \$160

2 Basics 2: Knife Skills

1 session: hands on

Learning to use a sharp knife properly and safely is essential to good cooking. You'll prepare your meals in half the time as you effectively master knife techniques for mincing, dicing, slicing, shredding and more! You'll learn how to select and care for your knives as well as how to sharpen and hone your knives and your skills! *A light meal will be served from the ingredients you cut.*

- a) Sat., Oct. 3, 1:00 - 4:30 p.m.
- b) Wed., Oct. 14, 6:30 - 10 p.m.
- c) Wed., Nov. 4, 6:30 - 10 p.m.
- d) Thurs., Nov. 19, 6:30 - 10 p.m.
- e) Fri., Dec. 4, 6:00 - 9:30 p.m.
- f) Wed., Dec. 16, 6:30 - 10 p.m.
- g) Mon., Jan. 4, 6:30 - 10 p.m.
- h) Thurs., Jan. 14, 6:30 - 10 p.m.
- i) Tues., Feb. 2, 6:30 - 10 p.m.
- j) Thurs., Feb. 18, 6:30 - 10 p.m.
- k) Tues., March 9, 6:30 - 10 p.m.

Fee: \$100

3 Basics 3: Mostly Vegetarian Cooking Techniques

4 sessions: *partial participation*

Enroll in each of our series – Fall, Winter, Spring and Summer featuring all new recipes and cooking methods designed for each season.

Discover how easy it is to prepare foods that taste delicious and are good for you as we focus on the basic techniques of vegetarian cooking. You'll learn how to prepare non-dairy cream soups, whole grain and pasta dishes, high-protein beans, calcium-rich greens, salads, dressings, sugar- and dairy-free desserts, *and* how to incorporate them into a balanced satisfying meal. We'll also discuss how to select equipment and timesaving tips for a lifetime of delicious eating and cooking. Each session consists of a complete meal (one meal includes fish) with ample tastings.

FALL SERIES:

- a) INTENSIVE: 2 Saturdays, October 17 and 24,
10:00 a.m. - 6:00 p.m. (1-hour break)
- b) 4 Mondays, November 9, 16, 23 and 30, 6:30 - 10:00 p.m.

WINTER SERIES:

- c) INTENSIVE: 2 Saturdays, January 16 and 23,
10:00 a.m. - 6:00 p.m. (1-hour break)
- d) 4 Mondays, February 22, March 1, 8 and 15, 6:30 - 10:00 p.m.

Fee: \$375

4 Basics 4: Principles of Balance

4 sessions: *lecture*

This series of lectures will introduce you to an entirely *new way of thinking about food* and illustrate how to use diet as one of the tools to improve the quality of your life. You'll learn the principles underlying the school's cooking classes, including:

- Criteria for healthful food selection
- Basic principles of nutrition
- The art of creating balanced meals
- The principle of opposites
- Five-Phase Chinese Dietary Theory
- The acid/alkaline balance

You'll understand how to avoid binges and cravings, increase your energy, cope better with stress, and generally improve your health.

- a) 4 Thursdays, October 15, 22, 29 and November 5, 6:30 - 9:00 p.m.
- b) INTENSIVE: Saturday & Sunday, February 27 and 28,
10:00 a.m. - 4:30 p.m. (1-hour break)

Instructor: Annemarie Colbin, Ph.D.

Fee: \$240

Save \$75 when you register for the entire Core Program "Basics 1-4" and make payment in full at time of enrollment. The total cost with discount is \$800.



5 **NEW RECIPES** **Achieving Balance:
A 4-Part Ayurveda Workshop**

lecture and hands-on cooking class

Born in India millennia ago, Ayurveda is one of the oldest prevention-oriented systems of health care which offers a complete way of life and a finely-tuned system of natural medicine based on harmony and balance. Guided by Chef and Ayurveda Instructor, Richard LaMarita, you will start each session with a lecture and interactive discussion based on fundamental principles of Ayurveda including consciousness, mind/body health, the theory of food and digestion, balancing and planning a menu, cooking techniques, and identification of the various doshas (body types). In each session you will prepare a delicious, carefully-balanced meal to enjoy together.

Session 1: *Vegetable Sambar with Naan, Curried Okra with Tomatoes, Indian Rice Pudding, and Chai Tea.*

Session 2: *Sweet Potato & Apple Soup with Chipotle, Pumpkin Corn Cakes, Guacamole, and Maple Flan.*

Session 3: *Saag Panir, Spiced Coconut Pilaf with Cardamom and Clove, Fennel-Scented Urad Dhal, and Lightly Sweetened Hung Yogurt with Cashews and Raisins.*

Session 4: *Saffron Risotto with Roasted Tomatoes & Pine Nuts, Grilled Tempeh (or Chicken Breast) with Tahini-Yogurt Sauce, Braised Artichokes with Lemon and Roasted Garlic, and Poached Pears in Red Wine Reduction.*

(Some organic dairy, wine in one dessert, and optional organic chicken will be used.)

4 Saturdays, February 27, March 6, 13, & 20, 1:00 – 4:30 p.m.

Instructor: Richard LaMarita

Fee for entire series: \$440



6 **Homemade Perfect Pizzas Plus**

hands-on

Ah, pizza! – Italy’s pride, America’s favorite casual meal and, when you know a few tricks of the trade, incredibly easy and fun to make from scratch. Learn how to mix, shape, top and bake the perfect pizza, make a whole wheat crust, and experience the taste of some highly authentic regional Italian pies. Sample them all with a healthy salad and a glass of wine. *Popeye Pizza with Spinach, Mozzarella and Pecorino; Spicy Pizza Bianca with Rosemary, Garlic and Parmesan; Whole Wheat Pizza with Red Onion, Broccoli Rabe and Fresh Ricotta; The Incredible All-Vegan Pizza with Tofu Cheese; Pizza Margherita; Wild Mushroom Pizza with Caramelized Onions and Sage; and One Fabulous Salad.* (Some dairy will be used and wine will be served.)

a) Monday, October 19, 6:30 – 10:00 p.m. - or -

b) Thursday, January 7, 6:30 – 10:00 p.m.

Instructor: Peter Berley

Fee: \$110

7 Pizza with Pizzazz

hands-on

Here's pizza as you've never seen or tasted it, featuring high-quality, sustainable ingredients artfully combined, which will include preparing a whole wheat crust. It's eye-opening, eyebrow-raising, palette-exploding pizza. For lunch or dinner or whenever you need a healthful, light, delicious meal with minimum fuss and maximum pizzazz, consider one of Peter's wild and witty pies: *Franny's Famous White Clam & Garlic Pizza*; *Smoked Wild Salmon Pizza with Crème Fraîche and American Caviar*; *Whole Wheat Pizza with Sage Bechamel, Grilled Radicchio and Butternut Squash*; *Pizza with Caramelized Onions, Fresh Ricotta and Mint Pesto*; *Pizza with Artisanal Pancetta, Crushed Tomatoes and Red Onions*; *Apple, Aged Cheddar and Sage Pizza*; and *A Great Big Salad*. (Some dairy, fish, and optional sustainably-raised pancetta will be used and wine will be served.)

Tuesday, November 10, 6:30 – 10:00 p.m.

Instructor: Peter Berley

Fee: \$110

8 The Art & Craft of Artisanal Bread Baking

hands-on

From its humble beginnings, few aromas in life can tantalize us like bread fresh from the oven. If you yearn to learn the secrets of artisanal bread-making, join this **2-session** class to expand your existing skills or for your very first bread-making experience. Using a variety of organic flours, yeasts, and techniques, you will create five flavorful handcrafted crusty loaves. Learn to "read" the mysterious feel of the dough – is it ripe for baking or past its prime? – and how to grow and maintain your own wild sourdough starter. You will bake bread in class and take home starter and dough for future baking adventures. We will prepare **Two Wild Sourdoughs leavened with Airborne Yeast:** *Whole Wheat Boule* and *Chock-Full-of-Fruit-and-Nut-Bread*; and **Three Slow-Rise Breads leavened with Commercial Yeast:** *Sullivan Street-Style Miracle No-Knead Bread*; *French Whole Grain Baguettes*; and *Whole Grain Pita Bread*. ***In Session 1, we will mix, shape and rest the dough and enjoy a light snack with wine. In Session 2, we will shape, bake and enjoy the breads along with soup, cheese, fruit and wine.***

1 Friday, November 20, 6:00 – 10:00 p.m. and

1 Saturday, November 21, 12:00 – 5:00 p.m.

Instructor: Peter Berley

Fee: \$195

See "Wildly Creative Sandwiches," Class #15

See "Traditional Indian Breads," Class #49

See "Calling All Locavores," Class #64



9 Really Great Kid-Friendly Snacks (Ages 7-11)

hands-on (1 adult per 2 children)

Are your kids bored with the same old snacks? Stefania thinks maybe they can do better by taking the matter into their own hands! In this snack-packed class, your child (with your help) will fill, seal, and pan-fry dumplings; make and season a great guacamole; build outrageous quesadillas; make and bake muffins and granola; layer parfaits; and watch Stefania make fruit-flavored frozen yogurt as everyone learns about a whole new world of healthy treats and mini-meals that are a cinch to make and taste fantastic. Which ones will your kids love the most? *Pan-Fried Sweet Potato Dumplings with Asian Dipping Sauce; Black Bean and Veggie Quesadillas with Guacamole; Quinoa-Banana Muffins; Apple-Maple Granola Parfaits Layered with Yogurt and Fruit; and Homemade Fruit Flavored Frozen Yogurt.* (Some organic eggs and dairy will be used.)

Monday, January 18, 12:00 – 3:00 p.m.

Instructor: Stefania Patinella

Fee: \$80 per adult; \$60 per child



10 Kitchen Survival: A Do-It-Yourself for Teens & Young Adults (Ages 16+)

hands-on

On the home front or away at college, this is a class for older teens and young adults who aspire to be more self-sufficient in the kitchen. Whether cooking is your passion or a necessity – or both – this class will provide you with an introduction to **basic cooking techniques** (such as omelet-making, sautéing, boiling, simmering, baking, pan-searing, stir-frying, making salad dressing and nut milk) **and knife skills**. You'll learn how to prepare healthier and even more delicious versions of the foods you love. *Berry Smoothies with Yogurt or Freshly-Made Cashew Milk; Cheesy Vegetable Omelets; Homemade Guacamole with Tortilla Chips; Juicy Pan-Seared Turkey Burgers; Chicken or Tofu Teriyaki with Stir-Fried Vegetables; Spicy Sweet Potato Oven "Fries"; Mixed Green Salad with Simple Vinaigrette; Linguini with Quick Marinara Sauce (Optional Cheese); and Oatmeal-Raisin-Chocolate Chip Cookies.* (Some organic eggs, poultry, and optional dairy will be used.)

Sunday, March 28, 1:00 – 5:00 p.m.

Instructor: Elliott Prag

Fee: \$105



11 Essential Cooking and Cutting Techniques for the Vegan, Vegetarian and Flexitarian

hands-on

(Version 1)

This 4-part series focuses on **basic cooking techniques and knife skills** that bring out the most in vegan and vegetarian cuisines with options for the student who enjoys high-quality organic poultry and wild fish. Chef Elliott Prag will guide you to a better understanding of how mastering proper cooking techniques can dramatically enhance the taste, look and nutritive properties of your food while learning how to cut a variety of vegetables, fruits and herbs for ease and efficiency in the kitchen.

Session 1 - Pressure Cooking, Steaming, Braising, Blanching: *Pressure-Cooked Creamy Gingered Carrot Soup; Pressure-Cooked Chunky White Bean Soup with Garlic and Basil Pesto; Borscht with Dilled Cashew Sour Cream; Herb-Laden Steamed Grain Salads using Bulgur, Quinoa, and Whole Wheat Couscous with Blanched Vegetables and Almonds; and Braised Hearty Greens using Green Kale, Collards and Lacinato Kale in Pressure-Cooked Smoky Chile-Infused Vegetable Stock with Blanched Carrot and Daikon Matchsticks.*

Session 2 - Boiling, Simmering, Wilting, Poaching, Caramelizing, Reducing: *Simmered Bean Spreads: Lentil-Walnut, Edamame-Scallion, and Minted Fava Bean on Spiced Spelt Crackers; Simmered Marinara Sauce with Assorted Whole Grain Pasta; Wilted Spinach, Swiss Chard and Beet Greens with Caramelized Onions; and Poached Seasonal Fruit in Juice- or Wine-Reduction Sauce topped with Optional Raw Blue Cheese. (Some optional dairy and wine will be used in one recipe.)*

Session 3 - Roasting, Grilling, Par-Boiling, Sautéing, Melting: *Antipasti of Roasted Peppers (Roasted Three Different Ways), Whole Garlic, and Smoky Baba Ghanoush (Stovetop-Roasted Eggplant) with Assorted Whole Grain Breads; Grilled Portobello Mushrooms, Zucchini, Tempeh or Chicken Breasts; Sweet & Sour Sautéed Red Onion Relish; Par-Boiled and Sautéed Garlic-Herbed Potatoes; Grilled Pineapple; and Chocolate Truffles. (Some optional organic poultry will be used.)*

Session 4 – Stir-Frying, Broiling, Baking, Toasting, Whipping: *Assorted Vegetable Stir-Fry with Shoyu-Ginger Slurry Sauce, Toasted Sesame Seeds, Soba Noodles or Baked Long Grain Brown Rice; Broiled Tofu or Wild Salmon with Lemon-Caper Sauce; and Baked Orange and Lemon Pressed Nut Crust Tarts with Cashew Coconut Cream or Freshly-Whipped Organic Cream. (Some optional fish and optional organic dairy will be used.)*

4 Thursdays, October 8, 15, 22, & 29, 6:00 – 10:00 p.m.

Instructor: Elliott Prag

Fee for entire series: \$440

12 Cooking for Natural Beauty: Go Ahead and Glow

demonstration

We are what we eat, the old saying goes, and our skin confirms it. Skin, our largest most public organ, can glow with health or, if improperly nourished, raise unmistakable signals of distress. The surest way to prevent premature aging, banish blemishes and blotchiness, control eczema and psoriasis, reverse a dull pallor and let your natural beauty shine through is right in your own kitchen. Learn how to deeply nourish your skin with foods that help calm inflammation, strengthen hair and nails, and keep body systems running smoothly. Begin reclaiming your natural beauty tonight with *Sage- and Thyme-Infused Chicken Broth*; *Brown Basmati Rice Pilaf With Shiitake Mushrooms and Shallots*; *Baked Wild Salmon Teriyaki Style*; *Steamed Brussels Sprouts and Kale with Champagne Vinaigrette*; and *Autumn Fruit Kanten*. (Some wild fish and organic chicken will be used.)

Thursday, October 15, 6:30 – 10:00 p.m.

Instructor: Andrea Beaman

Fee: \$115

13 Unique Vegetarian Pancakes

hands-on

Pancakes are fun foods that offer limitless serving options. Using vegetables, grains, or legumes, they make exquisite main course dishes and unforgettable hors d'oeuvres whether they're spiced, sauced or plain. Under Jay's guidance, you will prepare five different types of pancakes using five distinct methods. He will explain the how's and why's and in the process you will master concepts that will open the door to many variations of pancakes you can invent at home. *Mini Lentil-Scallion Pancakes with Cumin Cream*; *Lacy Wild Rice Vegetable Pancakes with Spiced Yogurt*; *Tiny Root Vegetable Latkes*; *Molten Wild Mushroom Risotto Cakes*; and *Crispy Sweet Corn Polenta Cakes with Chile-Orange Butter*. (Some organic eggs and dairy will be used.)

Wednesday, October 21, 6:30 – 10:00 p.m.

Instructor: Jay Weinstein

Fee: \$105

14 **NEW CLASS** An Autumnal Vegetarian Party

hands-on

Planning a party (think Halloween) or any gathering? Myra's visionary harvest menu is bursting with fun flavors, textures, and the glowing colors of autumn leaves. *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-Sautéed Yams*; *Arugula Salad with Roasted Grapes and Shaved Pecorino with Roasted Shallot Vinaigrette*; and *Spiced Espresso Chocolate Pudding with Pumpkin Whipped Cream*. (Organic dairy will be used, organic eggs in one dish, and wine will be served.)

Friday, October 23, 6:00 – 9:30 p.m.

Instructor: Myra Kornfeld

Fee: \$105

15 **NEW CLASS** Wildly Creative Sandwiches

partial participation

This quick and easy meal is fun to prepare, easy on the pocketbook, and nutritionally balanced. You'll make updated sandwich classics (and others created just for this class), **homemade crusty ciabatta bread, red pepper mayonnaise, crispy quick pickles and crunchy potato chips.** *BBQ Tofu with Grilled Red Onions & Tomatoes on Sourdough Rolls; Seared Wild Salmon with Watercress, Pickled Red Onions, and Homemade Red Pepper Mayonnaise on Handmade Ciabatta; Grilled Portobello, Arugula, Avocado & Goat Cheese Panini on 7-Grain Bread; Tunisian Tuna with Roasted Potatoes and Green Beans on Whole Wheat Baguettes; Boston Baked Beans, Swiss Cheese and Quick-Pickled Vegetables on Pumpnickel; Jamaican Sorrel Tea and Green Tea.* (Fish, organic eggs and organic dairy will be used in some recipes.)

Monday, October 26, 6:30 – 10:00 p.m.

Instructor: Richard LaMarita

Fee: \$110

16 Autumn Fruits: The Savory and The Sweet

hands-on

The brilliant fruits of autumn, coming to us in that brief breath between summer's heat and winter's cold, combine beautifully with savory foods as well as sweet. You will assemble eight magnificent pairings that are likely to surprise and sure to delight. *Roasted Chicken or Braised Tempeh with Cranberry Glaze and Fresh Cranberry Sauce; Sautéed Trout over Apple Rosemary Purée; Garlicky Braised Escarole with Almonds and Pomegranate Seeds; Sweet and Spicy Gingery Butternut Squash and Pear Sauté; Braised Whole Endive with Sliced Apples; Quince, Asian Pear and Red Onion Gratin; Arugula Salad with Persimmon Dressing; and Individual Molten Chocolate Cakes with Baked Seckel Pears and Pomegranate Glaze.* (Organic butter, optional organic chicken, eggs & fish will be used; wine will be served.)

Monday, November 2, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

17 Nourishing Thyroid Health

demonstration

Millions of Americans suffer from thyroid disease -- with symptoms that include weight gain (the "can't lose" kind), dry skin, hair loss, irregular heartbeat, menstrual fluctuations, and/or memory problems. Learn what environmental factors can cause thyroid disease, how proper diet can protect us, which "healthy" foods actually slow down or speed up thyroid function, and how Andrea successfully reversed her own "incurable" thyroid disease. *Savory Miso Soup with Shiitake Mushrooms; Quick-Cooking Quinoa with Cilantro Pesto; Pan-Seared Sesame-Seed and Nori-Encrusted White Fish with Marinade Reduction; Sautéed Hiziki with Sweet Root Vegetables; Rosemary Roasted Cruciferous Vegetables; and Cranberry Glazed Pears.* (Fish will be used in two recipes.)

