

The Magazine for Food and Wine Enthusiasts from The Culinary Institute of America

TASTE

Issue 23, January 2017

**HEALTH
BENEFITS
of 5
Favorite
Spices**

**THE
SPICES
ISSUE**

**YES!
We Have
a Class for
That**

**9 RECIPES
to Feed
Your Soul**



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FEELING SPICY?

It's the Spices Issue, so let's get crushing and grinding straight away.

Watch "How to Make Ras El Hanout," a traditional Moroccan spice rub.





Welcome!

We're so glad you stopped by to check out this issue of *TASTE*.

If you already know us and love us, then by all means, [skip ahead](#) and enjoy! But if you're new to *TASTE* and the CIA, then please allow us to introduce ourselves.

Who is the CIA?

We're The Culinary Institute of America, and we've been teaching people how to cook for more than 70 years. So, yeah, we've been around the block a few times when it comes to sharing our passion for food, wine, and hospitality.

What's *TASTE* all about?

TASTE is the magazine for people who are a *tiny* bit obsessed with cooking, baking, wine, and entertaining. This edition is our first wholly digital one, and we think you'll be excited by all the fresh, easy-to-access content. Of course, it's all designed to feed your passion and encourage you to take the next step—to experience the CIA in person.

What is there to do at the CIA?

A lot, including enjoying amazing food in award-winning restaurants, hands-on and demonstration-style cooking and baking experiences, wine and beverage tastings, shopping, and campus tours.

What else does the CIA do?

We're a not-for-profit, Middle States-accredited college educating the next generation of leaders in food through our bachelor's degrees, associate degrees, and certificate programs. The CIA also serves industry professionals with executive education from its Food Business School, as well as consulting services, conferences, and custom programs.

Where is the CIA?

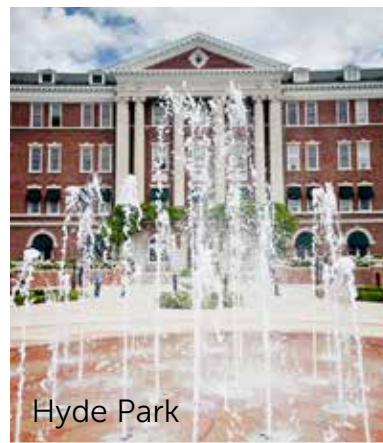
We have four locations in the U.S.—close to home, or an exciting vacation destination.

The CIA (main campus)
Hyde Park, NY

The CIA at Greystone
St. Helena, CA

The CIA at Copia
Napa, CA

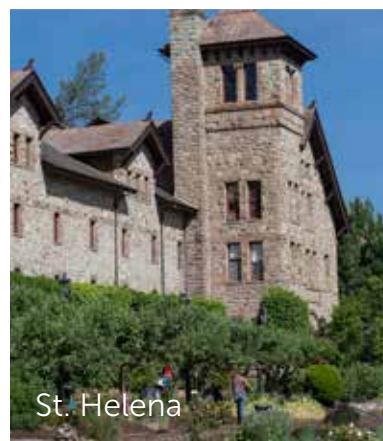
The CIA, San Antonio
San Antonio, TX



Hyde Park



San Antonio



St. Helena



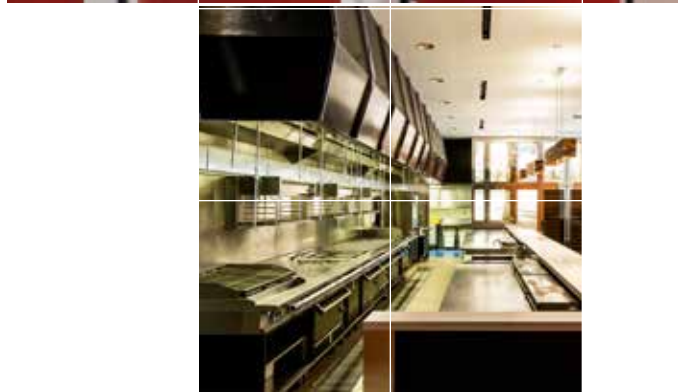
Napa

TOUR
INFO



Copious Fun

The CIA's newest California location at the gateway to wine country is a food and wine lover's dream.



