



NATURAL GOURMET INSTITUTE

FOR HEALTH & CULINARY ARTS

Thoughts from the Founder & CEO



The Times They Are A'Changing

by Annemarie Colbin, Ph.D.

As I remember a time when the idea that food could be used for healing was totally outlandish, the change in public perceptions has me enchanted. Not only is the general public now quite aware of the healing power of foods, but even weighty institutions are jumping on this bandwagon. You probably know that on the weekend of April 30/May 1st this year (2011), the NGI did a workshop at the Henry Ford Hospital of West Dearborn, near Detroit, MI. Our team consisted of Jill Gusman (the teacher), Elliott Prag (teaching the kitchen how to make our recipes for the 45

or so attendees) and Judith Friedman, our Director of Public Classes who helped organize the whole weekend. It was a huge success, and I suspect we may be doing more of these.

We are talking to other institutions, and it's a bit premature to mention them, but believe

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me, they are weighty. I am enchanted, because my approach was always to just do what I thought was the best – make sure the classes were good, the food tasty, the ideas graspable – and not worry too much about spreading the word. Over time, our students spread the word, and did it in the best way possible – organically, naturally, with enthusiasm. Word of mouth is still the best PR, and all these institutions now talking to us all came via our graduates showing and enthusing about what they had learned from us.

As we grew, we finally got a good PR firm – and it's a good firm because one of the principals is a CTP grad, Dan Lewis. It's very hard for me to explain us to an outside PR organization (and believe me, I've tried several times). Now, however, they don't need explanation because Dan is on that team, and they are doing a wonderful job in getting us mentioned in all kinds of media.

Numbers of people have commented at times that we are still one of the best-kept secrets of New York City. This has applied frequently to our Friday Night Dinners, but it could also be about our curriculum of both the CTP and the public classes. What we teach is stuff that everybody wants to know now.

Recently I had lunch with someone who asked me, "How do you deal with the competition?" Well, so far we have had very little competition in terms of cooking schools focusing on the healing aspect of food. But I think a lot of competition is happening in the area of teaching children and teenagers about healthy eating because of the concern about childhood obesity. Of course, it is first the parents who need to know what to do, but it's all moving in the right direction. Some organizations in this field are Touro College, whose Project Aspire works in an elementary school in Harlem with our own CTP grad,

Ruth Fehr, who is also the nutrition director of the Palette Fund, which is supporting this project. There is also Health Corps, an organization founded by Dr Mehmet Oz, where college grads spend two years teaching high school students about healthy lifestyles. I am on their Board of Advisors and teach the trainers about healthy eating once a year.

My main point here is to encourage all our CTP grads to look around and find the many opportunities now showing up like little flowers peeking out of the ground in the spring. Remember, first you are a pioneer, then you become *avant garde*, then you become mainstream, and then, eventually, you become passé. But I think that will take a hundred years. So there will be plenty of work for us all to do in the near and far future. Let's do it with love and good cheer.



On the President's Mind



My Visit to the Entrepreneur's Space

by Jenny Matthau

On a rainy day this past March, Elliott Prag, Rosemary Serviss and I made our way to Long Island City to tour the Entrepreneur's Space (EP). The EP is the perfect solution for emerging businesses looking to rent commercial kitchens, office space and classrooms at affordable prices. Clients also receive business counseling, technical assistance and networking opportunities. The EP is a program of the Queens Economic Development Corporation (QEDC) that has teamed up with mi kitchen es su kitchen, a consulting firm that assists start-up food businesses with finding professional kitchen and office space. The founder and director is food industry veteran Kathrine Gregory, who counsels her clients about licensing, food safety and various legal issues. Kathrine is

also an NGI Advisory Board member and we were very fortunate to have her as our tour guide.

The EP offers four distinct kitchens, three of them contained within one huge, open space. Kitchen "A" contains one 6-burner stove, grill, double convection oven with eight shelves and three stainless steel work tables. Kitchens "B" and "C" are each equipped with a revolving rack oven, capable of handling 40 full-size sheet pans simultaneously (Elliott snapped a photo of me standing in one of these, about the size of many elevators), one butcher block table and two stainless steel tables. The fourth kitchen "D" is temperature controlled at 65 degrees for chocolate and can also be used for gluten-free products. It sports

24 feet of counter space and contains a chocolate melter/temperer and a double convection oven with eight shelves.

Common use equipment consists of seven mixers of assorted sizes, ranging from 20 to 80 quarts, a proofer, hearth oven, dough divider/rounder, sheeter, 6-quart Robot Coupe, immersion blender, various small wares and pans and 5-gallon double steel jacketed tilt kettles (great for making huge amounts of stocks and sautéing).