Tuesday, November 3, 6:30 – 10:00 p.m.

Instructor: Andrea Beaman

Fee: \$110

18 **NEW CLASS** The Art of Plating & Presentation

partial participation

Before a single morsel ever reaches our mouths, we eat with our eyes first. Professional restaurant chefs consider the plate their canvas and, as you learn to use color, texture, proportion and shape in composing a menu, so will you. Katy's slide show will highlight trends in restaurant plating styles as she discusses the inspirational as well as the gimmicky. *Celery Root and Pear Soup with Hijiki and Black Sesame Gomasio; Sweet Potato Ravioli with Wild Mushroom Ragoût, Mustard Greens and Ricotta Salata; Seared Long Island Duck Breast (or Apple Cider-Glazed Tempeh) with Caramelized Shallots on Beluga Lentils with Jicama, Papaya and Shiso Leaf Salad; and Quenelles of Fromage Blanc with Spiced Prunes, Saba and Thyme.* (Some dairy and optional poultry will be used; wine will be served.)

Thursday, November 12, 6:30 – 10:00 p.m.

Instructor: Katy Sparks

Fee: \$115

19 **NEW CLASS** Fast and Fabulous Pan Sauces

demonstration

The right sauce can transform a dish from ordinary to unforgettable. And while some sauces are complicated and time-consuming, you'll meet none of that sort here! Peter shows you seven fast, flavorful ways to power up tofu, meat, fish, poultry and dessert with magic created right in the pan. These sauces can be used interchangeably. *Sautéed Tofu with Thai Coconut Sauce; Seared Scallops with Curry Emulsion; Sautéed Flounder with Lemon Brown Butter Sauce; Pan Seared Grass-Fed Steak with Red Wine Shallot Reduction; Sautéed Duck Breast with Orange and Balsamic Reduction; Sautéed Chicken with Dijon Cream Sauce; Seared Lamb Chops with Lemon, White Wine and Green Olive Sauce; and Roasted Pineapple with Honey-Rum Sauce.* (Some organic dairy, grass-fed meat, pastured poultry, and seafood will be used.)

Thursday, November 19, 6:30 – 10:00 p.m.

Instructor: Peter Berley

Fee: \$115

20 Great Grains in the Morning

hands-on

Soaked, steamed, delectably baked or griddled, what could be better for breakfast than whole grains? These powerhouses – loaded with vitamins, minerals, fiber, and antioxidants – offer ready energy, great taste, and protection against many diseases. Leslie has reinvented old favorites and added new ones that might surprise you – like *teff*, a tiny grain that can replace eggs in baking, and high-protein *amaranth*. You'll also meet super foods like *goji berries* and *maca* for added flavor and nutrition. *Power Porridge with Oats, Amaranth & Goji Berries; Vanilla-Scented Bulgur with Dried Cherries & Toasted Walnuts; Coconut, Pecan & Flax Seed Granola with Freshly-Made Almond Milk; Teff Banana Pancakes with Extra-Virgin Coconut Oil & Strawberry Sauce with Optional Yogurt; Blueberry-Maca Corn Bread; and Lemon-Poppy Seed Muffin Cake.* (Organic eggs will be used in one recipe.)

Tuesday, December 1, 6:30 – 10:00 p.m.

Instructor: Leslie Cerier

Fee: \$105

21 Vegetarian Hors D'oeuvres: The Life of the Party

hands-on

Prepare for the holidays – or any party any time – with recipes for delectable vegetarian nibbles that whet appetites and scream fun. In this class, wrap and roll phyllo dough, stuff wontons, and assemble eye-catching, mouthwatering bite-size gems with zesty dips and spreads. These are all great do-ahead dishes to make your entertaining relaxing and easy. *Cocktail Party Spanakopitas with Kalamata Olives; Roasted New Potato Cups with Yogurt-Parsley Aioli; Pan-Fried Wontons with Spicy Thai Cabbage-Mushroom-Peanut Filling; Yucca Cakes with Mango Mojo; Quesadilla Bites with Shredded Vegetables and Goat Cheese Pesto; and Mini Chile Corn Crepes with Refried Black Beans and Extra-Green Guacamole.* (Some organic eggs and dairy will be used and wine will be served.)

Thursday, December 17, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110



22 **NEW RECIPES** A Holistic Approach to Reversing Inflammation

demonstration

Inflammation - a common factor in arthritis, allergies, recurring infections, lowered immunity, heart disease, and a host of other modern illnesses - is a bodily defense process gone awry. In this timely and important class, Jill will share valuable information about how to downsize or reverse this often resistant condition through simple dietary changes, low-temperature cooking, and lifestyle intervention to help support healing and repair the body. You will learn which common foods possess anti-inflammatory properties and which familiar pro-inflammatory foods (even in a natural foods diet) can aggravate a condition. Jill's mind/body/spirit approach also includes therapeutic baths, calming teas, and carving out quiet time to support greater states of wellness. *Creamy Mushroom Soup with Scallions; Black Soybean Stew with Hearty Greens; Oil-Roasted Curried Quinoa; Medley of Gingered Root Vegetables; Marinated Crispy Carrot and Beet Salad; and Baked Cinnamon-Maple Apples with Nut Butter Filling and Toasted Almonds.* (Some organic butter will be used in one recipe.)

Monday, December 21, 6:30 - 10:00 p.m.

Instructor: Jill Gusman

Fee: \$110

23 Essential Cooking and Cutting Techniques for the Vegan, Vegetarian and Flexitarian

hands-on

(Version 2)

Whether you're new to the world of healthy cooking and knife work or looking to improve your skills, this 4-part series focuses on basic cooking techniques and knife skills that bring out the most in vegan and vegetarian cuisines with options for the student who enjoys high-quality organic poultry and wild fish. Week by week, Chef Leslie Stone will guide you to a better understanding of how mastering proper cooking technique can dramatically enhance the taste, look and nutritive properties of your food while learning how to cut a variety of fruits, vegetables and herbs for ease and efficiency in the kitchen.

Session 1: Steaming, Blanching/Shocking, Quick Dips, Simmering, Puréeing: *Blanched Assorted Crudités with Creamy Guacamole, Salsa Verde and Tahini Sauce; Bulgur Tabouli Salad, Quinoa Salad with Scallions, Pecans and Grapes, and Indonesian Rice Salad; Tomato Dill Soup, Butternut Squash Soup with Apple Julienne and Carrot Ginger Soup.* (Some optional organic dairy will be used.)

Session 2: Wilting, Toasting, Stewing, Braising, Flambéing, Whipping: *Wilted Beet Greens, Spinach, and Swiss Chard with Garlic and Lemon; Black Bean Chili with Orange, Cilantro and Lime, White Bean Stew with Escarole, and Moroccan Chickpea Tagine; Leeks à la Greque, Butter-Braised Carrots with Mint, Braised Radicchio and Fennel, Braised Broccoli Rabe with Wine and Garlic, and Apple Cider Turnips; and Flambéed Bananas à L'Orange with Whipped Cream or Whipped Nut Cream.* (Some optional organic dairy will be used.)

Session 3: Boiling; Roasting; Pan-Frying; Salads/Vinaigrettes; Baking; Reducing: *Classic Mashed Potatoes 3 Ways; Roasted Garlic, Crunchy Roasted Cauliflower, Roasted Brussels Sprouts with Pecorino and Walnuts, and Roasted Beets with Walnut Oil; Chicken Milanese, Pan-Fried Herbed Goat Cheese Rounds, and Pan-Fried Tofu with Wild Mushrooms; Mixed Greens with Red Wine Vinaigrette, Lemon-Walnut Vinaigrette, Balsamic Vinaigrette; and Baked Apples with Crème Fraîche, Apple Cider and Calvados Reduction.* (Optional organic chicken, eggs, dairy and alcohol will be used.)

Session 4: Marinating; Broiling; Grilling; Stir-Frying: *Broiled Wild Salmon, Tofu or Tempeh Marinated in Citrus and Tamari; Grilled Portobello Mushrooms, Grilled Zucchini, and Grilled Red Peppers; Asian Vegetable Stir Fry with Soba, Rice Noodles, and Egg Noodles; and Orange, Blood Orange and Grapefruit Salad with Mint and Star Anise Syrup.* (Optional fish and eggs will be used.)

4 Tuesdays, January 5, 12, 19 & 26, 6:00 – 10:00 p.m.

Instructor: Leslie Stone

Fee: \$440 for entire series

24 Warming Winter Vegetable Creations

demonstration

When cold winds blow, let these stunning vegetable dishes warm you from the inside out. Fit for a holiday dinner or to make everyday meals a celebration, here are seasonal dishes designed to suit any occasion and please every taste. From hearty soup to divine dessert, this winter bounty will carry you through. *Squash, Pear and Fennel Soup with Fennel Oil and optional Blue Cheese; Arugula Salad with Oven-Roasted Grapes and Roasted Shallot Vinaigrette; Celery Root Slaw with Thyme and Pecans; Frisée and Celery Salad with Toasted Fennel Seed Dressing; Watercress and Endive Salad with Poached Pears, Candied Pecans and optional Crumbled Roquefort; Braised Broccoli Rabe with Sautéed Cipolline Onions; Roasted Lacinato Kale Chips; Shallot-and Orange-Laced Roasted Green Beans; Twice-Baked Acorn Squash with Brandy and Maple Sugar; and Individual Pumpkin Soufflés with Candied Ginger.* (Organic eggs, dairy & alcohol will be used.)

Monday, January 11, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$105

25 **NEW CLASS** The Art and Technique of Homemade Tofu

hands-on

Make your own tofu from scratch! Starting with organic soybeans, you'll prepare homemade tofu of a quality, texture, and nutty taste that is in every way superior to store-bought. Far from "tasteless," really fresh tofu is very delicate and delicious. Peter will guide you through making the tofu; then you'll learn how to cook creatively with it and discover all of its wonderful possibilities. *Fresh Tofu in Dashi with Tempura Vegetables; Tostadas with Spicy Hashed Bean Curd and Pepitas; Spinach Mushroom Quiche; Tofu Steaks with Black Beans and Mango Salsa; Crispy Pressed Tofu with Garlic and Mint; Baked Tofu in Lemon, White Wine, and Butter Sauce; and Lemon Tofu Cheesecake "Angelica Kitchen Style."* (Organic butter and wine will be used.)

Thursday, January 14, 6:00 – 10:00 p.m.

Instructor: Peter Berley

Fee: \$105

26 **NEW CLASS** Flour Power: Fresh Pasta, Spaetzle & Gnocchi

hands-on

Making fresh pasta, spaetzle, and gnocchi is great fun and extremely satisfying. These handmade products have a texture and taste that just can't be found in a box. Learn it all: mixing, rolling, shaping, shaving, and how to use your finished creations in the following fabulous recipes: *Saffron Lasagna with Spinach, Leeks and Shiitake Mushrooms; Buckwheat Gnocchi with Roasted Butternut Squash and Sage Brown Butter; Baked Cannelloni with Ricotta, Parmesan and Vegetable Ragoût; Spaetzle in Roasted Chicken Broth with Caramelized Shallots; Whole Wheat Papardelle with Sweet and Spicy Lamb Ragù; and Tagliatelle with Crème Fraîche and Fresh Herbs.* (Organic eggs, dairy, pastured chicken & grass-fed lamb will be used; wine will be served.)

Monday, January 18, 11:00 a.m. – 4:00 p.m.

Instructor: Peter Berley

Fee: \$115

27 Vegetarian Risotto Using 6 Different Grains

demonstration

Whether traditionally long-stirred or quick-and-easy pressure cooked, risotto is energizing to the body and satisfying to the soul. And although rice has long been the star of this versatile dish, Peter will whip up six hearty versions, each featuring a different grain paired with just the right balance of ingredients. As right for a dinner party as for a family meal, risotto is a true culinary treasure. *Quinoa Risotto with Butternut Squash, Sage and Brown Butter; Farro Risotto with Cabbage, Caramelized Onions and Gruyère; Barley Risotto with Roasted Cauliflower, Toasted Almonds and Parmesan; Wintry Root Vegetable, Roasted Garlic and Red Bean Risotto made with traditional Arborio Rice; Fregola Risotto with Chard and Feta Cheese; and Grano, Black Bean and Spinach Risotto.* (Some organic dairy and wine will be used.)

Wednesday, January 20, 6:30 – 10:00 p.m.

Instructor: Peter Berley

Fee: \$105

28 **NEW CLASS** Controlling Candida

demonstration

Millions of us are unwilling hosts to *Candida* (yeast overgrowth), and the simple solution awaits us in our own kitchens. When this normally friendly microorganism surges out of control, symptoms can include skin rashes, food allergies, digestive problems, frequent colds and flu, migraines, and even chronic fatigue syndrome. As long as systemic *Candida* is present, the immune system will always be overwhelmed and subject to breakdown. In this informative and upbeat class you'll discover how to recover from this condition (even if you've already suffered through failed "yeast free" diets) and, even better, how to prevent it from recurring. Join the inimitable Andrea Beaman and learn which foods encourage an overgrowth, why antibiotics provide only temporary relief, and how to prepare delicious dishes to restore harmony within. *Creamy Celery Root Chicken Soup; Spicy Stewed Chicken; Millet and Cauliflower Mash; Sautéed Carrots with Butter and Herbs; and Soothing Sweet Vegetable Drink.* (Some organic chicken and dairy will be used.)

Monday, January 25, 6:30 – 10:00 p.m.

Instructor: Andrea Beaman

Fee: \$110

See

"A Master Class
with Peter Berley:
An 8-Part Cooking
Technique Intensive"

Class #31
Starting on January 29th

29 A Cooking Class for People with Cancer

lecture and demonstration

If you or someone you know is living with cancer and need some creative solutions to keep nutritional levels up while dealing with fatigue, pain, weight loss, nausea, or gastrointestinal upset, then join Laura Pole, health-supportive chef, oncology nurse, talented musician and amazing person, in this **wonderfully upbeat, information-packed class** and learn how to prepare *health-promoting, nutrient-dense delicious food-as-medicine* to relieve or prevent symptoms. The recipes and focus of this class include high-quality whole foods that enhance healthy immune response, possess anti-cancer and antioxidant properties, replenish healthy microorganisms in the gastrointestinal tract, help reduce inflammation and joint pain, aid digestion, and replace minerals. Class time will be devoted to translating a dietary prescription into “real” *healing food, menu planning, taking a virtual shopping tour and helpful tips about stocking your pantry*. There will be food tastings throughout the day and a meal served mid-afternoon. *Whey Good Fruit Smoothie; Wholly Guacamole with Corn Chips; Kuzu-Apple Juice Tonic; Baked Marinated Organic Chicken with Tangy Orange Sauce; Quinoa-Shiitake-Edamame Pilaf; Sautéed Angel-Hair Collards in Garlic and Olive Oil; Curried Spice-Baked Sweet Potatoes; Apple-Pear-Blueberry Crisp with Yogurt Cream; and Ginger Green Tea*. (Organic chicken and dairy will be used and both are optional.)

Saturday, January 30, 11:00 a.m. – 5:00 p.m.

Instructor: Laura Pole

Fee: \$165

30 **NEW CLASS** The Fats of Life – Clarified

demonstration

Refined, unrefined, the good fat, the bad fat, and what’s the difference between cold pressed and expeller pressed? And what really happens when oil is heated past its smoke point? Award-winning chef Katy Sparks cuts through this confusion like a knife through butter. You’ll learn about the health benefits of certain oils and fats and which ones are best avoided; which are appropriate for high-, medium-, and low-heat cooking; which technique works best with which lipid; and how to purchase and store them. Above all, this class is most definitely about how oils and fats enhance flavor.

Gently-Poached Wild Arctic Char in Tangerine Agrumato Oil with Braised Hijiki; Ghee-Sautéed Wild Mushroom Crostini; Salad of Roasted Squash, Pear and Bitter Greens with Pistachio Oil Aioli; Sautéed Organic Chicken Breasts in Virgin Coconut Oil with Red Curry Coconut Milk Sauce; Quinoa Pilaf in Avocado Oil with Macadamia Nuts and Thai Basil; Lightly Sautéed Seasonal Greens in Extra-Virgin Olive Oil; and Apple Crisp with Pumpkin Seed-Ginger Crust and Crème Fraîche. (Some fish, organic eggs, dairy, and optional organic poultry will be used.)

Thursday, February 25, 6:30 – 10:00 p.m.

Instructor: Katy Sparks

Fee: \$115

31 A Master Class with Peter Berley: An 8-Part Cooking Technique Intensive

hands-on with demonstrations

Because the greatest recipe in the world is only as good as the skills of the cook who prepares it...

Work hand in hand with chef and cookbook author, Peter Berley, in this 8-part intensive where the primary focus is on *cooking technique*. While you will receive dozens and dozens of actual recipes, this is a *techniques-driven* series. For example, while you're learning how to perfectly roast an organic chicken, you will be developing the skills necessary to apply that roasting technique to a wider variety of ingredients. This teaching method will enable you to cook anything at any time, with or without a recipe.

Wherever you are on your culinary journey – as a beginner or more advanced student – this series will teach you correct technique from the start, improve upon and strengthen your existing skills, and spur you on to greater satisfaction and accomplishment. You'll learn through hands-on cooking, ample demonstrations, lively discussions, and receive detailed handouts and recipes.

In eight 6-hour sessions, you will learn how to season food, make sauces, the ins and outs of why and how things happen and what to do to avert disaster. And, as you make each technique your own, you'll build a foundation for your cooking that will last a lifetime.

Day 1: Intro. to the Kitchen: Pantry Staples; Essential Equipment, Cooking Terminology, Oils, Vinegars & Salt; Fresh & Dried Herbs and Spices; Stock Making

Discover the most economical ways to outfit your kitchen, stock your pantry, shop for food, how to keep it fresh and what freezes well. Begin to train and develop your senses and learn the art of seasoning to add depth of flavor to your food. Techniques include: **Stock-Making**.

Day 2: Soups & Stews

Today foods give up their individuality to merge into a greater whole. You'll learn step by step the techniques that will create deeply flavorful one-pot meals, using as a base the flavorful homemade stocks we prepared in the previous session. Techniques include: **Sweating; Braising; Browning; Simmering; Stewing; Puréeing; and Quick Sauce-Making**.