Your trip to the Napa Valley just got even better. That's because our California campus now has two locations brimming with food and wine experiences for you to enjoy—the CIA at Greystone in St. Helena, and the brand-new CIA at Copia, located in the Oxbow District in downtown Napa.

In 2015, the CIA acquired the building and adjacent land that once served as Copia: The American Center for Wine, Food, and the Arts. The college has since transformed the property into a culinary playground for visitors, where you can delight in classes, demos, dining, shopping, tasting experiences, and more. Plus, there's plenty of community and special-event space available for your next concert, conference, or class reunion.

Find out more at ciaatcopia.com.

TAKE A CLASS AT COPIA

Ready to experience the CIA at Copia for yourself? Register now for one of these [upcoming classes](#).



Oh Yeah, You Blend

International Spice Mixes Help
Your Cooking Stand Out
by Hinnerk von Bargaen, CHE





Spice mixes are a great way to add a completely new chapter to your culinary repertoire; they add pizzazz and oomph to almost everything. Too often, however, due to a lack of knowledge or understanding, these fragrant mementoes from abroad are condemned to an unnoticed existence somewhere in a spice rack until their aromas have faded away. Let's not allow that to happen anymore!

Many culinary cultures are famous for their ingenious use of herbs and spices, and serious food enthusiasts who travel to a region celebrated for its aromatic fare will not miss a chance to explore one of its spice bazaars. The omnipresent fragrance of herbs and spices, noise and aromas from mobile kitchens, and encounters with people energetically haggling over the price of the tantalizing goods make for an unforgettable experience. Traditional spice mixes obtained at these markets are welcome souvenirs, and may include a variety of masalas from India, ras el hanout or tabil from the Maghreb region of North Africa, Cajun spice mix from Louisiana, and za'atar from the Middle East.

Once you're back in your familiar home kitchen, you'll be eager to recreate your new favorite exotic foods. Yet, on the very first attempt, you may wonder how to best use your spice mixes—should they be applied at the beginning or at the end of cooking? Should they be briefly fried in oil or dry-roasted or simply added to the food? The answer? It depends, as every region or cuisine has its distinct spices, flavor profiles, and cooking methods.

Certainly one of the best-known spice mixes is **curry powder**. It's believed to be of East Indian origin, but comparable blends can be found all over the world. In India, however, it is hard to find "curry powder" or even "curries." Instead, the spice mixes and some of the dishes made with them are known as "masalas." What is known as curry powder today was fashioned by returning British colonists in an effort to recreate the flavors they enjoyed so much during their time in India. It didn't take long for spice manufacturers to recognize the potential of this ubiquitous spice blend and



commercialize it. Most recipes using curry powder suggest briefly frying it in oil before adding the main ingredients and then simmering it gently to achieve the most complex flavors.

Another well-known spice blend from India is **garam masala**. Literally meaning “warming spices,” garam masala generally contains cinnamon, cardamom, cloves, cumin, and black pepper. It is commonly applied at the very end of cooking to avoid altering the original flavor of the spices and to add a layer of complexity to the dish.

Hailing from Morocco and Tunisia is **ras el hanout**. The literal translation of its name is “head of the shop,” implying that it is made with the best spices in the shop. Composed of 12 or more different spices, the exact composition varies from producer to producer. Ras el hanout is versatile and can be used for savory stews, to flavor couscous or rice, or as a rub for grilled meats.

To get the best flavors from your spice mixes, most experts agree that all spices should be ground and used as fresh as possible. During long storage, their delicate essence is slowly but surely going with the wind. Chef Goetz Haaf, chef and owner of the restaurant Eiscuisine in Hamburg, Germany, stresses the importance of using a mortar and pestle. He feels the heat generated in an electric spice grinder is detrimental to the spices’ essential oils.



