



FOR IMMEDIATE RELEASE

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CULINARY INSTITUTE OF VIRGINIA'S CASUAL GOURMET CLASSES MAKE PROFESSIONAL INSTRUCTION AVAILABLE TO THE HOME COOK

NORFOLK, Va. – (October 10, 2007) – [Culinary Institute of Virginia](#), the School of Culinary Arts at ECPI College of Technology, is celebrating one year of culinary excellence in Norfolk. The school's hands-on approach to [culinary education](#) has drawn over 200 students to the 18 month associate degree program.

Starting in October, in addition to the degree program, Culinary Institute of Virginia (CIV) will offer a [Casual Gourmet cooking series](#). These individual classes are designed for the home cook who wants to improve skills and learn new techniques in a variety of areas. Students of the Casual Gourmet classes are taught in real kitchens with the same "learn by doing" philosophy that guides all CIV programs.

"We've had tremendous interest from folks in the community to expand our class offerings for the general public," says Mark Dreyfus, president. "The timing is perfect to add these courses as people begin thinking about holiday parties and entertaining. People are passionate about cooking, and we are thrilled to share our professional staff and facilities with the community."

Classes cover a variety of subject matters and are offered on weeknights and weekends. Registration is required and can be completed on the web site at www.chefva.com or by calling 757-858-2433. Spaces are limited.

CLASS OFFERINGS INCLUDE:

Cake Decoration for Beginners (3 sessions)

Learn the basic techniques to create your own beautiful cakes. In this class you will learn how to prepare an assortment of butter creams and basic cake decorations. Learn how to use a piping bag and tip and how to work with parchment piping bags. Skills taught include icing techniques and decorative piping, shells, scrolls, balloons, lattice etc.

Dates: 10/16/07 & 10/23/07 & 10/29/07

Times: 10:00AM to 1:00PM - Cost: \$225.00

Artisan Breads (3 sessions)

Bread is a food basic. In these classes you will learn how to use a variety of flours and production methods to make bread with panache. The breads you produce will be made from a variety of flours, not just wheat, and will include rye, whole wheat, and semolina. Learn how to shape the finished dough, let it rise and bake it. Then comes the best part, tasting it!

Dates: 10/20/07 & 10/27/07 & 11/03/07

Times: 10:00AM to 1:00PM - Cost: \$225.00

Intermediate Cake Decorating (3 sessions)

If you have mastered the basics of decorating a cake, this class will help you take your finished cake up a notch. Learn how to layer your cake, make butter cream roses and more advanced piping techniques. This class will introduce sugar paste as a decorative medium to produce decorations for your cakes.

Dates: 11/06/07 & 11/13/07 & 11/27/07

Times: 6:00PM - 9:00PM - Cost: \$225.00

"C" is for Cookie (2 sessions)

Explore the variety of cookie types: dropped, bagged, molded, and icebox to name a few. Understand what causes a cookie to be crisp, chewy, or soft. Learn to cut, shape and finish a variety of cookies. Best of all, sample the cookies you bake in this class.

Dates: 11/10/07 & 11/17/07

Times: 10:00AM - 1:00PM - Cost: \$155.00

Holiday Cookies (1 session)

How do you make all those time honored holiday cookie favorites? How do you make them taste delicious and look festive? Come to this class and we will teach you how. You will not only participate in the process of making the cookies, you'll add your personal touch in decorating them.

Dates: 11/15/07

Times: 6:00PM - 9:00PM - Cost: \$75.00

Holiday Desserts (1 session)

Beyond fruit cake and apple pie there is a world of delicious desserts. Learn traditional holiday desserts from other countries! Learn how to make a dessert that will be the topic of conversation for days after the holiday meal! How? This class will give you the step-by-step instruction necessary to produce a fabulous desert for your holiday meal.

Dates: 11/29/07

Times: 6:00PM - 9:00PM - Cost: \$75.00

Junior Chef's Academy (3 sessions)

Classes for those 12 to 15 years old. No TV dinners for this group of future chefs. They will be able to make a pizza or the best mac and cheese in town. The junior chefs learn the basics of being in a kitchen including the necessary safety precautions and how chefs work together as a team. Over the three class sessions they will learn everything necessary to prepare a meal from soup to dessert. The bonus? They eat a lunch that they prepared themselves.

Dates: 10/20/07 & 10/27/07 & 11/03/07 or 11/10/07 & 11/17/07 & 12/01/07

Times: 10:00AM to 1:00PM - Cost: \$225.00

Hors D'Oeuvres (1 session)

A small bit of appetizing food, bite size miniatures, is the perfect way to kick off any dinner party! This class will teach you how to prepare quick and delicious as well as impressive Hors D' Oeuvres. With the holidays approaching this class will give you ideas on how to spice-up your gatherings.