Day 3: Whole Grains and Beans

Discover how to optimize the nutrients and flavors of whole grains & beans and learn how, when combined, they create a complete protein. We will explore time-tested techniques for making tender, fluffy and creamy grain dishes and the secrets of cooking perfect beans for salads, soups, and stews. Techniques include: **Boiling; Steaming; Steeping; Toasting; Baking; Pressure-Cooking; Risotto-Making, Creamy and Set Styles; and Perfect Bean Technique**.

Day 4: Vegetables: Cooked, Raw & Pickled

In this class we will use a wide range of land and sea vegetables in raw, cooked, pickled, and marinated applications. Techniques include: **Salad-Making; Quick Pickling; Making Vinaigrettes; Marinating; Steaming; Blanching; Boiling; Roasting; Sautéing; Stir-Frying; Pan-Searing; Baking; and Caramelizing.**

Day 5: Sustainable Seafood

You'll precision-cook a variety of seafood from local waters and beyond while Peter discusses the latest news on healthy sustainable sources and wild catch vs. farm raised. Learn how to buy the freshest fish, including tips on how to keep it fresh. Peter will guide you through filleting your own fish. Techniques include: **Filleting; Boning; Curing; Smoking; Crudo Style; Acid Cooking; Steaming; Broiling; Pan-Roasting; Grilling; Sautéing; Oven-Roasting; Baking; Deep-Frying; and Braising.**

Day 6: Organic and Pastured Poultry

Learn how to use every part of that chicken or duck and why organic and pastured poultry are healthier and tastier than factory farmed. Peter will guide you as you cut up your own chicken. Techniques include: **Boning, Brining with Salt & Yogurt; Tenderizing; Braising; Roasting; Sautéing; Pan-Searing; Pan-Roasting; Rendering; and Stewing.**

Day 7: Grass-Fed Beef, Lamb & Local Heritage Pork

Explore the "whys" of grass-fed meats and how this type of farming is helping forge a new and better future for regional and sustainable food. Gain an understanding of the different cuts of meat and the cooking methods that bring out the delicious best in each. Techniques include: **Braising; Broiling; Pan-Searing; Pan-Roasting; Oven-Roasting; Grilling; Making Ragù; Salting; and Tenderizing.**

Day 8: Desserts

The final brick in your foundation is a sweet one as we conclude with dessert techniques. You will emerge equipped to prepare fabulous classic desserts and the inspiration to create your own. Techniques include making: **Pies & Tarts with Pâte Brisée; Galette Dough; Pressed Nut Crusts; Fillings with Custard; Pastry Cream; Lemon Curd; Homemade Ice Creams; Soufflés; Cakes (Foaming and Creaming Methods); and Flambés.**

- This course includes knife skills, which will be reviewed each week
- We provide knives, aprons, towels and all equipment
- A certificate of completion will be issued only to those students who complete every session. No exceptions!
- Wine will be served on Days 5 – 8
- A copy of Peter's latest book is included in the fee

8 Fridays: January 29, February 5, 19, 26, March 5, 12, 19, and 26 (skips February 12) 4:00 - 10:00 p.m.

Instructor: Peter Berley

Fee for entire series: \$1,750

32 **NEW CLASS** **Stock Making**
+ Wonderful One-Pot Wonders

hands-on

For just about forever, cooks the world over have used stock-making techniques to draw maximum flavor and nutrition from fish, fowl, meat, and vegetables. If you want to stretch your food dollars and enliven your cooking with deeply rich flavors, join Peter Berley to explore how to prepare and creatively cook with these thrifty and tasty liquid goldmines. You can count on these stocks to give solid value, whatever the economic climate. *Garlic and Herb Broth/Vegetarian Egg Drop Soup; Blond Vegetable Stock/Pumpkin Risotto with Toasted Garlic and Sage; Roasted Mushroom Stock/Wild Mushroom Soup with Crème Fraîche and Thyme; Roasted Shellfish Stock/Lemon Risotto with Shellfish and Tomato; Fish Fumet/Provençal Fish Stew with Saffron Aioli; Roasted Duck Stock/Spicy Braised Duck with Tomatillos and Corn; Quick-Roasted Chicken Stock/Pasta e Fagioli; and Herbed Chicken Stock/Portuguese Chicken Soup with Lemon and Mint/Leek and Potato Soup with Dill.* (Some recipes use pastured poultry, seafood, dairy and wine.)

Monday, March 8, 10:00 a.m. – 4:00 p.m.

Instructor: Peter Berley

Fee: \$135



33 **Reclaim Your Energy:**
An Adrenal Support Cooking Class

demonstration

In today's fast-paced, stress-filled society, our adrenal glands are on constant call. Adrenal Fatigue Syndrome and Chronic Fatigue Syndrome can disrupt our lives at every level with symptoms that include persistent severe fatigue, impaired immune function, brain fog, and waning sex drive. Join whole foods expert, Andrea Beaman, to learn how to heal yourself from – as well as prevent – these debilitating conditions. Andrea will discuss specific foods that exacerbate and those that support and soothe the adrenals. She will explain how simple lifestyle adjustments can reduce stress from the inside. *Pinto Bean Chili with Andouille Turkey Sausage; Short Grain Brown Rice; Braised Cabbage and Carrots with Caraway and Butter; Steamed Seasonal Vegetables with Creamy Tahini Dressing; and Chunky Oatmeal Walnut Chocolate Chip Cookies.* (Organic poultry, eggs, and dairy will be used in some recipes.)

Monday, March 22, 6:30 – 10:00 p.m.

Instructor: Andrea Beaman

Fee: \$110



34 Southeast Asian Vegan Banquet

hands-on

In this class, Myra demystifies the complexities of this exotic cuisine. Become familiar with signature Thai ingredients such as lemongrass, green mango, galangal, kaffir lime leaves and Thai basil to make an authentic, healthy and deeply flavorful vegan dinner. *Hot and Sweet Sesame Nori Fins; Watercress Salad with Cucumber & Green Mango in Lime-Peanut Vinaigrette; Galangal, Lemongrass and Kaffir Lime Leaf-Baked Tofu Medallions; Spinach-Thai Basil and Yellow Pepper Coconut Milk Sauces; Red Bhutanese Rice with Roasted Vegetables; Indonesian Sambal; Crispy Rice Noodles; and Mango-Lemongrass Ice Cream Parfait with Lemon Tuiles.* (Wine will be served.)

a) Friday, October 2, 6:00 – 9:30 p.m. - or -

b) Saturday, December 19, 9:30 a.m. – 1:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

35 Flavors of the Blue Nile: An Ethiopian Gathering

hands-on

Traditional dining in Ethiopia is a friendly, social experience. All dinner courses are laid atop bread called injera, and everyone eats with their fingers. In this class, you will make injera as well as the accompanying dishes and spice mixtures served with it, culminating in a sit-down dinner in the Ethiopian tradition. *Injera Crepes (Ethiopian Sponge Bread); Berbere (Chile and Spice Paste); Niter Kibbeh (Spiced Clarified Butter); Yemiser W'et (Spicy Lentil Stew); Collard Greens with Niter Kibbeh; Doro Wat (Spiced Chicken Stew); Red Lentils with Chiles, Ginger and Garlic; Pumpkin with Berbere; Potatoes, Cauliflower, Cabbage and Green Beans with Ajowan; and Tomato, Red Onion and Mint Salad.* (Organic butter and optional organic chicken will be used; wine will be served.)

Monday, October 5, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

36 **NEW RECIPES** The Delectable Dosa: The Art of Making Indian Crepes

hands-on

Long before the advent of American fast food, there was the dosa – a crispy crepe made of rice and lentils. This crunchy, tangy wrapper perfectly complements an array of light yet savory fillings that are perfect for a quick meal. These crepes are satisfying in a way that no burrito or wrap ever could be. *Traditional Dosa Batter; Dosa Fillings: Spiced Potatoes with Turmeric, Black Mustard Seeds and Cumin; Curried Cauliflower and Spinach; Roasted Curried Butternut Squash with Mustard Greens & Tomatoes; and Avocado, Watercress, Goat Cheese and Olives; Chutneys: Coconut, Tamarind, and Mint Chutney; Sambar of Yellow Lentils and Seasonal Vegetables; and Mango-Banana Lassi.* (Organic dairy will be used.)

a) Wednesday, October 7, 6:30 – 10:00 p.m. - or -

b) Wednesday, January 6, 6:30 – 10:00 p.m.

Instructor: Richard LaMarita

Fee: \$110

37 **NEW CLASS** Thai Street Food

partial participation

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 we'll make four curry pastes from scratch and, building on this foundation, prepare an array of popular Thai street food 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.)

a) Friday, October 16, 6:00 – 9:30 p.m. - or -

b) Saturday, March 27, 1:00 – 4:30 p.m.

Instructor: Jay Weinstein

Fee: \$115

38 Spanish Tapas Party

hands-on

Traditionally these tempting, nutritious morsels were arrayed by the dozens on the bar tops of Spain as patrons sipped their drinks. Well, tapas are also great party food and they can be combined to make an entire tapas meal. *Gambas Pil-Pil* (Garlicky Prawns with Hot Peppers); *Spanish Tortillas* (Spanish Potato Omelet); *Oyster Mushrooms a la Plancha; Buenuelos de Bacalao* (Salt Cod Fritters); *Braised Chickpeas with Fresh Greens; Boquerones en Vinagre*; (White Anchovies in Vinegar); *Escalibada* (Roasted Red Pepper and Eggplant Salad); *Atun y Aceitunas con Pan* (Tuna and Olive Tapenade on Crostini); *Patatas Bravas* (Spicy Smothered Potatoes); *Cubed Hake with Chunky Romesco Sauce*; and *Pan y Chocolate*. (Fish, organic eggs & optional organic dairy will be used; Sangría will be served.)

Friday, October 30, 6:00 – 9:30 p.m.

Instructor: Myra Kornfeld

Fee: \$115

39 **NEW CLASS** Homemade Ricotta: From Appetizer to Dessert

hands-on

Homemade ricotta screams “fresh” and is so superior to what you buy in a container. You'll make it using an incredibly easy method, and you might just be tempted to stop right there and enjoy the results. Instead, you'll prepare seven mouthwatering Italian dishes. Learn all about the endless possibilities of this versatile cheese. *Bruschetta with Tuscan Kale, Roasted Red Onions & Ricotta; Baked Acorn Squash-and-Escarole-Filled Cannelloni with Fresh Tomato Sauce; Roasted Beet & Arugula Salad with Thyme-Scented Ricotta Cream Dressing; Braised Eggplant or Chicken Breast Rollatini stuffed with Roasted Red Peppers, Ricotta, Pine Nuts & Herbs; Coffee Ricotta Mousse; and Homemade Cannoli with Ricotta Chocolate Chip Filling*. (Organic dairy will be used; organic chicken & eggs are optional; wine will be served.)

Friday, November 6, 6:00 – 9:30 p.m.

Instructor: Richard LaMarita

Fee: \$110

40 **NEW CLASS** Authentic Indian Curries

hands-on

Curry is a traditional Indian style of cooking in which food is braised with seasonings over low heat and not – as most of us think – a yellow spice that comes in a jar. We'll make four classic curries, along with exotically spiced side dishes, griddle-baked traditional bread, and the welcome coolness of gingered ice cream. *Chicken Curry; Goan Green Coconut Curry with Shrimp; Gujarat-Influenced Sprouted Mung Bean Curry; Northern Style Halibut Spinach Curry; Coconut Green Beans with Mustard Seeds; Cardamom Basmati Rice; Walnut and Yogurt Chutney; Aloo Paratha (Potato-Stuffed Griddle Bread); and Ginger Ice Cream.* (Some fish, organic chicken, dairy & eggs will be used; beer will be served.)

a) Wednesday, December 9, 6:30 – 10:00 p.m. - or -

b) Thursday, March 4, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$115

41 **NEW CLASS** A Traditional South Indian Supper

hands-on

Discover the pleasures of South Indian cuisine with this sumptuous yet easy-to-prepare feast. You'll begin by making fresh ghee and then assemble a feast fit to wow the most discriminating dinner crowd. Here you will learn cooking techniques for every dish, season them authentically with signature herbs and spices like curry leaves, black salt, and tamarind, and be initiated into the mysteries of Indian fermented batters. Once you've assembled the ingredients, this meal comes together quickly and easily with spectacular results. *Organic Ghee; Lemon Rasam; Fresh Coconut-Braised Mixed Vegetable Kootu; Idlis; Uttapams; Green Chutney; Red Onion & Tomato Chutney; Tamarind Date Chutney; Rainbow Raita Salad; and Semolina Laddu.* (Some organic dairy will be used and beer will be served.)

Friday, January 8, 6:00 – 9:30 p.m.

Instructor: Myra Kornfeld

Fee: \$110

42 **NEW CLASS** The Essentials of Korean Cuisine

partial participation

Looking to ride the next Asian culinary wave? Think Korean! Korean food owes its lively flavors to complex ferments and vegetables vibrant with touches of spice. Using authentic ingredients and methods, Jay will share secrets for making classic (and a few modern) Korean dishes including the famous *bibimbap*, *boochu* and *kimchi*. Then we'll sit down to a full Korean dinner as Jay discusses the progression of the meal. *Korean Rice with Vegetables (Bibimbap); Mushroom-Scallion Pancakes (Boochu); Homemade Kimchi and Vegetable Dumplings (Mondoo); Herbal Ginseng Chicken Soup (Samgyetang); Korean Pear Salad; and Chestnut-Maple Cake.* (Some organic chicken, eggs and dairy will be used.)

Friday, January 15, 6:00 – 9:30 p.m.

Instructor: Jay Weinstein

Fee: \$110

43 Destination: Morocco

hands-on

The traditional cuisine of North Africa is rich with aromatics, piquant condiments and healthful grains and greens. This is the land of colorful dishes and exotic herb and spice combinations. In this class, you'll learn to prepare a variety of intensely flavored and healthy dishes that represent the best of Moroccan cuisine. *Roasted Red Pepper-Sesame Pesto on Toasted Pita Triangles; Green Leaf Salad with Shallots and Pomegranate Molasses Vinaigrette; Chickpea Charmoula Strudel; Stuffed Chicken Breasts with Onions, Cinnamon, Almonds and Cherries; Quinoa-Carrot Pilaf with Saffron, Mint and Harissa Greens; and Olive Oil Semolina-Walnut Cake.* (Organic chicken and eggs will be used; wine will be served.)

Monday, January 18, 2:30 – 6:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

44 **NEW CLASS** Opa! Classic Greek-Cypriot Meze

hands-on

“Opa” is a Greek word expressing joy and celebration. In Greece, Cyprus, and throughout the Eastern Mediterranean, you'll hear it often as family and friends enjoy *meze* – small savory dishes nibbled with a glass of spirits at local *tavernas*. More than just a snack, *mezethes* are a key element of this joyful bonding. *Our* bonding begins with grilled *Halloumi*, *whole grain pita toasts*, and a shot of *ouzo* as Rea explains how the Mediterranean diet contributes to health and well-being. *Tahini Dip (Ground Sesame Seeds with Lemon Juice & Garlic); Talattouri (Yogurt-Cucumber-Garlic Dip); Elliniki Salada (Greek Salad); Dolmadhes Yalantzi (Brown Rice-Stuffed Grape Leaves with Pine Nuts); Garithes Sti Shara (Grilled Shrimp with Lemon, Garlic and Olive Oil); Spanakotyropitakia (Individual Spinach/Cheese Triangles); Eliopita (Olive Pie); and Lokmadhes (Honey Balls).* (Some organic eggs, dairy, optional fish and alcohol will be used; ouzo will be served.)

Thursday, January 21, 6:30 – 10:00 p.m.

Instructor: Rea Varveris

Fee: \$110

45 **NEW CLASS** Moroccan Bastilla Party

hands-on

In this much-loved Moroccan dish (say “*basteeya*”), a mélange of scrumptious ingredients is baked in multi-layered phyllo dough to a wonderful crispness – the classic combination features chicken, ground almonds, onions, eggs and signature seasonings. Whether our Moroccan feast is your introduction to the exotic dishes of North Africa or you're already a devoted fan, get ready to party as we prepare *Chicken Bastilla; Vegetarian Bastilla; Seafood Bastilla with Cilantro Purée; Minty Cucumber Salad; Roasted Moroccan Ratatouille with Dates; Blanched Spinach Salad with Preserved Lemons and Olives; Carrot and Radish Salad with Toasted Cumin Dressing; Fava Bean Hummus; Oranges with Pomegranate Molasses and Pistachios; and Moroccan Mint Tea.* (Organic chicken, eggs, butter & fish will be used; wine will be served.)

Friday, January 22, 6:00 – 9:30 p.m.

Instructor: Myra Kornfeld

Fee: \$115

46 **NEW CLASS** Vegetarian Dim Sum

partial participation

Walk into any Chinese dim sum parlor and you'll be enticed by the multitude of small, exquisitely prepared dishes piled high atop steaming pushcarts. In this culinary exploration into this classic meal from Southern China, you'll learn how to prepare authentic dim sum as Wai demonstrates how to make rice dough for dumplings, savory daikon cakes, and gel a fruit dessert with agar. Then, using traditional techniques and ingredients you'll make *Translucent Shiitake Mushroom and Cabbage Dumplings*; *Sticky Rice Bundles Wrapped in Lotus Leaves*; *Savory Daikon Cakes with Caramelized Shallots and Wood Ear Mushrooms*; *Bean Curd Rolls Stuffed with Wild Mushrooms and Bamboo Shoots*; *Seitan "Meatballs" with Watercress*; and *Almond Jelly with Fresh Fruit*.

Wednesday, January 27, 6:30 – 10:00 p.m.

Instructor: Wai Chu

Fee: \$105

47 **A Festive Italian Menu**

hands-on

From one of the world's most beloved cuisines comes a class that is perfect for the most elegant holiday dinner or just about any time. This meal has something special for both vegetarians and seafood lovers. You'll learn many techniques for making famous classic dishes with new and interesting twists. *Bruschetta with Peperonata*; *Watercress, Apple and Endive Salad with Gorgonzola*; *Ribollita Soup (Hearty Tuscan White Bean and Vegetable Soup)*; *Baked Flounder-Pistachio Pesto Roll-Ups*; *Pumpkin-Portobello Lasagna*; *Broccoli Rabe with Balsamic-and Rosemary-Roasted Cherry Tomatoes*; *Braised Cipollini Onions and Grapes in Agrodolce Glaze*; and *Browned Butter Chocolate Nut Sandwich Cookies*. (Organic eggs, dairy and fish will be used; wine will be served.)