So, experiment with some of these unknown flavors. It will help you gain culinary confidence and discover exciting new dishes. *Guten appetit!*



Hinnerk von Barga is a professor of culinary arts at the CIA San Antonio. He holds a Master Chef certificate from the Hotel School in Hamburg, Germany and is a certified hospitality educator. Chef von Barga has lived, worked, and traveled extensively throughout Asia, and is the author of Street Foods.

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WELL & GOOD

Enjoy the health benefits
of cooking with
everyday spices.

By Sanna Delmonico,
MS, RDN, CHE

When you close your eyes and think about cinnamon, you begin to smell its woody aroma, taste its pungency, and imagine its deep red-brown color. The intense aromas, flavors, and colors found in spices not only make them fantastic for cooking, they're also indicators of the spices' healthfulness. Those compounds you are conjuring up are phytochemicals, health-promoting substances in plants.

Spices and herbs have the highest levels of [antioxidant phytochemicals](#) of any plants. Cloves, dried oregano, ground ginger,

cinnamon, and ground turmeric top the list. While it is difficult to figure out which substances in which spices have particular effects ([see sidebar](#)), we do know for certain that diets including more spices have health benefits.

So what are some benefits from a few common spices?

Cinnamon

Cinnamon is the dried inner bark of various evergreen trees in the genus *Cinnamomum*. It contains a number of

phytochemicals, including cinnamaldehyde, and has been studied for its blood sugar regulating effects. One small study found that blood sugar rose more slowly when people ate hot cereal with 6 grams of ground cinnamon, compared to plain cereal. This might mean cinnamon is helpful in preventing or treating type 2 diabetes. But 6 grams of cinnamon isn't a sprinkle; it means almost a tablespoon in your morning oatmeal. Evidence also suggests that cinnamon may help control blood cholesterol and blood pressure.

Red pepper

Most chile peppers and sweet peppers start out green and turn red as they mature. Capsaicin, the compound that makes you feel the burn of hot peppers, is widely used and effective in topical creams for treating pain. It may also have potential for weight management, working perhaps by making you feel less hungry and increasing the number of calories you burn. The good news for those who don't like spicy foods is that capsiate, a similar but non-spicy compound found in sweet peppers and ground paprika, appears to have similar effects.

Turmeric

Fresh turmeric looks a lot like fresh ginger; in fact, it is a rhizome related to ginger, but with a distinct yellow-orange flesh. Curcumin is the bright yellow phytochemical responsible for the color of turmeric. It has been shown to have cancer-preventing effects, including colon cancer.

Ginger

Did your mother pour you a ginger ale when you had a stomachache? Ginger's ability to prevent and treat nausea, motion sickness, and sea sickness has been known for centuries. More recently it has been investigated as a treatment for arthritis because of its anti-inflammatory effects, and for its potential to regulate blood sugar and blood lipids like cholesterol.

Black Pepper

Black pepper is the most commonly used spice worldwide. Piperine, the phytochemical that gives pepper its bite, is found in both black and white pepper. Pepper appears to stimulate the lining of the small intestine, which may lead to increased absorption of nutrients.



Sanna Delmonico, MS, RDN, CHE is a lecturing instructor at the CIA at Greystone in St. Helena, CA, where she teaches food safety, culinary math, and nutrition. She writes a monthly nutrition column for IDEA Fitness Journal.

[WHAT ARE PHYTOCHEMICALS AND ANTIOXIDANTS? >>](#)

[RESEARCH ON SPICES IS CHALLENGING >>](#)

[SPICES MAY PREVENT FOODBORNE ILLNESS >>](#)

[REFERENCES >>](#)



I claim it: Comté has been one of my favorite cheeses since I first tasted it decades ago. I cherish its flavors, texture, and complexity, and I purchase it regularly and savor it often.