Pricing is as follows: \$231.00 for an eight-hour shift (from 8am to 4pm), \$189.00 for an eight-hour shift (from 4:30pm to 12:30am) and \$154.00 for a six-and-one-half-hour shift (from 1am to 7:30am). These extremely reasonable prices include all utilities, garbage pick-up, cleaning supplies and chemicals as well as two hours of dedicated time from the on-staff Client Assistant who will explain how to use all equipment and provide any needed help. You can also rent cold storage and/or freezer storage for \$30.00 to \$60.00 per month, and dry storage for \$25.00 to \$75.00 per month. If you are interested in seeing the kitchens, tours are given on Mondays at 11:00am and 1:00pm and Wednesdays at 6:30pm, by appointment only.

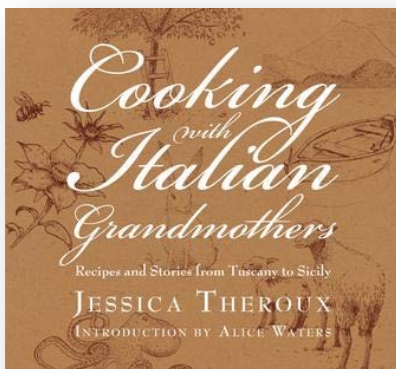
All offices/workstations include wireless access, light housekeeping, reception area and

bathrooms on the mezzanine level, first floor receptionist and use of the break room with vending machines. Private offices with two-to five-person capacity costs \$750.00 to \$1200.00 per month. 50-square-foot work stations for one or two persons include a desk, chairs and filing cabinets and run \$350.00 per month. The mezzanine is open from 8:00am to 9:00pm, seven days a week.

Classrooms, computer classrooms with 15 PC terminals and conference rooms are also available to rent. Prices range from \$24.00 to \$60.00 for a three- or four-hour shift, depending on time of day. They include receptionist, wiFi access on personal laptops, projector, screen, flip charts, VCR tv, light housekeeping, room set-up and use of the staff room for vending machines. You can tour the office space and classrooms on Mondays at 4:30pm and Wednesdays at 5:30pm, by appointment only.

Classes are given on starting and growing a business, and all clients receive business counseling, networking opportunities and technical assistance as part of this innovative, life-changing experience. I strongly recommend the Entrepreneur Space for any students and/or graduates who are looking to embark on a commercial food enterprise!

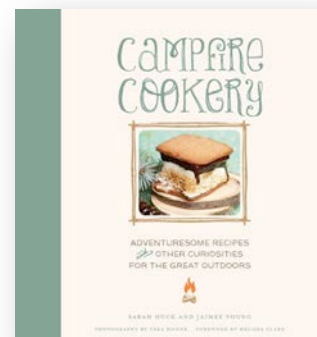
New Books by CTP Grads



Cooking with Italian Grandmothers

by Jessica Theroux,
CTP 83

Nominated for an
IACP Award



Campfire Cookery: Adventuresome Recipes and Other Curiosities of the Great Outdoors

by Sarah Huck, CTP 99E



Adventures in Cooking

Under the Influence: Can One Truly Escape One's DNA?

by Sue Baldassano

In the case of my mother's penchant for "décor," I believed I had miraculously dodged a bullet. I did not succumb to her "everything turquoise" kitchen in the 60's nor did I become a collector of lighthouses and ducks when she moved to the Jersey shore 20 years ago. For some unknown reason, on a recent visit to

my parent's condo in Florida, I became obsessed with my mother's latest motif: her vast collection of pineapples.

Whereas in years gone by I was oblivious to the turquoise refrigerator, wooden ducks and 3-foot-high lighthouses, I now found myself sleuthing around her small apartment searching out anything resembling a pineapple. In all, I found 11 different items, including bedspreads, lamps, towels, shower curtains and silverware. Among the most "fascinating" were mini plastic pineapples tucked into planters and a large clock hovering over the television.

I left NYC a relatively normal person on a short visit to my snow birding senior citizen parents in Florida and returned 3 days later an insane pineapple aficionado.

Christopher Columbus again?

Christopher Columbus is credited not only for discovering America but for finding pineapples in 1493 on the Island of Guadeloupe. This sweet, juicy and frankly odd-looking fruit was named Pina (as in pine cones) de India. Seems like many of the early explorers had a bad sense of direction as evidenced by the cactus pears native to

Mexico that were credited to India as well. To this day they are called fichi di India (Indian figs) in Italy.