Thursday, February 4, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

48 **Spices: The Heart and Soul of Indian Cuisine**

partial participation

Spices, spices, spices...they are the heartbeat of Indian cooking. A single dish may contain ten or more, exquisitely blended to excite the senses. Explore the many roles spices play in this delicious cuisine with its complex flavors. Richard will discuss the major spices found in the Indian pantry, their supporting cast of aromatics, and other ingredients like coconut and tamarind. As we taste each delicious dish, we'll experience the brilliant interplay of India's signature spices. *Chole Masala with Green Chile and Cilantro*; *Tempeh (or Salmon) Baked in Spiced Coconut Milk*; *Roasted Cauliflower with Ginger, Cumin, Turmeric & Tamarind*; *Stir-Fried Greens Bangladesh Style (with Black Mustard Seeds, Cumin, Fennel, Fenugreek & Onion Seed)*; *Basmati Rice Pilaf with Cinnamon and Clove*; *Baked Saffron Custard with Candied Pistachios*; and *Chai*. (Organic dairy & fish will be used; beer will be served.)

Friday, February 12, 6:30 – 10:00 p.m.

Instructor: Richard LaMarita

Fee: \$110

49 Traditional Indian Breads

hands-on

They can be rich and flaky, puffed and steamy, herbed and crisp, or so delicate they shatter at a touch. But in all their incarnations, hot Indian breads are the perfect accompaniment to Indian food. From the first sip of soup to the last bite of curry, chapati, naan, paratha, and poori are there, a calming presence in the whirl of colors, textures and tastes. We'll make these traditional breads using authentic ingredients and time-honored techniques. And, because opposites attract, we'll also make a spicy dhal, herbed and fruit chutneys and a cooling raita. *Chapati, Naan, Aloo Paratha; Dahi Poori; Dhal Makhani with Ginger, Green & Black Cardamom and Cinnamon; Mint Chutney; Pear Chutney; and Cucumber Raita.* (Organic dairy will be used.)

Saturday, February 20, 1:00 – 4:30 p.m.

Instructor: Richard LaMarita

Fee: \$105

50 Vegetarian Sushi – Roll Your Own

hands-on

Aside from its pleasing balance of flavors, textures and fresh ingredients, good sushi impresses us as a marvel of construction and presentation. Here's your opportunity to learn to make it at home. With Mamie's guidance, you will make **thin rolls, inside-out rolls, Inari-zushi** and **hand rolls** using fresh vegetables and other authentic Japanese ingredients such as *gourd, shiso leaf, pickled plums* and *dried shiitake mushrooms*. As a special bonus, Mamie will divulge her knowledge of the private language or code sushi restaurant chefs and wait staff share to communicate and calculate the price of your meal. (Sake & optional organic eggs will be used.)

Wednesday, March 10, 6:30 – 10:00 p.m.

Instructor: Mamie Nishide

Fee: \$105

51 Handmade Pasta – Now That's Italian

hands-on

Learn the closely guarded secrets of making homemade pasta the way Italian nonnas have for generations. Pasta expert Stefania Patinella will teach you the easy way to make your own pasta dough from various flours to achieve a variety of textures and how to form traditional shapes such as roll-off-the-fork *cavatelli, stuffed ravioli, fettuccine, and agnolotti*. You'll also learn useful techniques for mixing and rolling pasta – by hand and by machine. Finally, as a finishing touch you'll prepare a salad and traditional sauces to accompany your pasta. *Cavatelli with Vegetarian Bolognese; Winter Squash-Stuffed Ravioli with Butter-Sage Sauce; Fettuccine with Porcini Mushrooms, Garlic, Olive Oil and Peppers; Agnolotti with Ricotta and Spinach; and Arugula, Fennel and Orange Salad with Balsamic Vinaigrette.* (Organic eggs and dairy will be used and wine will be served.)

Thursday, March 11, 6:30 – 10:00 p.m.

Instructor: Stefania Patinella

Fee: \$105

52 Hand-Stretched Strudel From Around the World

hands-on

Hungarian native, chef, and author of the upcoming book *Sensual Strudel*, Vera Eisenberg will teach students the art of hand-pulled strudel dough as she discusses not only Hungarian strudel, but strudel from other parts of the world. So, from a four-inch piece of dough, with amazement and lots of laughter, students will stretch and pull this remarkable strudel dough to paper thinness to cover a 36" x 36" table and prepare the following world-class strudels: *Hungarian Poppy Seed Strudel*; *Moroccan Apple-Cardamom Strudel*; *German Custard-Cheese Strudel with Rum Raisins*; *Greek Wild Greens and Feta Cheese Strudel*; and *Israeli Ashkenazi Potato Strudel*. (Some organic eggs and dairy will be used and wine will be served.)

Tuesday, March 23, 6:30 – 10:00 p.m.
Instructor: Vera Eisenberg

Fee: \$110

GLUTEN-FREE COOKING & BAKING



NEW CLASS **Gluten-Free Vegan Masterpieces**

partial participation

Do you dream about luscious gluten-free treats that are also free of dairy, eggs, excess soy and refined carbs? Now you can honor your health needs and your sweet tooth with Korrie's gluten-free vegan translations of classic baked goods. Using natural sweeteners, high-quality oils, whole grain flours, and other all-healthy ingredients, you'll recreate the authentic flavors and perfect textures you've been longing for.

53 Menu 1: *Deep Dark Chocolate Cake with Creamy Cashew Frosting; Pumpkin Pie Waffles with Maple Drizzle; Blueberry Muffins with Pecan Streusel; Blondies; Saucy Cranberry-Filled Crêpes; Strawberry Shortcake Biscuits; and Coconut Chocolate Chip Cookies.* (A little alcohol will be used in some recipes.)

a) Thursday, October 1, 6:30 – 10:00 p.m. - or -
b) Friday, December 18, 6:00 – 9:30 p.m.

54 Menu 2: *Spiced Sweet Potato Cupcakes with Creamy Coconut Caramel Frosting; Carrot Pistachio Pineapple Muffins; Dark Chocolate & Almond-Dipped Coconut Macaroons; Cappuccino Walnut Brownies; Caramelized Apple Buckwheat Pancakes; Cranberry-Orange Scones; and Sticky Pecan Upside-Down Baby Cakes.* (A little alcohol will be used in some recipes.)

a) Monday, October 12, 6:30 – 10:00 p.m. -or-
b) Tuesday, December 22, 6:30 – 10:00 p.m. -or-
c) Wednesday, March 31, 6:30 – 10:00 p.m.

Instructor: Korrie Chichester

Fee per class: \$110

55 Gluten Freedom: Reclaiming Our Daily Bread

hands-on with lecture

Join Rebecca Reilly – cookbook author, classically trained chef, and master baker – who believes healthy, delicious bread is everyone’s birthright. But for those of us with gluten intolerance or wheat allergies, our vocabulary of breads has been sadly limited. Well, a new day is dawning. Under Rebecca’s guidance you’ll create flavorful, perfectly textured, gluten-free breads which include **French Baguettes, English Muffins, Chewy Bagels, Pizza, Focaccia, Tangy Dark Pumpernickel,** and **All-Purpose Sandwich Bread**. You’ll work with various flours and starches and familiarize yourself with the look and feel of those doughs at critical stages. Here’s a sampling of what you’ll learn during this exciting day of bread making:

- Blending high-fiber, high-protein flours and starches to make an all-purpose flour using a variety of the following flours and starches: bean, sorghum, amaranth, teff, montina, coconut, mesquite, soy, brown rice, quinoa, buckwheat, cornmeal, tapioca, sweet rice, arrowroot, potato flour/starch, cocoa and powdered coffee
- What is xanthan gum and why it’s necessary
- The salt/yeast reaction
- Shaping loaf breads, baguettes, bagels, pizza, focaccia, English muffins
- Using eggs and egg alternatives; i.e., flax, agar, and homemade egg replacer
- How to avoid cave-ins
- Comparison of bread machine and oven methods

During this full day of bread baking, we’ll mix up these unbelievable flours to maximize nutrition and achieve top-notch flavors and textures. The results will astonish you. With growing confidence and ease, you’ll welcome back into your life your rightful share of delicious, freshly baked bread. *Tempeh Reubens on Tangy Dark Pumpernickel; Pizza Margherita; Caramelized Onion & Italian Tuna Pizza; Rosemary, Garlic & Black Olive Focaccia; French Baguettes with Roasted Garlic & Herbed Dipping Oil; Chewy Bagels with Organic Cream Cheese & Smoked Wild Salmon; Eggs Florentine on English Muffins; and Grilled Vermont Cheddar & Tomato Sandwiches on All-Purpose Sandwich Bread.* (Some organic eggs and optional fish and dairy will be used.)

- a) Saturday, November 7, 11:00 a.m. – 5:00 p.m. -or-
- b) Sunday, November 8, 11:00 a.m. – 5:00 p.m. -or-
- c) Saturday, December 12, 11:00 a.m. – 5:00 p.m. -or-
- d) Saturday, February 13, 11:00 a.m. – 5:00 p.m. -or-
- e) Monday, February 15, 11:00 a.m. – 5:00 p.m.

Instructor: Rebecca Reilly

Fee: \$205

56 **NEW CLASS** World-Class Gluten-Free Dumplings

partial participation

Matzo balls, gnocchi, malfatti, pot stickers, spaetzle – all without gluten? You bet! Come join the fun with the ever-innovative Rebecca Reilly, as we make matzo balls, roll gnocchi off the back of a fork, shave spaetzle batter directly into a hearty soup, shape pasta for pot stickers and purses, and end the class sweetly with nut-filled apples baked in flaky gluten-free pastry. *Matzo Balls in Rich Vegetable Broth; Spinach Malfatti with Brown Sage Butter; Ricotta Goat Cheese Gnocchi w/ Colored Peppers; Tri-Colored Potato Gnocchi with Smoked Salmon/Shallot Cream; Asian Dumplings (Pot Stickers and Purses) with Vegetable Filling and Dipping Sauces; Spaetzle in Split Pea Soup; and Apple Dumplings with Star Anise Sauce.* (Organic eggs, dairy & fish will be used.)

a) Thursday, December 10, 6:00 – 10:00 p.m. - or -

b) Friday, February 12, 3:00 – 7:00 p.m.

Instructor: Rebecca Reilly

Fee: \$120

57 Extraordinary Gluten-Free Classic Italian Desserts

hands-on

Having a serious craving for mouthwatering Italian desserts like **Tiramisu**, **Cannoli**, **Cream Puffs**, **Biscotti** – or any of the others listed below – but there's no gluten-free pastry shop nearby? Then this class is your oasis! Spend a sweet day with cookbook author and gluten-free chef, Rebecca Reilly, and gain the baking skills and confidence needed to create the best classic Italian desserts in your own kitchen. Little Italy cannot compete with what you will be making in this class.

Rebecca will discuss gluten-free flour blends and the best gluten-free flours and starches to use to achieve the proper textures and tastes for these high-quality Italian desserts. Then, you'll make sponge cakes for **Zuppa Inglese** (which is not a soup but Italy's answer to English trifle); you'll make and roll gluten-free strudel dough onto **Cannoli** tubes, deep fry them to golden-crisp perfection, and fill them with thickened fresh sweetened ricotta studded with chocolate chips and pistachios; you'll prepare, pipe, and bake perfectly light cream puffs with just the right hollow inside, fill them with homemade **Gelato**, and drench them with decadent chocolate sauce; and you'll make *two* **Tiramisu**. And that's just the beginning.

Enjoy this unique experience learning from the remarkably talented Rebecca Reilly. *Tiramisu Two Ways; Bongo Bongo (Handmade Cream Puffs filled with Homemade Coconut Gelato Dripping with Deep Dark Chocolate Sauce – like Profiteroles); Traditional Cannoli; Amaretti Cookies; Zuppa Inglese (Trifle with Layers of Cake, 2 Flavored Pastry Creams, and Fresh Whipped Cream); Maple Cenci (Love Knots); Baba (similar to France's Baba Au Rhum); and Chocolate-Dipped Biscotti Two Ways: Chocolate-Hazelnut and Coffee-Walnut.* (Organic eggs, dairy, and alcohol will be used.)

Friday, December 11, 3:00 – 9:00 p.m.

Instructor: Rebecca Reilly

Fee: \$205

58 Amazing Gluten-Free Pies, Tarts & Quiche

hands-on with lecture

Pastry, some would say, is a synonym for delight. If we didn't have those wonderful sweet or savory fillings in their rich and flaky crusts, the world would be a darker place. And in a world where pastry and gluten are often two sides of the same coin, it's no fun at all for the gluten intolerant. Enter chef and cookbook author, Rebecca Reilly, who trained in the art of French pastry on its native soil and then mastered the art of making them gluten free. Join Rebecca and spend an entire day immersed in every aspect of pastry making without any gluten in sight.

Among other skills and secrets, you will learn how to:

- Blend gluten-free flours to make an all-purpose flour
- Use a variety of gluten-free flours and starches such as beans, sorghum, amaranth, teff, montina, coconut, mesquite, soy, rice, quinoa, buckwheat, tapioca, arrowroot, and potato starch to create the best crust for the appropriate filling
- Handle the "forgiving" pastry which never shrinks or toughens – with and without egg
- Roll, shape and bake pies
- Choose the best tart-quiche pie pans
- Separate eggs
- Make meringue and lemon curd
- Make dairy-free and egg-free graham crackers
- Melt chocolate
- Make fresh fruit jam
- Use xanthan gum and learn why it's necessary

All day long, you'll have the benefit of Rebecca's incomparable expertise as she demonstrates pastry-making techniques and guides you through your own preparation of various crusts and luscious fillings.

The Crusts: *Classic Butter Pastry; Italian Pasta Frolla; Homemade Graham Cracker Crust; and Crisp and Light Meringue Pie Shell.* **The Finished Pastries:** *Dutch Apple-Cranberry Streusel Pie; Lemon Mousse Tart; Crostata di Marmelata; Dairy- and Egg-Free French Chocolate Silk Pie; and Wild Mushroom Quiche.* (Some organic eggs, butter, and wine will be used.)

Sunday, February 14, 11:00 a.m. – 5:00 p.m.

Instructor: Rebecca Reilly

Fee: \$205



59 A Traditional Thanksgiving

partial participation

As a dress rehearsal for the big holiday, practice making a full course Thanksgiving meal under the expert eye of Peter Berley in this extended five-hour class. No time to dig through cookbooks for recipes? 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. The meal includes: *Pumpkin, Pear and Fennel Soup*; *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, wine and some dairy will be used and wine will be served.)

Saturday, November 14, 12:00 – 5:00 p.m.

Instructor: Peter Berley

Fee: \$115



60 A Vegetarian Thanksgiving

hands-on

You won't miss the turkey as you prepare a healthful, vegetarian Thanksgiving meal that needs no excuses or apologies. Colorful and bursting with flavor, this balanced meal is faithful to the spirit and style of America's favorite harvest holiday. You will prepare an elegant and satisfying vegetarian main course, fixings that complement the entire meal, and the flakiest crust and juiciest filling for the fruit pie. Myra will teach you how to organize the cooking to make a stress-free meal, so you can simply sit down to enjoy a sumptuous banquet and a good time with your guests. *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*. (Some organic eggs, dairy, and beer will be used and wine will be served.)

Wednesday, November 11, 6:00 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

61 Latke Mania

hands-on

Whether or not you celebrate Chanukah, don't forget the latkes. These crisp, savory little pancakes make irresistible side dishes. In this class, you'll make the traditional version along with a host of unusually delicious variations. We'll make eight different latkes, one for each night of Chanukah, and all can be made in advance so you're not at the stove all night. *Classic Lacy Potato Pancakes with Carrots and Scallions; Celery Root-Green Apple Pancakes; Parsnip-Leek Pancakes with Fresh Thyme; Sweet Potato-Turnip Pancakes with Shallots; Sauerkraut Pancakes with Dill and Caraway; Sweet & Savory Carrot-Raisin Pancakes; Beet and Fennel Pancakes; Spinach-Basil Pancakes with Crispy Coconut; Mulled Cider Cranberry Sauce; and Yogurt Sauce with Crisp Shallots.* (Some organic eggs and optional organic dairy will be used and wine will be served.)

Thursday, December 3, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

62 Not Just for Passover

hands-on

Whatever else it may be, a great meal is, well, a *great meal*. Every element of *this* meal fits the requirements of a Passover Seder but can be made at any time of year – and you don't even have to be Jewish! Myra has selected ingredients from Eastern European and Mediterranean cuisines: From basil-flecked *matzo balls* to a baked fish loaf studded with asparagus and kissed with Moroccan spices (you won't miss the gefilte fish!) to no ordinary *tzimmes* but a *kugel* of sweet potatoes and prunes nestled with quinoa (one of the few grains that can be eaten during Passover) to fabulous sides and dessert, this is truly a meal for all occasions. *Haroset (Ceremonial Dish of Chopped Nuts, Fruits, and Wine); Bright Green Purée of Spinach Soup with Basil Matzo Balls; Fish Terrine with Asparagus and Ginger with Spiced Cilantro Dressing; Pomegranate Chicken with Walnuts; Quinoa Tzimmes Kugel; Potato-Cauliflower Smash with Caramelized Leeks and Saffron; Herbed and Spiced Moroccan Eggplant; Beet, Apple and Celery Salad; and Flourless Almond-Date Fudge Brownies.* (Some organic eggs, chicken, fish and wine will be used and wine will be served.)

Monday, March 22, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$115

See
"Vegetarian Hors D'oeuvres:
The Life of the Party"
Class #21



63 **NEW CLASS** **Chef-for-a-Day
at Palo Santo Restaurant**

market tour and hands-on

Is your inner chef longing for an outing in a professional restaurant kitchen? Treat yourself to this exciting “insider” experience at Palo Santo, Park Slope’s popular eclectic Latin American restaurant, where acclaimed Chef Jacques Gautier will guide students step by step in creating an unforgettable meal from local, seasonal ingredients. You’ll meet Jacques at the Grand Army Plaza Greenmarket in Brooklyn for a guided tour of the market where he will introduce you to the farmers and show you how to select the very freshest produce, fish, and other market offerings; walk several blocks to Palo Santo for a menu-planning session; then, with Jacques’ careful instruction – as he encourages you to use your own unique creativity – you and your newfound friends will transform your Greenmarket purchases into a delicious, seasonal, ethnic dinner and settle down to enjoy it with pairings of local wines. And when the meal itself becomes a delicious memory, the new techniques and professional secrets you acquired in its preparation will enliven your cooking for years to come. (Menu depends on market offerings and might include fish, eggs, and dairy. Wine will be served.) **Students meet at the Grand Army Plaza Gazebo, SE Corner of Union Street and Prospect Park West at 1 p.m.**

Saturday, October 24, 1:00 – 6:30 p.m.