But until recently, I never appreciated the full story behind Comté cheese making. Sure, I knew the basics—raw milk from a specific breed of cows raised in the alpine pastures of the Jura, aged up to two years depending on the desired style. On a recent trip to eastern France, I learned the compelling story that results in this spectacular, one-of-a-kind cheese.

Comté is a PDO (Protected Designation of Origin) cheese, officially recognized as such by the French government in 1958. But its story begins hundreds, perhaps thousands, of years earlier. Cheese has long been a source of preserving milk and providing humans with nourishment. But the qualities of Comté have been refined over the centuries, and today the complex network of participants in its production *all* contribute to this sublime artisanal cheese.

There are three equally important participants: farms, creameries, and aging facilities. In the Jura, these are known as the *fermes*, *fruitières*, and *caves d'affineurs*, respectively. As one member of the

cooperative put it to me, “No farms, no cheesemakers; no affineurs, no Comté.”

Interestingly for me, whose background is in wine, the notion of a cooperative model is not always associated with quality. With a few notable exceptions, cooperative wineries tend to produce mediocre, unmemorable wines. In the cheese world, as in wine, we tend to associate quality with small production—we can be led to believe that “farmstead” cheese or “estate bottled” wines are superior. This is simply not always or even often true. I am hard-pressed to think of a better example of the cooperative model of any culinary product than that of Comté. And yet Comté is a product of terroir—expressed through the flavors and textures of cheese, it represents a place.

That place is the Jura. Nestled below the foothills of the Alps, this bucolic area is ideal for cattle grazing. And as cattle go, the Montbéliarde is a magnificent breed:



sturdy, productive, and beautiful. There are roughly 2,600 cattle farms in the Jura that raise these cows for their fine milk, with most of the herds numbering fewer than 60 cows. In the regulations of the Comté PDO, the farms are required to have at least two and a half acres per cow to roam; most have much more. In the summertime, when the cows graze in the meadows of natural grasses and wildflowers, it’s really something to see and hear when they come in for milking. The farmer simply calls for them and as the herding dogs do their work, the cows come in, their bells a symphony.

The milk is delivered to the fruitières daily, where the cheesemakers work long hours in humid conditions to craft impressive wheels of young Comté. There are 160 fruitières in the cooperative, each of which may work with up to 20 farms. Another

requirement of the PDO is that the farms that provide the milk are within 15 miles.

The last step of the process is the aging facilities. There are 16 of them and their job is to age the wheels to desired styles. All Comté must be aged a minimum of 120 days, but most is aged longer. Preferred ages, in my observation, are at six, eight, 12, 18, and 24 months, although I did taste a rare 30-month Comté. A wheel of Comté weighs roughly 100 pounds. The affineurs seem to effortlessly know every wheel in their cellar. Their job is literally to “listen to the cheese,” which they do by making rounds and tapping on the wheels with a tiny wooden hammer-like tool called a sonde. By touch and sound they ascertain the quality of the wheel. With the same tool, they hollow out a small piece to smell and taste; only then do they decide if the wheel is ready.

Every wheel of Comté is different. The variables are myriad: did the cows eat summer botanicals or winter hay? How long was the cheese aged? How is it served?