Date: 10/08/07 - Time: 6:00PM to 9:00PM or 12/01/07 - Time: 10:00AM to 1:00PM

Cost: \$75.00

Tapas (2 sessions)

This class will offer easy recipes for traditional Spanish Tapas which are eaten anytime of the day or night. You can make a meal of these little dishes alone. You will prepare a variety of Tapas and then sit down to sample the flavors and discuss the cuisine you prepared.

Dates: 10/16/07 & 10/23/07

Times: 6:00PM to 9:00PM - Cost: \$150.00

Why Order Out? Meals in Minutes (3 sessions)

Let your fingers do the walking in the kitchen rather than hitting the speed dial for the same old take out. How to organize your time in the kitchen; how to plan and prepare nutritious and delicious meals which require short cooking and preparation times will be some of the skills learned in this course. You will prepare a variety of food items and then sit down to sample the flavors and discuss the cuisine you prepared.

Dates: 10/18/07 & 10/25/07 & 11/01/07

Times: 6:00PM - 9:00PM - Cost: \$225.00

Southwestern Secrets (2 sessions)

Southwestern cuisine is heavily influenced by Mexican cuisine with contributions from cowboys and Native Americans. It is rustic cooking full of flavor and bursting with fresh ingredients. Learn how to spice up your kitchen using authentic ingredients and production methods. The end of the class offers an opportunity to sit down, sample the flavors and discuss the food you prepared.

Dates: 10/18/07 & 10/25/07

Times: 6:00PM - 9:00PM - Cost: \$150.00

Sushi Rolls (1 session)

From Nigiri-Zushi, Gunkan, Temaki-Zushi to California rolls, learn the methods used to make a variety of sushi. Choose from favorite ingredients to create individual hand rolled small sushi (Temaki-Zushi) which you will enjoy tasting at the end of class.

Date: 10/29/07 - Time: 6:00PM to 9:00PM or 11/29/07 - Time: 10:00AM to 1:00PM

Cost: \$75.00

Mediterranean Cooking (3 sessions)

The Mediterranean Sea borders Spain, Italy and France. These areas are known for their cuisine, which is flavorful and full of fresh ingredients. This class will give you the opportunity to discover the differences and similarities between these countries regarding the ingredients, seasoning and cooking methods. You will prepare a variety of food items and then sit down to sample the flavors and discuss the cuisine you prepared.

Dates: 11/01/07 & 11/08/07 & 11/15/07

Times: 6:00PM - 9:00PM - Cost: \$225.00

Healthy Cooking (3 sessions)

Make healthy food choices and plan meals that offer a variety of taste and flavors. From soup and salads to dessert to convenient healthy and nutritious meals full of flavor, these classes allow you to eat well without guilt, and you can start by enjoying what you prepare at the end of each class.

Dates: 11/06/07 & 11/13/07 & 11/27/07

Times: 6:00PM - 9:00PM - Cost: \$225.00

The Culinary Institute of Virginia is located at 2428 Alameda Avenue, in Norfolk. Graduates of the 72-week program earn an associate of applied science degree in culinary science. Externships with area restaurants and hotels are a central tenet of the curriculum, and students are required to participate in community service projects with local hospitals, foodbanks and service organizations.

ABOUT ECPI COLLEGE OF TECHNOLOGY

ECPI College of Technology is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097 or 404-679-4500) to award Bachelor of Science, Associate of Science, and Associate of Applied Science degrees. With campuses in North Carolina, South Carolina, and Virginia, ECPI, a private college established in 1966, offers convenient classes during the day, evening, or online; graduate employment services are provided. IT certification classes are also available.

ECPI's many fields of study include: **TECHNOLOGY:** Biomedical Equipment Technology, Computer Electronics Engineering Technology, Information Systems, IT/Computer Programming, IT/Networking & Security Management, IT/ Web Design, Medical Imaging Equipment Technology, Simulation & Game Programming, Web Design, Wireless Communications; **BUSINESS:** Accounting Administration, Business Systems Administration, Criminal Justice; **HEALTH SCIENCES:** Dental Assisting, Massage Therapy, Medical Administration, Medical Assisting, Medical Radiography, Physical Therapist Assistant, Practical Nursing, Registered Nursing, Surgical Technology; **CULINARY:** Culinary Arts. (Available programs vary by campus.) For more information, visit www.ecpi.edu.

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