Instructor: Jacques Gautier

Fee: \$150

64 **Calling All Locavores: Homemade Bread
& Market Menu – Live From Union Sq.**

market tour and partial participation

Join chef and cookbook author, Peter Berley, for a true market-to-table culinary adventure. You’ll start this 6-hour class by preparing dough for focaccia. Then, while it’s rising, Peter will lead the way to the Union Square Greenmarket where you’ll learn to shop the way market-driven chefs do – by choosing what’s fresh and seasonal. The ingredients you select will determine the menu. You’ll learn to improvise rather than solely rely on recipes. Market purchases might include healthfully-raised grass-fed meat, freshly-caught wild fish, farm-fresh eggs and dairy, wine, and a bounty of locally-grown produce. When you return to the classroom, you’ll focus on technique as you help Peter prepare a balanced seasonal meal with dessert and bake the bread off to perfection. Then you’ll sit down to savor everything with a glass of wine, feeling content with the knowledge that you have just supported your local farmers.

Saturday, October 31, 10:00 a.m. – 4:00 p.m.

Instructor: Peter Berley

Fee: \$150

POULTRY



65 Chicken Leftovers Make Fabulous Quick Meals

hands-on

Learn how to cut up that perfectly roasted chicken and ratchet up flavor with simple ingredients as you morph your chicken leftovers into seven easy, innovative, ethnically-inspired meals. Leslie will also help you formulate kitchen strategies by imparting professional tips to become more organized and efficient in the kitchen. *Chicken Croquetas with Romesco Sauce; Ginger Soy Chicken with Broccoli, Carrots, Scallions and Cashews; Chicken Souvlaki with Lemon-Oregano Onions and Homemade Tzatziki; Build-Your-Own Chicken-Lime Tortilla Soup; Cheesy Chicken Poblano Quesadillas with Homemade Tomatillo Sauce; Moroccan Honeyed Chicken & Chard with Spice-Infused Couscous; and Whole Wheat Spaghetti with Roasted Chicken and Spinach-Walnut Pesto.* (Organic chicken, organic eggs & dairy will be used; wine will be served.)

Thursday, November 5, 6:30 – 10:00 p.m.

Instructor: Leslie Stone

Fee: \$115

66 **NEW CLASS** Cooking Poultry for 1 or 2 People

hands-on

Cooking for one or two? No problem! If your meal is for one, here's tomorrow's lunch; if for two, no leftovers to deal with. Myra has rounded up a flock of poultry entrées and vegetable sides that are easy to prepare, economical, and cook up fast. *Quick and Flavorful Roasted Pressure-Cooked Chicken Wing Stock; Braised Chicken Legs/Thighs with Pomegranate Molasses & Orange Juice; Lemony Oregano Chicken Legs/Thighs with Potato Crisps; Balsamic Shoyu-Glazed Chicken Wings; Chicken Cutlets with Lemon-Caper Pan Sauce; Chicken Cutlets with Balsamic Pan Sauce; Sautéed Portobello Mushrooms with Turkey Sausage and Cherry Tomatoes; Turkey Sausage-Stuffed Portobello Mushrooms; Quick and Crispy Blanched and Broiled Broccoli; and Winter White Mash.* (Organic/pastured poultry, wine & organic butter will be used; wine will be served.)

Monday, January 18, 9:30 a.m. – 1:00 p.m.

Instructor: Myra Kornfeld

Fee: \$115

67 Beyond Chicken: Other Great Choices for Poultry

hands-on

Doesn't turkey – lean, protein-rich and densely nutritious – deserve more time on your table than a holiday or two a year? Or imagine the rich aromas of sautéed quail, a whole roasted duck, or Cornish hens roasted to a turn and flanked with wonderful vegetables. You will use these recipes again and again – for taste, ease of preparation, and their whispers of other cultures and possibilities. *Asian-Style Whole Roasted Duck; Sautéed Quail with French Lentils; Roasted Turkey Breast Roulade with Cranberry-Date Bread Stuffing; Roasted Cornish Hens with Winter Vegetables; Moroccan Turkey Meat Balls with Herbed Tomato Sauce; and Sautéed Duck Breasts with Pomegranate Citrus Glaze.* (Wine will be served.)

Thursday, March 18, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$115

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68 Vegetarian Express

hands-on

What would you say to nutritious whole grains that cook in 20 minutes? Add seasonal vegetables, some fast-track protein (think nuts, seeds, lentils, tofu, seitan) and voilà, dinner is served – a balanced, ethnically-inspired meal that's outrageously good and so easy to prepare. You'll get time-saving tips and discover how to effortlessly vary grain recipes using different cooking liquids and a palette of spices. *African-Spiced Coconut Teff & Red Lentil Stew with Collards and Yams; Gingered Tempeh and Shiitake Sourdough Sandwiches with Mesclun Mix; South American Red Quinoa with Green Beans, Pumpkin Seeds and Chiles; Coconut Curried Seitan with Carrots, Cabbage and Mung Bean Sprouts; Jade Rice Vegetable Pilaf with French Lentils and Toasted Walnuts; and Asian Vegetable Stir Fry with Bhutanese Red Rice and Spicy Peanut Tofu.*

Wednesday, December 2, 6:30 – 10:00 p.m.

Instructor: Leslie Cerier

Fee: \$105

69 Easy Ethnic Weeknight Meals

hands-on

So you want a great meal and you want it now? Here's Myra to the rescue with sure-to-please ethnic flavors, reborn as complete lunches or dinners. Each is a snap to prepare, a feast for the eyes, and bliss for the palate. These quick and easy meals are worthy of company, yet perfect for when you want to enjoy them alone. We'll follow the path of good eating across four continents with *Dukkah-Crusted Chicken Breasts with Date-Pomegranate Molasses Relish and Lemony Chard with Spiced Chickpeas; Polenta Gratin with Spinach, Tomatoes, Coconut Milk and Peanut Butter; Braised Brazilian Grouper with Coconut Milk and Bahian-Style Salsa with Herbed Rice and Hearts of Palm; Sautéed Red Bhutanese Rice and Lentil Patties with Cilantro-Mint Sauce; and Green Leaf, Date and Cashew Salad with Tamarind-Lime Dressing.* (Some fish, organic chicken and eggs will be used and wine will be served.)

Tuesday, February 23, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

See "Chicken Leftovers
Make Fabulous Quick Meals," Class #65

See "Cooking Poultry for 1 or 2 People," Class #66

See "Flash in the Pan:
Everyday Fast-and-Easy Seafood," Class #72

See "Fish Without Fuss for
1 or 2 People," Class #73

**70** **NEW CLASS** **Raw For Dessert All-Day Seminar***partial participation*

Are you a dessert lover who wants to “go raw” but thinks there are no options other than fresh fruit? Perhaps you’re a home cook looking for a fast, easy, and delicious way to incorporate more nutrients into your family’s meals and don’t know where to start? Or maybe you want to get the white sugar, white flour, dairy and eggs out of your desserts and need some help? Take heart – and then take this all-day excursion into the incredibly delicious world of raw desserts. Using the recipes and techniques in her new book *Raw for Dessert*, you’ll help nationally-known raw foods expert Jennifer Cornbleet create an impressive array of tantalizing meal-enders that are chock-full of nutritional value. In the process, you’ll become familiar with the equipment and ingredients necessary to make raw desserts at home that will go beyond your wildest expectations.

You’ll discover step by step how to:

- Make raw cakes, pies, and tarts that rival the best cooked ones in flavor and texture
- Create a healthy and refreshing fruit sorbet
- Make sinfully delicious chocolate truffles without butter or cream
- Use essential raw ingredients such as coconut oil, cacao nibs, avocados, and agave nectar
- Open and work with young Thai coconuts
- Replace cream, butter, and eggs to create luscious, dairy- and egg-free custards
- Replace flour and sugar to create delicious gluten-free pastries
- Use a high-speed blender, food processor, and ice-cream machine

These are exciting and delectable raw desserts that you will not forget any time soon! And, unless you tell them, your family and friends will never suspect that these cakes, pies, tarts, cookies, candies and frozen desserts were created without a trace of dairy, flour, white sugar or eggs. Our menu includes: *Chocolate Lava Cake; Raspberry Sorbet, Classic Fresh Fruit Tartlets, Ginger Spice Cookies, Pineapple Upside Down Cake; Key Lime Pots de Crème; Coconut Cream Pie with Chocolate Cookie Crumb Crust; Turtle Sundae; Chocolate Truffles; and Chocolate Candy Cups.*

(While we are providing a light vegetarian snack in this class, it is not raw. You might want to bring a more substantial meal with you to eat during the ½ hour break since we’ll be eating desserts all day.)

Friday, October 9, 10:30 a.m. – 4:30 pm (1/2 hour break)
Instructor: Jennifer Cornbleet

Fee: \$185

71 The Raw-Food-Made-Easy All-Day Seminar

partial participation

Does the prospect of entering the world of raw cuisine seem inviting yet intimidating? Eating raw is not a new practice; however, eating raw foods that are enticing, exciting and easy to make is a novel concept. Jennifer Cornbleet, nationally recognized raw food chef, instructor, and author of *Raw Food Made Easy for 1 or 2 People* and *Raw for Dessert*, is your guide into the realm of this dynamic dietary system. Step by step, she will reveal all the tools you will need to embark on your own rewarding raw food adventure.

In this power-packed all-day seminar you will discover:

- What are the nutritional benefits of the raw food diet and how to get sufficient protein and other necessary nutrients
- What to eat for breakfast, lunch, dinner, dessert and snacks
- How to tailor the raw food diet to your specific needs and tastes
- How to lose weight or maintain your ideal weight
- How to select and store fresh produce, stock your pantry, and set up your raw foods kitchen
- Practice the art of flavor balancing and seasoning
- The fundamentals of basic knife skills and equipment
- How to plan menus and make shopping lists
- How to do advance preparation each week so that daily food prep is quick and easy

Once you've mastered these fundamentals, you'll be ready to craft nutritious, delicious raw meals from scratch in 30 minutes or less each day. You'll become a whiz at making juices, smoothies, cereals, soups, pâtés, dressings, entrées, snacks and desserts! As a bonus, you won't have to give up your new lifestyle when you travel because Jenny will share her secrets of **traveling in the raw**. This workshop is a must for anyone curious about how a raw food diet can transform their sense of total well-being. The delicious, healthy, nutrient-and-enzyme-rich menu includes: *Green Juice; Berry Smoothies; Granola with Almond Milk; Garden Vegetable Soup; Not Tuna Pâté; Crudités Platter; Mock Ranch Dressing; California Rolls; Zucchini Noodles with Marinara Sauce; Mediterranean Kale; and Chocolate Mousse Tart*. There will be tastings throughout the day and a ½ hour break mid-day.

Saturday, October 10, 10:30 a.m. – 4:30 p.m. (1/2 hour break)

Instructor: Jennifer Cornbleet

Fee: \$185



72 **NEW CLASS** **Flash in the Pan:
Everyday Fast-and-Easy Seafood**

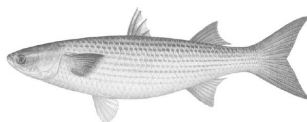
demonstration

Got fish? Great! But now what? To help you meet the culinary challenge of how to perfectly cook it, Peter will share seven of his favorite techniques for turning “just fish” into tasty, fast, and simple main dishes – good enough for company but easy enough for everyday. *Seared Scallops in Curried Carrot Broth; Pan-Roasted Monkfish with Olive Oil-Crushed Potatoes and Balsamic Reduction; Broiled Black Sea Bass with Tomatoes, Garlic, and Herbs; Sautéed Flounder with Lemon Butter and Caper Sauce; Crispy Pan-Fried Whiting; Oven-Roasted Hake with White Wine and Lemon; and Cod Baked in Parchment with Julienne Vegetables.* (In addition to fish, some wine and organic dairy will be used; wine will be served.)

Tuesday, October 27, 6:30 – 10:00 p.m.

Instructor: Peter Berley

Fee: \$115



73 **NEW CLASS** **Fish without Fuss,
for 1 or 2 People**

hands-on

In cooking, as in most other things, small can be beautiful! Take this multi-ethnic quintet of fish dishes, for example – a whole work-week’s worth of dinners. Tonight you’ll prepare them using many cooking techniques and authentic ingredients as diverse as Chinese fermented black beans, Southern corn grits, and Indian tandoori spices. Each is a meal in itself and cooks up in less than an hour; no fuss, no bother. Enjoy them solo or with your favorite dinner companion. *Szechwan Peppercorn-Rubbed Black Cod with Fermented Black Bean Sauce and Gingery Sweet Potatoes with Leeks (Chinese); Crispy Salmon in Dashi with Soba Noodles and Bok Choy (Japanese); Sea Bass with Tandoori Rub over Cauliflower-Potato Purée (Indian); Quick Barley Risotto with Halibut, Golden Beets and Black Radishes with Blood Orange Salsa (Italian); and Sautéed Coconut-Crusted Shrimp with Corn Grits and Watercress (American South).* (Besides fish, wine will be used in one recipe and ghee is optional in another. Wine will be served.)

Tuesday, February 9, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$115



74 **NEW CLASS** The All-New, All-Amazing Seitan Workshop

hands-on

Seitan, also known as “wheat meat,” has long been the darling of the natural foods world. It’s a vegetarian form of protein with the texture of meat, fascinating to make from scratch, easy on the pocketbook, and can be formed and flavored to resemble some favorite foods that you might be craving. We’ll push its versatility to the limit by preparing *two types* of seitan: one that enables us to form steaks, cutlets, chunks, wraps and dumplings and one that’s perfect for sausages. Whether vegan or omnivore, if you’re looking to expand your usual protein choices, this class is for you. *Sautéed Garlic and Fennel Seitan Sausage with Broccoli Rabe and Onions; Seitan Wrapped Burdock, Leek and Carrot Rolls; Lemon Watercress Soup with Seitan Dumplings; Pan-Seared Seitan Steak with Chimichurri; Crispy Seitan Tempura with Sweet and Sour Sauce; Seitan Stuffed Squash Provençal; Eggplant and Seitan Falafel with Lemon Tahini Sauce; Braised Chickpea Stew with Seitan Chorizo, Olives, and Fennel; and Seitan Puffs in Lemon Syrup with Toasted Coconut.*

a) Friday, November 13, 4:00 – 10:00 p.m. - or -

b) Monday, January 25, 10:00 a.m. – 4:00 p.m.

Instructor: Peter Berley

Fee: \$160

75 More Ways with Handmade Seitan

hands-on

While not exactly a household word, seitan, a vegetarian source of protein also known as wheat meat or wheat gluten, merits a wider following. Seitan offers a tasty additional protein for vegetarians and vegans, and an economical meat alternative for diners of any dietary persuasion. It is remarkably easy to make, and the resulting seitan-from-scratch far surpasses commercially available products. Seitan is a joy to cook with since, like tofu and tempeh, it effortlessly takes on a wide range of flavors and textures. You are invited to join Chef Peter Berley in performing this kitchen alchemy and to explore five unique ways of incorporating seitan into your cooking repertoire. *Balsamic-Roasted Seitan with Cipollini Onions; Spicy Thai-Style Mock Duck in Coconut-Lemongrass Broth; Pan-Seared Seitan “Steak” with Thyme, Lemon and Mustard; Cholent; and Crispy Seitan Schnitzel with Red Wine-Shallot Compote.* (Wine will be used in one recipe.)

Tuesday, March 2, 6:00 – 10:00 p.m.

Instructor: Peter Berley

Fee: \$110



76 Hearty Autumnal Soups

demonstration

Soup offers one of the best returns for your investment in time. It's comforting, nutritious, and almost always guarantees you a few extra meals for later in the week. The full-bodied soups in this class have an added attraction – they are hearty enough to be main courses and all have deep rich layers of flavor. In addition, Myra will make a few flavorful vegetarian stocks. *Golden Chickpea Soup with Roasted Chickpea Nuts; Wild Mushroom and Barley Soup with Giant Lima Beans; Butternut Squash Soup with Apples, Sage and Chestnuts; Turkish Red Lentil Soup with Dill Cream; Roasted Root Vegetable Stock; and All-Purpose Vegetable Stock.* (Optional organic dairy will be used in one recipe.)

Thursday, October 8, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$105

77 Organic Chicken Soups: Multinational Meals-in-a-Pot

hands-on

For a bird that can't fly, the chicken has traveled far – and at every stop a pot was waiting. Although chicken soup has taken on a wealth of local accents, it all began as we begin here: with amazing stock. Bone broths are mineral-rich, nourishing, and eminently freezable. We'll make one from a whole chicken, one from roasted wings, and one from roasted bones. With such stock on hand, in very little time you can be sipping soups that taste as if they've been simmered all day. *Classic Jewish Penicillin with Dilled Matzo Balls; Mexican Tortilla Soup; Thai-Spiced Coconut-Chicken Soup with Mushrooms & Lemongrass; Moroccan Chicken Soup with Chickpeas and Couscous; and Italian Chicken Soup with Escarole & White Beans.* (All recipes contain organic chicken; optional dairy is used in one dish.)

Thursday, February 18, 6:30 – 10:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

See

“Stock Making
+ Wonderful
One-Pot Wonders”

Class #32



78 Vegan Cupcake Extravaganza

hands-on

Cupcakes are red-hot commodities, served in fine restaurants, at elegant catered events, and even sold from cupcake trucks cruising the city. Learn to turn your favorite cake recipe flavors into cupcakes, plain and fancy. You'll participate in making and decorating various flavored cupcakes which will be matched with a kaleidoscope of cream fillings, frostings, glazes and organic vegan sprinkles. Plus, you'll leave class with your own box of cupcakes and a wealth of ideas. **Cakes:** *Very Vanilla – Basic and Variations; Chocolate Fudge; Orange; Light Lemon; Chocolate Espresso.* **Fillings, Frostings, and Glazes:** *Espresso and Semi-Sweet Glazes; Lemon Curd-Like Cream; Maple Butter Whip; and Cocoa-Agave Frosting.*

Wednesday, October 28, 6:30 – 10:00 p.m.

Instructor: Fran Costigan

Fee: \$110

79 Extra-Luscious Vegan Cupcakery

hands-on

Explore two distinct styles of cupcake: the kind that are cake through and through and the kind with the cushy cream fillings. Besides being all vegan, there's a soy-free and gluten-free offering as well. You will leave with a box to nibble on at home. *Chocolate Cream Soy-Free Cupcakes with Light Chocolate Cream; Gluten-Free Chocolate Cupcakes with Chocolate Water Glaze; "Buttermilk" Cupcakes with Pinkish Icing; Moist Carrot-Coconut Cupcakes with Magic Coconut Cream and Marzipan; Boston Cream Pie Cupcakes with Vanilla Cream and Chocolate Glaze; Hostess with the Mostess (Gluten-Free option); Chocolate Pudding-Filled & Frosted Chocolate Chip Cupcakes; and Pumpkin-Cranberry Spice Cupcakes with Cranberry Coulis Filling & Orange-Agave Glaze.*

a) Thursday, November 12, 6:30 – 10:00 p.m. - or -

b) Thursday, March 25, 6:30 – 10:00 p.m.