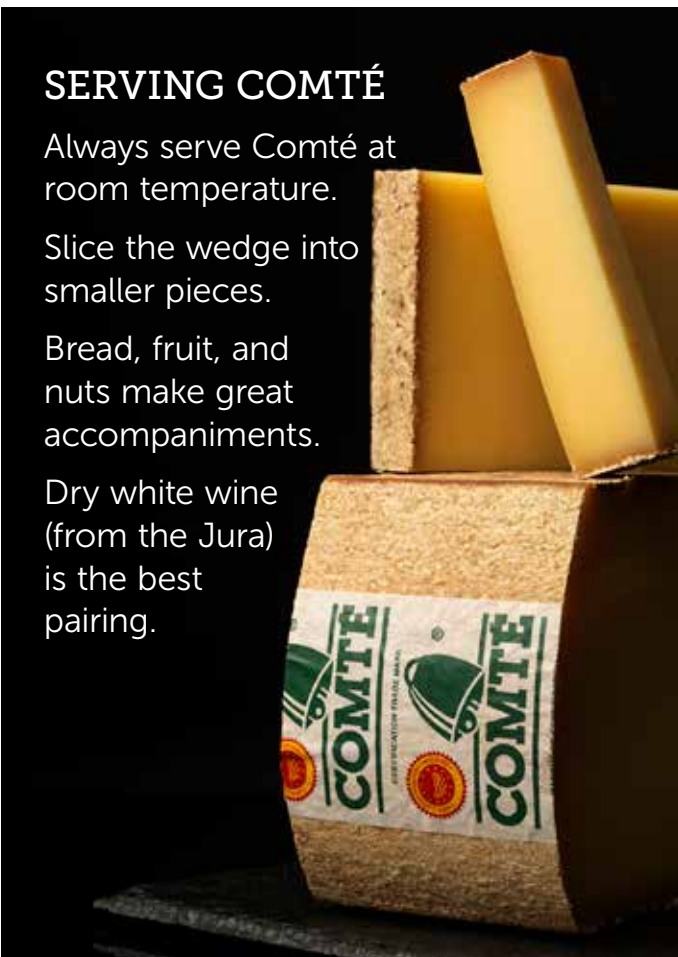
It all amounts simply to tasting and exploring much Comté. The youthful cheeses have a fresh grassy characteristic with an underlying creaminess, while the older ones have a nutty and caramelized flavor; often they possess mini crunchy granules called tyrosines (amino acids) that add a textural element. Comté served with a local Jura wine made from Savagnin grapes is my own preferred tasting.

“Every wheel of Comté is different. The variables are myriad: did the cows eat summer botanicals or winter hay? How long was the cheese aged? How is it served?”

However you decide to savor Comté, the experience is enhanced when you consider the incredible cooperative system that produces this magnificent cheese.



Christie Dufault is an associate professor of wine and beverage studies at the CIA's California campus. She holds a CIA Advanced Certified Wine Professional credential and was named “Best Wine Director” by San Francisco magazine.



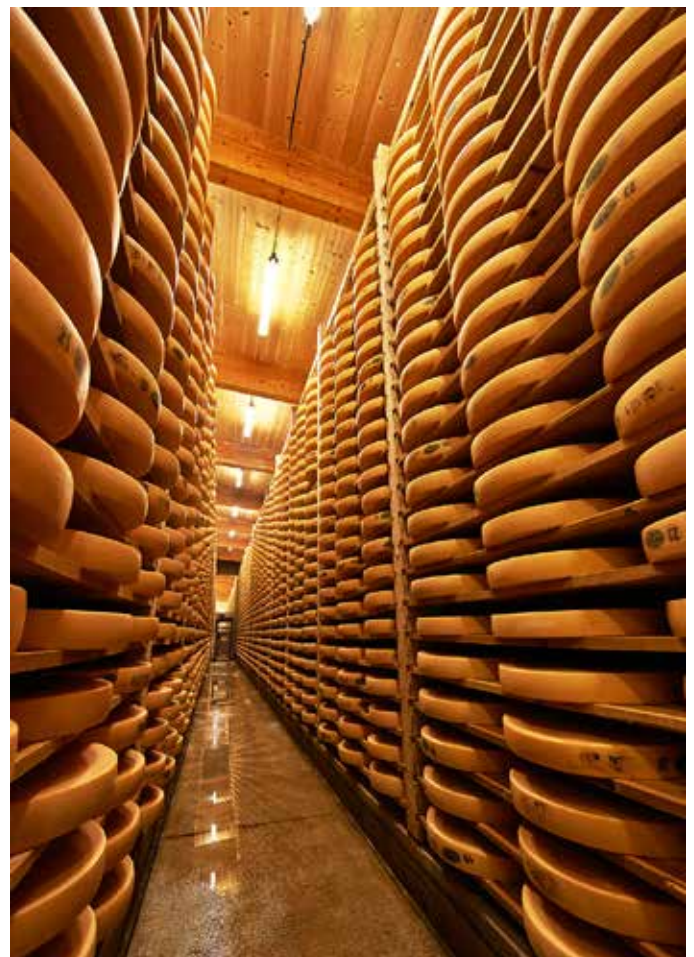
SERVING COMTÉ

Always serve Comté at room temperature.