Pineapples do not come from Hawaii. They are native to Brazil and were later imported to England, India, Asia, the West Indies and in 1770 to Hawaii. Today, Hawaii only produces about 10% of the world's crop.

Colonists were foodies?

It seems like the colonists, when not circling the wagons, fighting off Indians and gathering around the camp fire, loved "the look" of pineapples, and the wealthy colonists liked to show them off on their dining room tables. There was a real cache to being able to afford such an exotic and perishable fruit as most of them rotted on slave ships before ever arriving.

The usual deal was to display the pineapple on the table on a pedestal studded with sugar figurines. It functioned as a conversation piece and a status symbol, sort of like Wagyu Beef for colonists. It became known as a symbol of hospitality and friendship. The precursor to my mother's shower curtains were items such as fancy tables carved with pineapple motifs and ornate candelabras.

Pineapples and what?

Pineapples are wonderful just cut up and eaten raw, but they can also be enjoyed juiced, pickled, grilled, sautéed, slow cooked, dried and dehydrated. They pair well with both sweet and savory ingredients including pork, chicken, fish, coconut, plantains and chilies, to name just a few.

The best time to enjoy them is March-November, although they are available year round. It is important to choose heavy ones for their size, with no mold and a sweet, not-fermented aroma. Once they are picked they will not ripen any further, but left at room temperature for 1-2 days, they will become softer and juicier.

Are they healthy?

Yes, they are one of those foods that not only taste great but are great for you. They contain bromelain which is an anti-inflammatory and contains digestive enzymes. Best benefits are derived when consumed in between meals. They contain manganese, calcium, potassium, fiber, Vitamin C, Vitamins B1, B6, copper and dietary fiber. They are also low in calories-- about 78 per 1 cup of raw, diced fruit.

Inspired by Mom--My Personal Spin on Pineapples

Pineapple Soda

Yield: 2 ½ cups juice

Ingredients:

1 small, sweet pineapple (about 4lbs), peeled and chopped
2 cups seltzer
Pinch sea salt
1 teaspoon (or to taste) ginger juice
1 teaspoon (or to taste) lemon juice
1 teaspoon (or to taste) rice syrup

Procedure:

1. Blend pineapples in a vitamix . Strain.
2. Just before serving, add selzer, salt, ginger juice, lemon juice and rice syrup to taste.

Pineapple Sorbet

Yield: approx. 1 quart

Ingredients:

1 small pineapple (about 4lbs), peeled and chopped
½ - ¾ cup water
¾ cup agave or rice syrup
Pinch sea salt
2 teaspoons white rum
¼ cup coconut milk
1 teaspoon lime juice
3 tablespoons coconut cream (fat from coconut lightly sweetened with coconut sugar)

Procedure:

1. Blend pineapple in a blender with water until creamy; strain through a sieve, reserving the juice.
2. In a blender combine the juice with agave, salt and rum. After blending, whisk in coconut milk, lime juice and coconut cream.
3. Chill mixture and churn in ice cream machine.

Pineapple Crisps

Yield: approx 100 pieces

Ingredients:

1 large pineapple cut into quarters, thick stem removed and sliced with mandolin into 1/8-inch slices.

Procedure:

Heat oven to 275 degrees. Place slices on silpat and cook until crisp (about 30 minutes).

Sweet Potato and Pineapple Mash

Yield 3- 4 servings

Ingredients:

4 medium sweet potatoes, roasted
 2 teaspoons coconut oil, melted
 ½ teaspoon Mexican cinnamon
 ¼ cup coconut milk
 1 cup fresh, ripe pineapple (about ¼
 pineapple), cut into small dice

Procedure:

1. Remove roasted sweet potatoes from jackets. Mash with a fork.
2. Place in bowl and add coconut oil, cinnamon and coconut milk; mix to combine.
3. Add pineapple. Serve warm.

Vampiro**(Beet, Pineapple, Apple and Lime Drink)****Ingredients:**

1 medium beet (with peel), washed and cut
 into chunks
 1 4-pound pineapple, peeled and cut into
 chunks
 2 quarts apple juice (freshly juiced is best)
 ¼ cup lime juice

Procedure:

1. Juice beet and pineapple in Champion juicer. Combine beet/pineapple juice with apple juice.
2. Chill and serve.

Any time's a good time for pineapple!**In Memorium****Elliott Warren (CTP 181T)**

It is with great sorrow that we
 report the death of Elliott Warren.
 We extend our deepest sympathy to
 his family and friends

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