Instructor: Fran Costigan

Fee: \$110

80 Fresh from the Farmer's Market Vegan Desserts

hands-on

Spotlighting farm-fresh fruits and vegetables, these seven superbly seasonal desserts are as full of zest and color as fall itself. Fran will guide you through the secrets of crumbles, cobblers, creams, shortcakes, phyllo strudel, and moist and flavorful cakes (some gluten-free). *Pumpkin Layer Cake with Maple-Cinnamon Cream Filling, Candied Pecans & Cranberry Glaze; Carrot Beet Cake with Orange Ginger Cream, Chocolate Orange Drizzle and Agave Candied Carrot & Beet Shreds; Warm Apple Strudel with Ginger Cream; Gluten-Free Roasted Pear and Chai-Poached Apple Cobbler with Soft White Chocolate Cream; Juicy Fruit Gluten-Free Crumble; Apple-Quince Shortcakes with Maple Caramel Cream; and Spice Cake Shortcake Parfaits (Gluten-Free option) with Fruit Compote & Warm Lemon Sauce.*

Tuesday, November 17, 6:30 – 10:00 p.m.

Instructor: Fran Costigan

Fee: \$110

81 Classically Elegant Vegan Cakes Deconstructed

hands-on

Come spend the day with dessert wizard, Fran Costigan, who will take you through every stage of three complex and elegant desserts. In their original version, these cakes are loaded with cream, butter, eggs, and refined sugar, but you will give each one a glorious vegan makeover. These updated classics are as scrumptious and sinfully delicious as the originals – but better. **Opera Cake:** *Almond Sheet Cake, Chocolate Espresso Filling, Dark Chocolate Ganache Filling, Almond Cream, Coffee Syrup, and Candied Almonds;* **Schwarzwälder Kirschtorte:** *Chocolate Cake Layers (Gluten-Free Option), Cherry Cream, Chocolate Cherry Glaze, Poached Cherries in Optional Red Wine and Cherry Granita;* **Mango-Coconut-Lime Torte:** *Mango Mousse, Agave-Candied Coconut, Toasted Coconut Sorbet, Lime Gelée, Mint Syrup and Crunchy Wheat-Free Cookies.*

Saturday, December 5, 10:30 a.m. – 5:30 p.m. (lunch on your own)

Instructor: Fran Costigan

Fee: \$165

82 **NEW RECIPES** Vegan Desserts with Ethnic Intrigue

hands-on

Tonight's recipes were born in Greece, Italy, Algeria, Belarus, France, Portugal, Spain and the good old USA. Fran has adapted these recipes to naturally-sweetened vegan versions that maintain the integrity of the original. In addition, we'll make beverages including *Horchata* and *Chai*. From Greece: *Baklava with Vegan Honey-Like Syrup*; from Tuscany: *Castagnaccio Cake (Gluten-Free)*; from Algeria: *Makrout (Semolina Cake filled with Dates and Almonds)*; from Belarus: *Fran's Grandmother's Apple Fleuden Cake*; from France: *Custard-Filled Éclairs (Gluten-Free Option)*; from Portugal: *Dulce de Leche (Gluten-Free)*; from Spain: *Flan (Gluten-Free)*; and from the USA: *The Elvis: Chocolate-Peanut Butter-Banana Pudding (Gluten-Free)*; *Homemade Mexican Horchata*; and *India-Spiced Chai*.

Tuesday, December 8, 6:30 – 10:00 p.m.

Instructor: Fran Costigan

Fee: \$110

83 **NEW CLASS** Extraordinary Chocolate Desserts with Options

hands-on

Are you gluten and/or lactose intolerant or know someone who is? Within this fantastic chocolate collection you'll find something to accommodate everyone's needs. With Myra's coaching and a bit of practice, all these recipes can be easily adjusted to exclude problem ingredients. You're sure to love exploring different ways of making the same desserts and you'll love the sinfully delicious results. *Chocolate Pot de Crème (gluten free and dairy free); Chocolate Tart with Caramelized Pecans and Coarse Sea Salt (with and without gluten, no dairy in both); Fudgy Chocolate Brownies (gluten free and dairy free); Mocha Chocolate Mousse Cake (gluten free and dairy free); Chocolate Molten Cakes with Mocha Gelato (with and without dairy; both are gluten-free); and Chewy Chocolate Crackle Cookies (with and without gluten, no dairy in both).* (Organic eggs will be used.)

Saturday, December 19, 2:30 – 6:00 p.m.

Instructor: Myra Kornfeld

Fee: \$110

84 Vegan Baking Boot Camp Intensive

1 lecture/demonstration plus 4 all-day hands-on classes

If you're on a mission to make world-class desserts, sign on for some "basic training" in the field. Learn the tactics involved in baking without dairy, eggs, and refined sugar. The entire operation was developed by **Fran Costigan**, chef-instructor and author of *Great Good Desserts Naturally* and *More Great Good Desserts Naturally*, the books considered the "bibles" of vegan desserts. You'll learn to use ingredients specific to vegan baking and gain the confidence to adapt many standard recipes to delicious vegan versions. Quality organic, seasonal ingredients will be emphasized, including whole grain flours, organic sweeteners (both liquid and granulated), vegan gelatin (agar-agar), arrowroot and kuzu thickeners, non-dairy milks, sulfite-free fruit, chocolate, cocoa, carob, pure extracts, leavening agents and much more. Novice and experienced bakers alike will benefit from the expert training offered in this unique intensive. Plating of desserts will be practiced daily and a dessert buffet party will be our finale!

Day 1: Introduction to and Fundamentals of Vegan Desserts

lecture and demonstration

The series begins with an introduction to the various ingredients used to make vegan desserts. Selection of essential baking equipment will be discussed and an introduction to the classroom kitchen will be included. Fran will demonstrate, and you will taste: *Fruit Gels (Kanten)*; *Nut Creams*; *Tofu Whips and Creams*; and *Crisp-Yet-Chewy Wheat-Free Cookies*.

Thursday, February 11, 3:00 – 7:30 p.m.

Day 2: Creamy and Gelled Desserts, Sauces, and Introduction to Measuring, Sifting and Mixing Batters

hands-on

Today you will learn how to use the foundation ingredients such as dairy milk alternatives, agar, arrowroot, kuzu, tofu and nuts to make vegetarian gelatin-based and creamy desserts, sauces, creams, whips, and begin to measure, sift, and mix batters. You will prepare: *Blueberry Kanten*; *Fruit Soup & Fruit Salad*; *Silken-Nut Creams*; *Mango-Banana Mousse and variations*; *Chocolate Puddings*; *Creamy Carob Pudding*; *Apple Cinnamon Bread Pudding with Tastes-Like-It-Could-Be Hard Sauce*; *Raisin Rice Pudding*; *Spiced Right Pumpkin Pecan Rice Pudding*; *Indian Pudding*; *Maple Tofu Whip*; *Ginger Tofu Cream*; *Maple Cider Sauce*; *Chocolate Sauce*; and *Magic Chocolate Pudding Cake*.

Friday, February 12, 10:30 a.m. – 5:30 p.m. (lunch on your own)

Day 3: Cookies, Bars, Muffins, and a few New Old-Fashioned Desserts: Biscuits, Scones, Shortcakes, Slumps and Crumbles

hands-on

Measure, sift and mix dough and batters for a variety of cookies, bars, and muffins to tuck into your knapsack, plus comfort food such as biscuits, scones, shortcakes, and fruit desserts served warm from the oven. *Vanilla Cutout Cookies; Chocolate Chip Cookies; Oatmeal Raisin Cookies; Peanut Butter Cookies; Orange Ginger Crisps; Double Chocolate Fudge Brownies and a Gluten-Free Variation; Iced Carob Brownies; Apricot-Oat Nut Bars; Raw Fruit and Nut Balls; Banana Nut Muffins; Pumpkin Muffins; Power Breakfast Muffins; Basic Biscuits; Currant and Chocolate Chip Scones; Seasonal Fruit Shortcakes; Cran-Pear Slump; and Seasonal Fruit Crumble.*

Saturday, February 13, 10:30 a.m. – 5:30 p.m. (lunch on your own)

Day 4: Pies and Tarts

hands-on

Everyone will make a pie dough and pressed crusts will also be made; fillings will be prepared; and we'll assemble and bake all day long. The lineup looks impressive: *Foolproof Flaky Pie Doughs and Several Pressed Crusts; Rustic Apple Tarts; Perfect Pumpkin Pie; Maple Pecan Sweet Potato Pie; Mile High Apple Orchard Crumb Pie; Mixed Berry Galette; Lemon Cream Tart in Wheat-Free Crust (Gluten-Free option); Banana Cream Pie (Gluten-Free option); and Gorgeous Glazed Grape Tart in Gluten-Free Cornmeal-Pignoli Crust.*

Sunday, February 14, 10:30 a.m. – 5:30 p.m. (lunch on your own)

Day 5: Perfect Cakes and Fabulous Frostings, Fillings & Creams

hands-on

Learn to make and decorate a collection of classics you'll want in your arsenal for special occasions, lunch boxes and even every day. The Layer Cakes: *Versatile Vanilla Cake; Coconut Cloud Layer Cake; Chocolate Layer Cake To Live For; Carob German Not Chocolate Cake; and 24-Karrot Cake.* The Big Cakes: *Orange Cranberry Bundt Cake; and Cinnamon Streusel UnCoffee Cake.* The Frostings, Fillings and Creams: *Ultimate Chocolate Frosting; Chocolate Ganache; Coconut Pecan Filling; It's Like Lemon Curd; Custard Filling; Berry Cream; and West Indies Coconut Cream.*

Monday, February 15, 10:30 a.m. – 5:30 p.m. (lunch on your own)

Instructor: Fran Costigan

Fee for entire series: \$1240

Classes are limited to 14 people. A certificate of completion will be issued to those students attending the full 5 days. No exceptions. Fran's book is included in fee.

85 **NEW CLASS** **The Light Side of Vegan Chocolate**
– Only the Taste is Fat

hands-on

Chocoholics, take note: One taste of any of tonight's all-vegan offerings will convince you it's a full-flavored, soul-satisfying chocolate dessert, yet you will achieve this rich lusciousness with different cocoa powders. Fran developed these recipes to highlight the major differences between natural and European or Dutch process, black, and so-called "low fat" cocoa powders. You'll understand when to use which kind and why organic and fair-traded is always the best choice. Some of Fran's recipes are even gluten-free! *Best Chocolate Banana Cream Pie (Gluten-Free)*; *Nibby Chocolate Oatmeal Cookies (Gluten-Free)*; *Chocolate Trifle (Cake, Custard, Fruit Filling and Chocolate Syrup – Gluten-Free option)*; *Chocolate Orange Cake Fingers with Agave-Cocoa Glaze*; *No-Fat-Added Chocolate Bundt Cake*; and *Fudge Brownie Babies (Gluten-Free)*.

Thursday, January 28, 6:30 – 10:00 p.m.

Instructor: Fran Costigan

Fee: \$110



86 **NEW CLASS** **Chocolate Euphoria**

partial participation

Is it love or the all-around great feeling you get from eating chocolate? Just in time for Valentine's Day, each of these melt-in-your-mouth world-class desserts is built around a different technique and, using Jay's tips and tricks, you'll learn how to make nut flour, correctly fold ingredients to retain maximum aeration and lightness; temper mousse; prepare freeze-ahead/cook-later elegant soufflés; whip egg whites to soft and stiff peaks; bake a cake using a water bath (bain-marie); and properly pipe with a pastry bag. So relax, rejoice, and get ready to feel the love. *Silky Chocolate Velvet Cake*; *Cherry-Scented Italian Chocolate Mousse*; *Dark and Delicious Flourless Chocolate Cake*; *Individual Elegant Chocolate Soufflés*; *Moist & Fudgy Brownies*; and *Handmade Chocolate Truffles*. (Some organic eggs, dairy and alcohol will be used.)

Thursday, February 11, 6:30 – 10:00 p.m.

Instructor: Jay Weinstein

Fee: \$110

87 Vegan Chocolate Decadence Using Fair Trade Organics

hands-on

Inspired by the news that chocolate is high in antioxidants and purported to be good for you? What better way to celebrate than by learning to make these uncomplicated and versatile chocolate desserts! Served multilayered, cool and creamy, divinely paired with juicy berries, these 100% vegan wonders are the best in every way and some are even gluten-free. Fran will discuss the significance of the Fair Trade designation and tell you where you can buy them. *Chocolate Terrine: (Chocolate Sheet Cake, Coconut Chocolate Whipped Cream Filling, Shiny Chocolate Glaze); Ultimate Chocolate Berry Shortcakes: (Chocolate Chip Scones, Chocolate Cream, Chocolate-Dipped Strawberries, Chocolate Berry Sauce); Elegant Chocolate Raspberry Silk Tart (Gluten-Free); Fudge Brownie Cake Hearts; Chocolate Granita (Gluten-Free); Chocolate Sorbet (Gluten-Free); Almost-Instant Raw Chocolate Mousse (Gluten-Free); Spicy S'Mores; and Chock Full of Cocoa Nibs Granola (Gluten-Free).*

Thursday, February 25, 6:30 – 10:00 p.m.

Instructor: Fran Costigan

Fee: \$110

88 Retro Treats Reinvented the Vegan Way

hands-on

Fran has ingeniously created virtuous vegan updates to eight baby boomer favorites. Plucked from the age of hot rods, drive-in movies and beehive hairdos, these classic, naughty treats have never been nicer or tasted better. So, whether you actually remember the taste of these popular confections or have heard your parents or grandparents talk about them, here's your chance to help bring them into the 21st Century. Go ahead, enjoy all these delights whose "names have been (slightly) changed to protect the innocent." *Fran's Organic Gourmet Vegan Twinkies®; Angelic Devil Dogz; Ring-a-Ding-Ohs; Cinnamon Coffee Cakelettes; Puffed Cereal Treat Surprise; S'Mores Ice Cream Sundaes with UBettcha Chocolate Syrup; and Orange Juianna.* (Many of these treats are gluten-free or have gluten-free options.)

Monday, March 15, 6:30 – 10:00 p.m.

Instructor: Fran Costigan

Fee: \$110

See "Extraordinary Gluten-Free
Classic Italian Desserts," Class #57

See "Amazing Gluten-Free Pies,
Tarts & Quiche," Class #58

See "Raw for Dessert," Class #70

**89 FOOD THERAPY:**

A 100-HOUR, 9-WEEKEND CONTINUING EDUCATION COURSE WITH ANNEMARIE COLBIN, PH.D.

The major objective of this course is to train health professionals in using a variety of food therapies to support the rest of their practice and to offer them tools to help their clients make the changes they want to make for their health and well-being.

Those of you who know Annemarie's approach know that the philosophical framework is a mainstay of her teaching. In this course there will be in-depth studies of a variety of paradigms that can well be applied to understanding human beings: the standard biochemical and thermodynamic view of classic nutrition, contributions of modern sciences such as complexity theory, chaos or non-linear dynamics, aspects of quantum physics, and other theoretical frameworks. Attention will be paid to how people get sick, what can make them well, the immune system, and the mind-body connection, as well as comparative dietary systems, their pros, cons and usefulness to the practitioner. There will be a section on counseling skills, setting up a consultation, and learning to use your intuition. Obesity, eating disorders, weight control and the health of children will also be addressed. Finally, food and the mind, spiritual approaches, intentionality and energy work will all be considered.

This course will consist of three approaches intertwined: theory, practice, and skill building. Teaching/learning methods will include: lectures, discussions, commentary, critique, imagery, reading of papers and books, presentations, and case studies. There will be a final grade and a certificate will be given.

Dates for 2009:

October 17-18; November 14-15; December 12-13

Dates for 2010:

January 16-17; February 13-14; March 13-14; April 10-11; May 15-16; and June 12-13

Times: Saturdays: 10:00 am - 12:30 pm, 2:00 - 5:30 pm

Sundays: 10:00 am - 12:30 pm, 1:30 - 4:00 pm

Attendees receive a 25% discount off the Friday Night Dinner right before each course weekend. Reservations must be made at least 3 weeks in advance.

Fee: \$5,350 Enrollment is limited to 24.

CTP Graduates: \$4,815 (10% discount)

Early bird registration by September 3, 2009: \$4,950

Prerequisites: Credentialed health professionals, Chef's Training Program or Institute of Integrative Nutrition graduates. For anyone who has not taken the Basics courses at the Natural Gourmet, a mandatory prerequisite is the Basics 4: Principles of Balance class. **Please call Jeri Rostron at 212 645-5170 ext. 0 weekdays 9 am – 4 pm for further information or to register.**



90 Toxi-City: How to Reduce Your Exposure to Urban Toxins

lecture

We city dwellers encounter a host of harmful chemicals – substances that contribute to a range of conditions including *cancer, autoimmune, heart, neurological*, and *just plain old “not feeling our best.”* Dr. Bongiorno will explain the effects of commonly encountered toxins and how to best protect ourselves from this inescapable fact of city life. Learn how to *reduce levels of chemicals* in your body and your environment, *strengthen your resistance*, and *promote healing* if you suffer from a toxin-related disease. Guidelines will be provided for urging your government representatives to enact healthier environmental policies. If you love big city life, this class is for you!

Monday, November 2, 6:30 – 9:30 p.m.

Instructor: Peter Bongiorno, N.D., L.Ac.

Fee: \$60

91 **NEW CLASS** Understanding and Managing Gluten Intolerance

lecture

As a gluten-intolerant naturopathic physician, Dr. Wangen’s perspective and understanding are unique. In this eye-opening talk, the author of *Healthier Without Wheat*, corrects common misunderstandings and shares important information about gluten intolerance. He will enumerate the multitude of *health problems* that wheat allergies and gluten intolerance cause; discuss *where gluten lurks* in the diet; explain why *celiac disease* may be no worse than other gluten sensitivities; and clarify how to *determine whether or not someone is gluten intolerant*. Discover how to *make peace and live well* with your condition.

Monday, November 9, 6:30 – 8:30 p.m.

Instructor: Stephen Wangen, N.D.

Fee: \$50

92 Hormone Myths, Hormone Truths: What Every Woman Must Know

lecture

Hormone balance is vital to ensuring not only physical health but also emotional, mental and spiritual well-being. Dr. Sherrill Sellman, author of *Hormone Heresy: What Every Woman MUST Know About Their Hormones*, has been researching the most powerful information and practical solutions for restoring hormonal balance in women of all ages – naturally, safely and effectively. Dr. Sellman believes that much of what women have been taught about their bodies and hormonal changes is inaccurate, outdated, or simply wrong. She will explain how our hormones really work, the root cause issues that contribute to a variety of hormonal imbalances, and the *best hormone balancing foods, nutrients and lifestyle choices*. Discover natural approaches for *hot flashes, depression, anxiety, osteoporosis, PMS, infertility, fibroids, endometriosis, weight loss, avoiding hysterectomies*, and the *truth about bioidentical hormones*.