Slice the wedge into smaller pieces.

Bread, fruit, and nuts make great accompaniments.

Dry white wine (from the Jura) is the best pairing.



THE SPICE OF LIFE



Spices are at the heart of the world's diverse flavor profiles.

By Howie Velie, CEC

For a very long time, in every corner of the world, spices have been valued by people who love food. Their role as a commodity traces back to before the Columbian Exchange and into the 1200s and 1300s. Spices we take for granted today (and more than likely have way too much of in our cupboards) were at that time a major source of wealth and prestige. **Cloves**, for example, are native only to the Maluku Islands in Indonesia, which were dubbed the "spice islands" by the early European explorers. The exact location of the Malukus was for some time a closely held secret because the demand for cloves in Europe was so great.

We probably all remember from school that Vasco da Gama was the first European sailor to round the Horn of Africa and "discover" the Orient. Initially, the main reason that da Gama and so many others made the incredibly dangerous sea voyage to the East was simply to get **black pepper**. At the time, it was the most revered and sought-after spice on the planet. Today black pepper is so ubiquitous a condiment that it is given freely on tables at virtually every restaurant in the world. It also features prominently as a flavor enhancer in nearly every European recipe except for Spanish cuisine, where it is lightly utilized.

Creating **spice blends** was originally a way to marry flavors and reduce costs; in those early times, an individual spice could be cost-prohibitive. Using cloves alone in a dish would have been one-dimensional and expensive, but blending cloves, cinnamon, and allspice would yield a more complex flavor profile and be less expensive to produce.

Over the years, unique blends of spices have come to help define many of the world's cuisines. We instantly recognize certain **flavor profiles** as "Mexican" or "Asian" when we taste them. An example of how spices define certain dishes within some cuisines is in the use of **paprika**, a dried and ground small sweet red chili pepper or capsicum. In Spain, it is smoked and used to add a smoky depth to dishes like patatas bravas, and in Hungarian cuisine, it adds the sweet red color and delicious flavor to goulash—two very different expressions of essentially the same ingredient. Similarly, **cumin** is a strong flavor in the foods of Northern Mexico and the Southwest U.S., but in Indian cuisine, it is an instrument in the orchestra of spices and not a distinctive flavor—again, basically the same ingredient used in different and important ways.

So can you make spice blends at home? Yes—many can be created and used simply and easily in your own kitchen. These quick blends are purposefully inexpensive and help build different international flavor

profiles. Check out my recipes, and feel free to adjust them to your own tastes.

If you'd rather leave blending spices to the professionals, consider purchasing them. You will not only save on the cost of buying all the individual spices it would take to make the blend yourself, you'll also benefit from the fact that someone else has done the experimenting to get the ratio correct and make the blend spectacularly complex. I'm a fan of Tony Chachere's Creole seasoning. It's delicious, and even though I could make it myself, I appreciate that they have done all the ratio work for me. I add it to my Creole-inspired dishes with great success.

Whether you make them yourself or buy them, get creative and use more spices in your cooking. Be bold and, remember, flavor is your friend!




Chef Howie Velie is an associate dean of culinary arts at the CIA and an American Culinary Federation Certified Executive Chef.



BAKED IN





When Christopher Columbus needed exotic spices for his pantry, he loaded up three ships with hardy sailors and set off on a months-long adventure at sea. Fortunately for us, the process of stocking up the spice cabinet has become much easier—so easy, in fact, that we often take for granted the many wonderful flavors that are hiding in plain sight in our own kitchens. There’s no time like the present to take stock of your spice drawer and consider replacing those tired, old jars with something new.

Here’s what you need to know about using spices when you bake:

Ground or Whole?

Dried spices are available in one of two forms: whole and ground. Bakers generally rely on convenient powdered spices, so it’s important to know that our ingredients are fresh and flavorful—spices that are more than a year old will have lost much of their volatile oils. So if grinding whole spices just isn’t your thing, buy only as much powdered spice as you can use in a year—you’ll notice a big improvement in flavor.

Ambitious bakers might want to explore the world of whole spices—cinnamon sticks, allspice berries, whole cloves, anise stars, etc. These spices, ground as needed, will impart better flavor to baked goods, and their shelf life is considerably longer. A small electric coffee grinder works especially well for this task...just don’t use the same one you use for grinding coffee! Fresh-grated nutmeg or ginger root can be easily accessed with a handheld microplane.

Infused and Toasted

Whole spices offer another big plus when used for infusions. Baked custards and creams will be noticeably more flavorful when infused with whole, fresh spices, whereas the powdered version is considerably less potent and often results in disappointing texture. The technique is as simple as brewing a cup of tea: combine the dried spices with milk and cream, heat to a simmer, and allow to sit until the mixture cools. You can improve the flavor by first toasting whole spices in a low-temperature oven for 5–10 minutes to bring out the natural oils; the aroma is incredible. Or, for a more complex flavor, you can toast whole spices in a saucepan over low heat with a small amount of sugar to “dry-caramelize”—carefully deglaze this mixture with hot milk or cream and blend with the remaining ingredients. It’s a more involved process, but the resulting depth of flavor is worth the extra effort.



SPICED
POTS DE CRÈME
.....
GET THE
RECIPE HERE >

Powerful

Whether using fresh-ground whole or powdered spices, it's important to remember that careful seasoning is the hallmark of a talented chef. Just as too much salt or pepper can render an otherwise perfect dish unpalatable, so can the careless overuse of any spice—there's no substitute for tasting. Remember, freshly ground spices can be more powerful than powdered, so you might wind up using less than your recipe calls for.

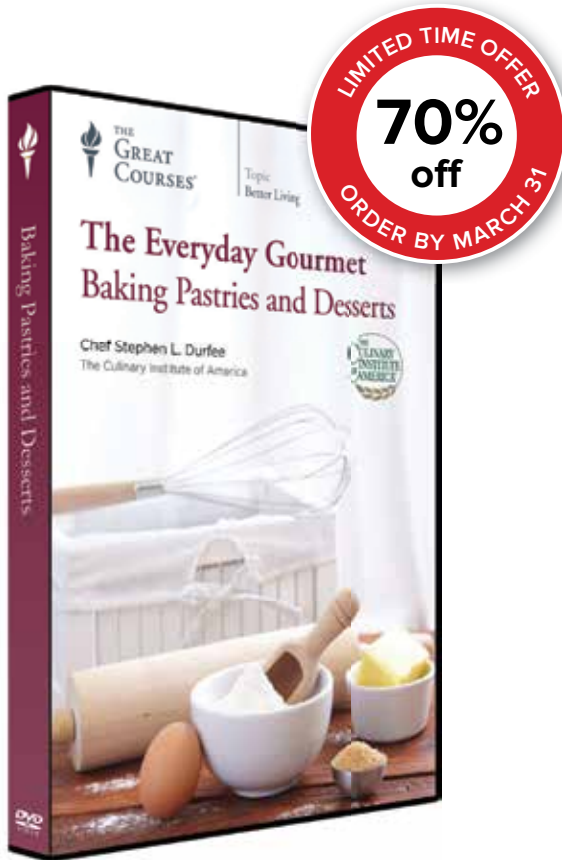
Warm

Holiday baked goods frequently rely on cinnamon, cloves, ginger, and allspice, but might also include nutmeg, cardamom, white pepper, anise seeds, or

coriander. These “warm” spices are known to improve circulation, which can lead to a healthier lifestyle. When the weather grows colder and we spend more time indoors, it's especially nice to know that your warm kitchen will not only smell wonderful, but that those cookies just might make you a little bit healthier (at least that's what I tell myself!).