Saturday, November 21, 2:00 – 5:00 p.m.

Instructor: Sherrill Sellman, N.D.

Fee: \$60

93 The Acid/Alkaline Balance from a Macrobiotic Perspective

lecture

The acidity or alkalinity of our bodies profoundly affects our well-being, predisposing us to glowing health or, with only a slight shift in the balance, leaving us vulnerable to a host of physical, emotional, and mental ills. Take a closer look at this important subject with internationally renowned health counselor and macrobiotics expert Denny Waxman as he, in clear and simple terms, demystifies the concept of acid/alkaline. Learn how to create an *optimal alkaline condition through macrobiotics, good eating habits, proper cooking methods, activity, and a healthy environment.*

Whether your objective is to make sense of the basics or take your understanding to a new and deeper level, don't miss this opportunity to learn from a respected teacher who has helped thousands regain their health.

Wednesday, December 2, 6:30 – 8:30 p.m.

Instructor: Denny Waxman

Fee: \$50

94 The Healing Kitchen –Your Natural Pharmacy

lecture

When it came to the healing arts, maybe great grandmother was wiser than we thought. She was self-reliant, knew how to make use of what was around her, and so can you! Join Master Herbalist, Andrea Candee, for a wonderful presentation as she discusses transforming the contents of your kitchen's pantry into a natural pharmacy. Using *common fruits, vegetables, herbs and spices, learn how to create remedies* that are safe, natural and effective. Gain new respect for the lowly onion, the overripe banana, garlic, cayenne pepper, ginger, cabbage, and various herbs like parsley, sage, goldenseal, to name just a few. A simple visit to your local greengrocer, health food store or supermarket will provide you with everything you need to *heal sprains, bruises, joint pain, insect bites, bleeding cuts, headaches, constipation, and enhance or detoxify your immune system.*

Saturday, December 5, 10:30 a.m. – 12:30 p.m.

Instructor: Andrea Candee

Fee: \$50

95 **NEW CLASS** How to Kick Those Cravings!

lecture

Why is it – when we've educated ourselves about nutrition, set our healthy goals, and created a plan for achieving them – that something as simple as a dish of ice cream or plate of French fries can bring us to our knees? Whatever our culinary Achilles heel may be, food has powerful mojo. Join Marcia Berry to learn specific techniques for avoiding cravings *without feeling deprived* or having to depend entirely on willpower. And once you put these strategies into practice, don't be surprised if you find yourself feeling not less but *more* satisfied than ever before.

Tuesday, January 19, 6:30 – 8:30 p.m.

Instructor: Marcia Berry

Fee: \$50

96 Whole Foods for Strong Bones

lecture

Anyone concerned with osteoporosis will gain important new insights into bone health in this class with Dr. Annemarie Colbin, author of *The Whole-Food Guide to Strong Bones*. Osteoporosis is not really the problem – fractures are. A bone density test lacks sufficient information to accurately predict them because it doesn't measure strength or flexibility. The fact is, *dense bones can break* and *thin bones can be flexible* and resist breakage. So, what's your best defense? Contrary to popular belief, drinking milk is not always the best way to keep our bones strong. Research has shown that regular milk consumption doubles the risk of hip fractures! Learn how you can strengthen your bones through time-tested natural methods.

Wednesday, January 20, 6:30 – 9:00 p.m.

Instructor: Annemarie Colbin, Ph.D.

Fee: \$55

97 Homeopathy at Home

lecture

When you or a family member gets sick, would you like to know what natural healing alternatives or approaches are available to you? Here you will learn about the use of natural and safe FDA-approved medicines suitable for people of any age that help the body heal quickly and gently. Unlike conventional medicines that “do something” to your body, Homeopathic remedies “work with” the body to heal and recover. You'll leave this class with the knowledge and confidence to use Homeopathic medicines to treat such diverse ailments as *flu, colds, earaches, sore throats (non-strep), colic, menstrual cramps, sprains* and other *injuries*.

Saturday, January 23, 11:00 a.m. – 1:00 p.m.

Instructor: Ronald Dushkin, M.D.

Fee: \$50

98 Food and Your Genetics

lecture

It's fun to think of eating as an exciting taste adventure, and of course what we eat also supplies the nutrients essential to our well-being and the calories that keep us going. But at a deeper level, *foods contain vast amounts of information* in a language our genes understand – and obey. Incredible as it seems, what we put on our plates actually contributes to, or modifies, the functioning of our DNA. You'll be amazed to discover *how foods can influence dramatic changes* – helping to cause, heal, or prevent a disease by turning specific genes on or off. Dr. Bongiorno will explain clearly and simply how genes and food work together. Join him to learn how we can help our genes make great decisions on our behalf, and how to make truly informed choices about eating for health.

Wednesday, January 27, 6:30 – 8:30 p.m.

Instructor: Peter Bongiorno, N.D., L.Ac.

Fee: \$50

99 How to Launch & Market a Food Product

lecture

Do you dream about taking a favorite recipe to market? How would you do it? Learn how to effectively produce, package, and sell your winning recipes. Topics include analyzing your market, what it takes to be successful, the importance of packaging, label requirements, production, working with food technologists, product liability insurance, direct sales, distributors, brokers, merchandising and marketing. You won't want to miss this class.

Thursday, January 28, 6:00 – 10:00 p.m.

Instructor: Terry Frishman

Fee: \$70

100 Our Gastrointestinal Health

lecture

Join Dr. Peter Bongiorno for a guided tour of our fascinating gastrointestinal system, where 70-80% of our immune system resides, which makes its balance so crucial to our overall health. It's often called our second brain! It's a small wonder that *cardiovascular disease*, *cancer*, and *autoimmune illnesses*, to name only a few, can have their beginnings in gastrointestinal imbalance. You'll discover how your "fight or flight" response can work for or against you, what *inflammation* is and how it *influences a myriad of diseases*. Whether your desire is for prevention or to take ill health by the horns, Dr. Bongiorno will provide you with simple, practical, and profoundly effective suggestions for moving towards your goal.

Tuesday, February 2, 6:30 – 9:30 p.m.

Instructor: Peter Bongiorno, N.D., L.Ac.

Fee: \$60

101 Life in the Balance: Omega 3's and 6's

lecture

In this fascinating class, Susan Allport, award-winning author of *The Queen of Fats*, will bring to life crucial information about the two families of fats: Omega-3 and Omega-6. Essential, because our bodies cannot produce them and we must look for them in our food. In our modern American diet, Omega 6 is plentiful while Omega 3 is scarce. The resulting *imbalance invites inflammation and lowers our defenses against cancer and many other diseases*. Here is your chance to understand – in simple terms – what they are, where they originate, how they compete for position in cell membranes, the critical role they play in keeping us healthy, what foods contain them, *why the ratio of Omega 3 to Omega 6 is so vitally important*, and how you can keep them in balance. You'll also receive solid, practical tips on shopping, cooking, eating out, and feeding children. You will leave with up-to-date handouts as well as recipes starring Omega-3 fats.

Saturday, February 6, 1:00 – 3:00 p.m.

Instructor: Susan Allport

Fee: \$50

102 How to Write a Great Business Plan for a Food Business

lecture

Writing an outstanding business plan can be overwhelming. If you would like to run your own food business, this informative lecture will help you to better understand what is involved; how to *create a road map and raise capital*. When you're ready to start, you'll be way ahead of the game. This class will help you write a corporate statement that includes your values as well as assess your client base, your offering, the competition, the market, the industry, the financial situation, and forecasts. The *comprehensive handout* for this class highlights each section within the plan with *key advice on how to proceed*. Useful resources, including ones that will help you *write your plan at no charge*, are included.

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

Instructor: Terry Frishman

Fee: \$70

103 **NEW CLASS** Food, Chaos, and Quantum Physics

lecture

Food studies in our scientific model are based on the hard sciences, namely chemistry and physics, especially thermodynamics (which has given us the calorie concept). There are a number of new sciences that have emerged during the 20th Century, and it's time that their insights were applied to help us understand different, more nuanced, aspects of food. Dr. Colbin did her doctoral dissertation using systems theory, complexity theory, chaos theory, and some ideas from quantum physics for a new understanding of how food affects our health. If you are looking for a holistic/wholistic theoretical framework, come join her for a clear, down-to-earth exploration of these fascinating concepts.

Tuesday, February 23, 6:30 – 9:00 p.m.

Instructor: Annemarie Colbin, Ph.D.

Fee: \$55

104 Cancer: Natural Methods for Prevention and Treatment

lecture

Cancer is an emotionally-charged condition with enormous physical and psychological power. Because it claims more lives each year in the U.S. than any other disease, *it is critical that we understand what it is, how it starts, and how it grows*. Only then can we take the appropriate action to prevent or treat it. This class will clearly outline the basics that every person should know about cancer. Dr. Bongiorno will cover *risk factors for the disease, ways to help prevent it, and what to do if diagnosed*. He'll discuss how to safely use natural therapies such as Chinese Medicine and acupuncture as adjuncts to conventional care. Experimental therapies will also be explored. You will leave with a list of specific foods and lifestyle recommendations proven to reduce cancer rates and recurrences.

Wednesday, March 3, 6:30 – 9:30 p.m.

Instructor: Peter Bongiorno, N.D., L.Ac.

Fee: \$60

105 Conquering Inflammation: Your Pantry to the Rescue

lecture

Did you know that conditions such as Alzheimer's, arthritis, asthma, colitis, diabetes, headaches, heart disease, and obesity all have something in common? That something is inflammation! In this enlightening class, you will learn what the research shows about certain foods – including good and bad fats – that *encourage inflammation* and which ones have *anti-inflammatory properties*. You might be surprised to discover that your kitchen is already equipped with an arsenal of common ingredients that counteract inflammation. You'll leave this class armed with effective, practical and flavorful tips on how to modify your diet along with several wholesome and delicious recipes.

Saturday, March 6, 10:30 a.m. – 1:00 p.m.

Instructor: Archana Gogna

Fee: \$55

106 Diabetes and Natural Medicine

lecture

Dr. Bongiorno will discuss how we can *guard against developing diabetes*, give solid advice on *what to do if diagnosed*, and other specific information on how to *better manage an existing condition*. He will describe different types of diabetes, enumerate risk factors for developing the disease, and discuss the relationship of diabetes to other conditions like *cardiovascular disease, depression and celiac disease*. You will learn the *importance of diet and lifestyle changes* in treatment and prevention, and how whole foods, exercise, spiritual work, botanicals and modalities such as Chinese Medicine and acupuncture may lower, avoid, or even recognize the need for conventional medications. Join him for this fascinating talk.

Monday, March 8, 6:30 – 9:30 p.m.

Instructor: Peter Bongiorno, N.D., L.Ac.

Fee: \$60

107 Greening a Business

lecture

Whether your goal is "greening" an existing culinary business or starting off right with a brand-new one, this cutting-edge workshop will bring you up to speed on environmental challenges and possible solutions. We'll explore sustainability and environmental stewardship and take a look at business models founded on the belief that what we do today should not negatively impact the future. Learn ways to reduce energy use, make earth-friendly purchasing choices, initiate a comprehensive recycling program, minimize food waste, and emphasize bio-based packaging, recycled content items, and local products. We'll also discuss how to create a green working environment that is good for the planet, good for your employees, and good for you. Our guest speaker, Jen McDonnell, has a decade of experience in helping businesses go green. Jen's business is Environmental Strategy Innovations and was Whole Foods Northeast's Green Mission Specialist.

Tuesday, March 16, 6:00 – 10:00 p.m.

Instructors: Terry Frishman with Jen McDonnell

Fee: \$65

108 **NEW CLASS** Spring Detox

lecture

No matter how healthy your lifestyle, environmental toxins are a fact of life for us all. This year, why not celebrate the vernal equinox by spring cleaning your body? This class will provide you with safe, effective ways to help this process go forward. You'll learn the roles of your 5 organs of elimination – what they're up to and what they need – how your *body heals*, the *pros and cons of fasting*, and discover the *energy-building, health-promoting properties of foods that help cleanse the body of toxins and unwelcome fats*. You'll take home *recipes for remedies* that are natural and easy to prepare, and receive a wealth of information on how to keep your body in rhythm with the seasons all year long.

Thursday, March 18, 6:30 – 9:30 p.m.

Instructor: Marcia Berry

Fee: \$60

109 Cholesterol: The Real Story!

lecture

So many of us are concerned about our cholesterol. As the guidelines from the medical/pharmaceutical sector become more and more stringent, we become more and more fearful. Some have advocated putting cholesterol-lowering drugs in the water supply! If we want to be conscientious about taking care of our heart health, we need to *get the real line on this matter* before we're unnecessarily medicated. In this class you will find out what science tells us that cholesterol really is, why the body makes it, how it affects us, and what we can do so that it doesn't harm us.

Tuesday, March 23, 6:30 – 9:00 p.m.

Instructor: Annemarie Colbin, Ph.D.

Fee: \$55

110 **NEW CLASS** Healing from the Inside Out

lecture

The human body is a fully-functional self-healing system. The key to this miracle is digestion – the process by which stomach, pancreas, gall bladder, liver and intestines work together to transform food into blood. If any digestive organ fails to fulfill its role properly, major or minor sickness can result. Join Michael for a close look at *how to keep digestion in top form*, using both Western medicine's viewpoint and Eastern medicine's profound understanding of energy systems. You will learn to recognize *trouble brewing* along with subtle to important signs of improvement; discover *foods that fortify or weaken specific organs*; and find out *how different cooking methods, proportions, activities, and even meal times affect digestion*. You can start immediately to perk up digestion and enhance your self-healing capabilities using *six helpful major acupressure points*.

Wednesday, March 24, 6:30 – 9:00 p.m.

Instructor: Michael Rossoff, L.Ac.

Fee: \$55

REGISTRATION

Payment Requirement: Payment in full is required for all classes.

- Register by telephone using your credit card
- Register by mail using the registration form on our website or on the inside back cover of brochure. Enclose your check or fill in the required credit card information and sign (\$30 charge for checks returned to us from the bank); or
- Register by fax: 212-989-1493 using a copy of the registration form on our website or back cover of brochure. Fill in the required credit card information and sign; or
- Register in person at the school from 9 am to 9 pm Monday - Friday and weekends from 10 am to 5 pm with cash, check or credit card. We suggest you call first.

We recommend you register *at least 2 weeks* in advance for any class. We reserve the right to cancel any class due to low enrollment at least 48 hours before the date of class, so please register early to make sure the class of your choice is available.

Waiting Lists: When classes fill to capacity, enrollment is closed and students are then placed on a waiting list in the order in which they called. When an opening becomes available, we will call people on this list in the order in which they appear.

Cancellation Policy for Individual Classes

If you cancel at least 10 days before a class, you may:

1. Transfer full amount of your payment towards another class; or
2. Receive a refund less a \$10 service charge.

If you cancel 9 days or fewer, but at least 48 hours before the start of a class, you will:

1. Receive a school credit voucher minus a 20% service charge. Credit vouchers can be applied to any classes up to one year from the date of original purchase. Credit will not be honored without a voucher.

If you cancel 48 hours or fewer before the start of a class, withdraw once the class begins, or do not show up for any reason, you will:

1. Forfeit the full amount of your payment. You may, however, send someone in your place or receive recipes/handouts.

Cancellation Policy for Series or Intensives

such as Cooking & Cutting Techniques, Two-Week Basic Cooking Technique Intensive, Vegan Baking Boot Camp, Master Class

If you cancel at least 2 weeks before the start of the first class in the series you will:

1. Receive a refund less a \$50 service charge for each and every student's registration that is canceled.

If you cancel 3-13 days before the start of the first class in the series you will:

1. Receive a school credit voucher less a 20% service charge for each and every student's registration that is cancelled.

If you cancel 48 hours or less before the start of the first session, or withdraw from the series once class begins, or fail to show up for any reason:

1. All payment is forfeited. In that event, you can either send someone in your place or receive the recipes and/or handouts.

Make-Up Classes Basics 1 - 4 are the only classes that may be made up (only if you have attended the first session). If you notify our Registrar at least 24 hours in advance, we will attempt to transfer you to the same session at a later date. We will contact you 24 hours in advance of the next available session. If you are unable to attend, we will attempt to transfer you one more time only. Make-up classes are available on an extremely limited basis, subject to availability, and must be arranged with our Registrar. You can only schedule one make-up session per Basics 1, 3, or 4.

Basics 1 - 4 are Core Curriculum designed by the Institute. All other classes represent the creative endeavor and opinions of the individual instructor for which they alone are responsible. This catalog is current at the time of printing. The Natural Gourmet Institute for Food and Health reserves the right to cancel classes or make changes in programs, instructors, and policies as circumstances dictate subsequent to publication.

DIRECTIONS

We are conveniently located in the Flatiron District of Manhattan on 21st Street between 5th and 6th Avenues.

By Subway: Take the C, E, F, V, W, R, 1 or 6 trains to 23rd St.

By Bus: Take buses running on 5th, 6th, 7th Avenues, Broadway, or Park Avenue South to 21st Street.

By Car: Street parking is available after 6 p.m. on weeknights and all day on weekends/holidays. (Note: 21st St. runs west.) Weekdays, there is a parking lot on 21st St. and surrounding streets.

VISIT OUR WEBSITE www.naturalgourmetinstitute.com

SHORT-TERM STUDENT HOUSING Students attend our Chef's Training Program from all over the world. If you have a room available for rent, please call our Admissions office at ext. 109.

OTHER PROGRAMS AND SERVICES

Private Cooks & Caterers Graduates of our Chef's Training Program can be hired to cook for you on a daily or weekly basis or for special occasions. They will prepare food tailored to your specific tastes and dietary needs. Contact placement@naturalgourmetinstitute.com or click "Hire a Grad" on our website.

Books, Tapes & Kitchen Products Our bookstore features a large selection of books and kitchen equipment. Drop by our store or order by phone or mail. We ship anywhere. Please go to our website for a complete list of our inventory: www.naturalgourmetinstitute.com. If there is an item you would like but is unlisted, please call us; we may already carry it or be able to order it for you. Cash, check, credit card accepted.

Private Parties and Events at the Natural Gourmet The Natural Gourmet has evenings available for corporate events/private parties – perfect for team building, showers, birthdays, anniversaries, or for no special reason at all. You create the guest list and we'll provide the rest. The event will be designed specifically for your needs and desires.

FAQs :

What skill level must I have to attend a cooking class? We accept all skill levels in every class except where specifically noted. We offer demonstration classes (students observe as instructor prepares recipes); partial participation (students assist with some food preparation); and hands-on (students cook under the guidance of instructor).

What should I bring to class? The only thing you need to bring with you besides your enthusiasm is a pen and notebook. We provide aprons, side towels, knives, and all equipment.

Do we get to eat any of the food that's prepared? YES! In every cooking class you are provided with ample tastings of each recipe that is prepared.

Is there a snack to eat when we arrive after work? On weeknights we provide a light snack, tea, and filtered water to immediately calm your hunger. On weekends, we provide tea and filtered water. If you're coming to a class on weekends, please eat before you arrive.

Do we get recipes to take home? In all our cooking classes we provide recipes for you to take home. For all our lectures, we provide the instructors' handouts.

Is wine served in cooking classes? If not, can I bring wine? Alcoholic beverages may be made available for consumption in certain classes and class participants must be of legal New York State drinking age. Pregnant women, people who will be driving, and people on certain medications should not consume alcohol. If wine is not indicated as being served, you may bring your own, but first call ahead as wine may not be recommended in certain classes.

Do I get to take home leftovers? Unfortunately, at this time we do not have room to stock containers for leftovers.

How do I know if a class is vegan, vegetarian or flexitarian? After the description of a class, if there are no parentheses indicating that certain non-vegan ingredients will be used, then the class is vegan. Otherwise, at the end of each class description, we list in parentheses which non-vegan ingredients will be used. Sometimes it's obvious that a certain class is not vegan even though it has no parentheses at the end of the description.

How should I dress? For cooking classes, we suggest you wear comfortable clothing and close-toed shoes. Open-toed shoes or sandals are not allowed in hands-on and partial participation classes (for safety reasons). Sleeveless tops or tank tops are also not allowed (for hygienic reasons). For demonstrations and lectures, these rules don't apply.

How old do I have to be to attend a class? Our classes are intended for adults 18 years and older. We do have classes for younger age groups. Teens 14-17 accompanied by an adult may attend with Director's approval.

Should I call to check availability before I mail or fax in my registration form? Yes! We encourage you to call before you register by mail or fax so there are no disappointments if a class is already full.

Can I combine discounts? No.

How long is a credit voucher valid? Credit vouchers are valid for one year from the date of original purchase. The voucher is used as cash so please keep it in a safe place.

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Abbreviations

NGIFH (Natural Gourmet Institute for Food & Health)

NGIHCA (Natural Gourmet Institute for Health & Culinary Arts)

CTP (Chef's Training Program) offered by NGIHCA

Susan Allport is a naturalist and author of *The Queen of Fats: Why Omega-3s Were Removed from the Western Diet and What We Can Do to Replace Them* as well as *The Primal Feast: Food, Sex, Foraging and Love*. She has lectured at the American Museum of Natural History, is a contributor to The New York Times, and has been a guest on NPR, Oprah and Friends, and The Splendid Table. Her website is susanallport.com.

Andrea Beaman is a whole foods chef, food expert, inspirational teacher and author of *The Whole Truth, How I Naturally Reclaimed My Health and You Can Too!* and *The Eating and Recipe Guide – Better Food, Better Health*. She has a health and wellness show called Fed Up! and is the host of Wise Up! Andrea has successfully healed her "incurable" thyroid disease with healthy diet, exercise and alternative therapies. She studied at the Kushi Institute, Institute for Integrative Nutrition, and in her own healing kitchen. Andrea was a contestant on Bravo's Top Chef (Seasons 1 & 5). Her website is andreabeaman.com.

Peter Berley, former Executive Chef at Angelica Kitchen in NYC, is a private chef, caterer, and former owner of the Fire Pond Restaurant in Blue Hill, Maine. His food has been featured on the Food Network and Chef du Jour. He is the author of *The Flexitarian Table: Flexible Meals for Meat Lovers, Vegetarians, and Everyone In Between*; *Fresh Food Fast, A Modern Vegetarian Guide to Seasonal Menus in Minutes*; and *The Modern Vegetarian Kitchen*.

Marcia Berry is a nutritional coach with a private health counseling practice in New York City. A graduate of both the Strengthening Health Institute and The Institute for Integrative Nutrition, she specializes in teaching about the power of whole foods. Marcia writes for consumer and educational publications, and lectures on a variety of topics related to nutrition and health. She teaches vegetarian and macrobiotic cooking classes.

Peter Bongiorno, N.D., L.Ac., is both a naturopathic doctor and acupuncturist practicing in New York and Long Island, and serves as vice-president of the NY Association of Naturopathic Physicians. After researching at Yale University and the National Institutes of Health in the field of clinical neuroendocrinology, he completed his naturopathic medicine and acupuncture masters training at Bastyr University. He is a major contributing author of the *Textbook of Natural Medicine* (3rd edition) and lectures on the subject of natural medicine. His website is www.InnerSourceHealth.com.

Alexandra Borgia is a graduate of the NY Restaurant School and the NGCTP. She is an instructor in the CTP and has many years of restaurant experience, both as a chef and consultant. She is also a personal chef to clients with specific nutritional needs.

Andrea Candee is a certified master herbalist, holistic health consultant, and the author of *Gentle Healing for Baby and Child...A Parent's Guide*. She teaches at education centers and the New York Botanical Gardens and specializes in Lyme Disease. Andrea has created and hosted the TV and radio shows: *The Healing Power of Herbs* and *Revealing Secrets for Mind and Body*. Her website is andrecandee.com.

Leslie Cerier is a gourmet chef, caterer, cooking instructor, kitchen coach, and author of the upcoming *Green and Gluten-Free Whole Grains Cookbook*, *Going Wild in the Kitchen*, *The Quick and Easy Organic Gourmet*, co-author of *Sea Vegetable Celebrations* and editor of *Taste Life! Organic Recipes*. She is also an authority on gluten-free cooking and baking. Leslie has developed recipes for organic food companies and individuals for the past two decades. She has published dozens of articles on vegetarian cooking, nutrition, and organic lifestyles and has a deep appreciation for cooking with the local organic harvest. Her website is lesliecerier.com.

Korrie Chichester, graduate of the NGIHCA, is a vegan chef and currently heads up the Culinary Department at Lifethyme Market in NYC. She is the former head chef of Organic Heights, an organic vegan restaurant in Park Slope, and has worked for Babycakes NYC as a vegan gluten-free baker. Korrie holds a Bachelor's Degree in Business Management and Entrepreneurship.

Wai Chu is co-author of *The Dumpling: A Seasonal Guide*, which includes over 130 traditional recipes from around the world, many of which are vegetarian or vegan. Previously, he was owner and chef of El Eden Chocolates, makers of handcrafted chocolates in NY's East Village. He currently teaches cooking classes in NYC.

Annemarie Colbin, Ph.D., is a health educator, award-winning writer, consultant and lecturer. She is founder and CEO of the Natural Gourmet Institute for Health & Culinary Arts and Institute for Food & Health. She also teaches frequently at the Open Center and the Institute for Integrative Nutrition, and has spoken at many wellness conferences and seminars. She is the author of several books including *Food and Healing*, which has been translated into six languages. Her book *The Whole-Food Guide to Strong Bones – A Holistic Approach* was released in early 2009. She has been writing the column "Food and Your Health" for New York Spirit magazine since 1988. Dr. Colbin offers private wellness consultations, which can be booked through NGI, and she is generally recognized as an expert on the subject of food and health. Her personal website is foodandhealing.com and her video blog is at holisticanarchy.com.

Jennifer Cornbleet is a graduate of Living Light Culinary Arts Institute and a nationally recognized raw food chef, author and instructor. She offers lectures, classes, hands-on workshops, and consultations in the Chicago area and nationwide. Her first book, *Raw Food Made Easy for 1 or 2 People* now has a companion DVD available. Her second book *Raw For Dessert* was published in August 2009. Her website is learnrawfood.com.

Fran Costigan is a trendsetter in the field of organic vegan desserts, a consultant, and author of *More Great Good Dairy-Free Desserts Naturally* and *Great Good Desserts Naturally*. She is a graduate of the NY Restaurant School and NGCTP, and a former pastry chef at several establishments including Angelica Kitchen. Fran has been a featured chef at Dr. John McDougall's Celebrity Chef Weekend, NAVS Summerfest, Toronto VegFest, Earthsave Taste of Health and more. She has also been featured on the Discovery Health Channel and Nightline. Consumer Eyes Company selected Fran as "one of the most interesting players in the food and drink arena" for their Food Trend Experience, an online video interview platform. Her website is www.francoctigan.com.

Ronald Dushkin, M.D., has been practicing Alternative and Homeopathic Medicine for over 25 years. His practice is in New York City and he treats children and adults. He is a Charter Member of the American Holistic Medical Association, a former physician at the Kripalu Yoga Center in Lenox, MA, and a member of the American Institute of Homeopathy. He has lectured to medical students at Columbia, Cornell and Mt. Sinai Medical Schools. His website is drdushkin.com.

Vera Eisenberg is a graduate of the Culinary Institute of America and did her externship at Chez Panisse under the tutelage of Alice Waters. She has worked at Felidia and Verbena in New York. Vera is a native of Budapest and learned to cook and make strudel from her mother using ingredients from the garden. She is working on her forthcoming book *The Sensual Strudel*. She is a food stylist for Paula Deen's show on the Food Network and has appeared as a guest chef on the Girls Night Out Cooking Show.

Judith Friedman is the Program Director of the NGIFH and a cooking instructor. She spent many years as a personal chef cooking for people with diabetes who eventually were taken off their medication. She is a contributing chef to myfoodmyhealth.com and taught an 11-part baking program to pregnant teens and unwed mothers living in foster care at New York City's Inwood House. Judith is also a graduate of the NGCTP.

Terry Frishman, M.B.A. from Columbia University Graduate School of Business, is a creative food marketing and business consultant. She has won many awards successfully managing businesses and launching products for Kraft General Foods Corp. and Newsweek Int'l and has taken start-up culinary businesses to the next level. Terry has served as a director on various boards and teaches food business classes, seminars, and workshops through her consulting company Creative Marketing Workshops.

Jacques Gautier is a graduate of NGCTP and owner/executive chef of Palo Santo in Park Slope. Drawing influence from his Caribbean family roots, Jacques's cooking offers an eclectic take on traditional Latin American cuisine. At age twenty Chef Gautier was invited to cook at the James Beard House (he is the youngest to have received that honor). At age thirty he is listed as one of Starchef's "*Chefs to Know*." Jacques participates in charity events and volunteers his time to teach Brooklyn public school students about the delights of healthy cooking through the Spoons Across America program. His website is palosanto.us.

Archana Gogna, C.N.S, M.S., M.B.A., is a nutritionist with experience in all phases of nutritional counseling. Her career began as a staff nutritionist at a multidisciplinary clinic where she helped patients suffering from a range of chronic diseases including cancer, chronic fatigue syndrome, diabetes, arthritis, allergies, and cardiac conditions. She subsequently joined InVite Health, a small but highly regarded chain of nutritional pharmacies in the NYC area, and currently serves as their Director of Nutrition. Archana has hosted numerous radio broadcasts for InVite Health and teaches Human Nutrition at the NGIHCA.

Jill Gusman, author of *Vegetables from the Sea*, is a veteran chef instructor at the NGIHCA. She is also a food writer, lecturer, private chef and avid gardener. A graduate of the Kushi Institute, Jill combines macrobiotic philosophy and Ayurvedic knowledge into everyday cooking. She has appeared on Discovery Health, NPR, and was interviewed by Gary Null. Most recently she created "Kids in the Kitchen" for Kidzone TV at Mt. Sinai Hospital.

Myra Kornfeld is the author of *The Healthy Hedonist Holidays: A Year of Multi-Cultural Vegetarian-Friendly Holiday Feasts; The Healthy Hedonist: More Than 200 Delectable Flexitarian Recipes for Relaxed Daily Feasts* and *The Voluptuous Vegan*. She is a restaurant menu consultant and the recipe coordinator and editor for myfoodmyhealth.com. Myra is a veteran teacher, cooking party director, and magazine contributor.

Richard LaMarita is a graduate of The Institute of Culinary Education and has been a chef/instructor since 1986. He has worked in many popular restaurants in NYC including Tabla. He has been practicing and studying Ayurveda for 25 years. He holds a Master's Degree from Maharishi Vedic University and has worked with accomplished Ayurvedic masters such as Maharishi Mahesh Yogi and Dr. B.D. TriGuna. He has led seminars on Ayurveda, Diet and Nutrition, Cooking, Yoga, and Meditation throughout the US, in Europe, and in Asia. He teaches classes in specialty and ethnic cooking and is a private chef.

Jenny Matthau, Director & President of the NGIHCA, is a graduate of the NG double Apprentice and Teacher's Training Programs. She was head chef of the NG's Friday Night Dinners during 1987-1988 and has worked as a private chef. She is responsible for curriculum development for the NGCTP, which includes the incorporation of current research/theories from the medical and scientific communities concerning food, health, and disease.

Mamie Nishide is a graduate of The Institute of Culinary Education and trained at Le Bernardin and Country Living Magazine. She is the sous chef to Annemarie Huste Dining Room and catering chef at Star Boggs restaurant. She teaches Japanese cooking to adults and children privately, in cooking schools, and at Sur La Table. Mamie does recipe testing & development as well as food styling for various magazines and corporations. She is a certified sake sommelier, approved by the Sake Service Institute in Japan.

Stefania Patinella is a graduate of the NGCTP. In 2005, she was awarded a Fulbright fellowship for a food and farming project in Italy, where she worked on family farms to learn about sustainability; artisanal cheese making; food canning and preservation; pasta making; and traditional bread-making. She is Director of Food and Nutrition programs at The Children's Aid Society in NYC where she created and runs *Go!Healthy*, a healthy eating and cooking program for disadvantaged children and families.

Laura Pole is a graduate of the NGCTP and an Oncology Clinical Nurse Specialist with over 25 years' experience caring for people with cancer and other serious illness. Laura is head chef for Smith Farm Center for the Healing Arts Cancer Help Program and a Palliative Care Coordinator and Consultant for the Palliative Care Partnership of the Roanoke Valley. Through her business, *Eating for a Lifetime*, she provides consultation and education to patients and professionals in how to translate diet prescriptions into delicious health-supportive food.

Elliott Prag is a graduate of the NGCTP. He has worked in several natural food restaurants in NYC. He also developed a private chef business that grew into a catering company. He spent two years in Bulgaria as head chef of The Balkans' first natural food restaurant, Kibea. Elliott teaches both public classes and the NGCTP and is a regular contributor to *Vegetarian Times*.

Rebecca Reilly is the author of *Gluten-Free Baking* and has written articles and recipes for *Living Without* magazine. She is a graduate of Le Cordon Bleu in Paris and received professional training from Le Notre Patisserie, the Tuscan Cooking Workshops in Florence, Italy and a chef's diploma from Madeline Kamman's Modern Gourmet Cooking School in Boston. For ten years, Rebecca was featured as the on-air chef in cooking segments on WCSH News Center 6 and hosted the television series *New England Kitchen*.

Barbara Rich graduated from the California Culinary Academy in 1994 after which she worked at the Zuni Café in San Francisco. Since moving to New York in 1997, she has worked for Anne Rosenzweig, Peter Hoffman, and was the executive chef at Danal in the East Village. Barbara is a full-time instructor in the CTP.

Michael Rossoff, L.Ac. studied with Michio Kushi in Boston in the late '60s and went on to study acupuncture in England. He has an active counseling and acupuncture practice in Asheville, NC and lectures worldwide. Michael is known for his ability to combine insights into emotional, psychological and physical aspects of healing. His website is michaelrossoff.com.

Sherrill Sellman, N.D. is an international lecturer, women's health educator and journalist, corporate stress management consultant, and the best-selling author of *Hormone Heresy: What All Women MUST Know About Their Hormones* and *What Women MUST Know to Protect Their Daughters from Breast Cancer*. Her professional credentials and commitment to an integrative healing approach extends over a 30-year period. Dr. Sellman has helped women all over the world make more informed choices about their health. Her website is whatwomenmustknow.com.

Katy Sparks, owner and principal of Katy Sparks Culinary Consulting, is an award-winning chef (formerly of Quilty's in SoHo) and co-author of *Sparks in the Kitchen*. Katy has always relied on fresh, seasonal ingredients but recently her cooking has reached a higher expression of the health-supportive nature of whole, unprocessed foods. Her website is katysparks.com.

Leslie A. Stone is a passionate chef and instructor. She was professionally trained at Tante Marie's Cooking School in San Francisco and completed an internship at the acclaimed restaurant Jardinière before joining the line at Insalata's in Marin County. In 2003, she began teaching home cooking to both adults and children. Her goal is to combine the integrity of ingredients and kitchen smarts with healthfulness and fun. When working with children, she inspires them to be themselves and take risks. She believes cooking should never feel like a chore but a way to connect with community, friends and family.

Rea Varveris, a native of Cyprus, graduated from the Culinary Arts Program at The New School and went on to teach Cypriot-Greek cooking and baking classes there, at the Culinary Center of New York and the Center for Kosher Culinary Arts. She was the assistant banquet manager at the Pierre Hotel in NYC and at the Golden Sands Hotel in Cyprus. Rea was also the manager of Loumides Foods and Artopolis Bakery in Astoria, Queens.

Stephen Wangen, N.D., graduate of Bastyr University, is a licensed and board certified gluten intolerant naturopathic physician and founder and Medical Director of the Irritable Bowel Syndrome Treatment Center (www.IBSTreatmentCenter.com) in Seattle, WA. He specializes in food allergies and intolerances and is on the Board of Trustees of the Gluten Intolerant Group of North America. Dr. Wangen is the author of *The Irritable Bowel Syndrome Solution* and *Healthier Without Wheat*.

Denny Waxman is an internationally known teacher, counselor and writer in the fields of health, natural healing and macrobiotics. In 1982 he successfully guided Dr. Anthony Sattilaro, then President of Methodist Hospital in Philadelphia, to a complete recovery from terminal prostate cancer. This experience is documented in Dr. Sattilaro's book, *Recalled By Life*. In 1997, Denny founded The Strengthening Health Institute and has an active health-counseling practice in Philadelphia and New York. He is the author of *10 Steps to Strengthening Health*, *The Great Life Handbook*, *The Great Life Diet*, and is currently at work on *The Power of Food*. Denny was the recipient of the 2005 Aveline Kushi Award for recognition of his long-term service to macrobiotics.

Jay Weinstein is a graduate of the Culinary Institute of America and author of *The Ethical Gourmet*, *The Everything Vegetarian Cookbook* and *The Cup of Comfort Cookbook*. He is currently working on a book about sustainable use of water resources. Jay has worked in some of the finest restaurants on the East Coast including Le Bernardin. A contributor to The NY Times, Travel & Leisure, and numerous other publications, Chef Weinstein is passionately serious about culinary ethics, but he is equally serious about the pleasures of eating. He is also an NGCTP instructor.

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