Stephen Durfee is a professor of baking and pastry arts at the CIA's California campus. An American Culinary Federation-Certified Executive Pastry Chef, he was a member of Team USA in the prestigious Coupe du Monde de la Pâtisserie in 2013 and named one of the 10 Best Pastry Chefs by Pastry Art & Design and Chocolatier in 1999.



Learn to Bake like a Professional Chef

Get a quick, easy, and comprehensive guide to the fundamentals of baking like a professional with **The Everyday Gourmet: Baking Pastries and Desserts**. These six lessons invite you to join Chef Stephen L. Durfee, an award-winning pastry chef and instructor from the famed Culinary Institute of America, as he demonstrates tried-and-true methods for baking everything from simple cookies and cakes to custards, cream puffs, and chocolate mousse.

Filmed on site at the CIA's Greystone campus in Napa Valley and packed with dynamic studio demonstrations and opportunities to work hands-on in your own kitchen, these lessons give the novice and master baker alike practical tips and insights straight from one of the world's most respected culinary schools.

Offer expires 03/31/17

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The Everyday Gourmet: Baking Pastries and Desserts

Taught by Chef Stephen L. Durfee
THE CULINARY INSTITUTE OF AMERICA

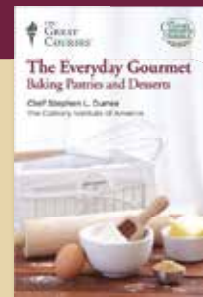
LECTURE TITLES

1. Handle with Care—Basic Doughs
2. Mixing It Up—Methods for Cakes
3. Blue-Ribbon Winners—Pies and Biscuits
4. Lighter Than Air—Cream Puffs
5. Simple to Elegant—Custards
6. Final Touches—Mousse and Dessert Sauces

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Culinary Boot Camps

You're standing at the stove in your chef's whites with a CIA chef right next to you, tasting your cooking and explaining how to bring out its full flavor. You're learning basic skills and the tips and techniques the professionals know. You're enjoying amazing food.

Can it get any better? Oh, yes it can.

Because you're sharing the experience with cooking and baking enthusiasts from all over the country and around the world. CIA Boot Camp is a place to connect; plus it's crazy-good fun and an incredible vacation that will transform you into a more confident, creative home cook.

What to Expect

Be ready for full and exciting days! You'll be exposed to a wide variety of ingredients, flavors, and dishes, letting you see and taste much more than you personally prepare.

- Generally, in **cooking Boot Camps**, four teams of 3 to 4 people, with guidance from your chef-instructor, will each make a portion of a broad selection of dishes that comprise the menu.
- In **baking and pastry Boot Camps**, you'll work in teams to prepare a wide array of items. Since you won't be preparing your own lunch or dinner menu, you'll enjoy meals prepared by degree program students, sometimes using some of the items you've made.

Choose Your Boot Camp

Are you psyched? Here are just some of the two-, three-, four- and five-day Boot Camps you can experience:

Culinary Basic Training
(a great one for first-timers!)
Artisan Breads
Asian Cuisine
Baking
The Best of Boot Camp
Bistro
Comfort Foods
Cooking Techniques Series—Meats
Cooking Techniques Series—Poultry
Cooking Techniques Series—Seafood
Cooking Techniques Series—Sous Vide
Dessert
Earth Flavors of Italy—Artisan Pizza and Pasta

Entertaining at Home
Flavors of Texas
French Cuisine
Gourmet Meals in Minutes
Grilling and BBQ
Handmade—Fresh Cheese
Hors d'Oeuvre
Italian Cuisine
Mexican Cuisine—Puebla and Oaxaca
Mushroom Madness—Wild and Cultivated
Pastry
Regional Japan—Kanto and Chubu
Skill Development
Techniques of Healthy Cooking
Or, choose a [Wine Lovers Boot Camp!](#)

[View all Boot Camps and register.](#)

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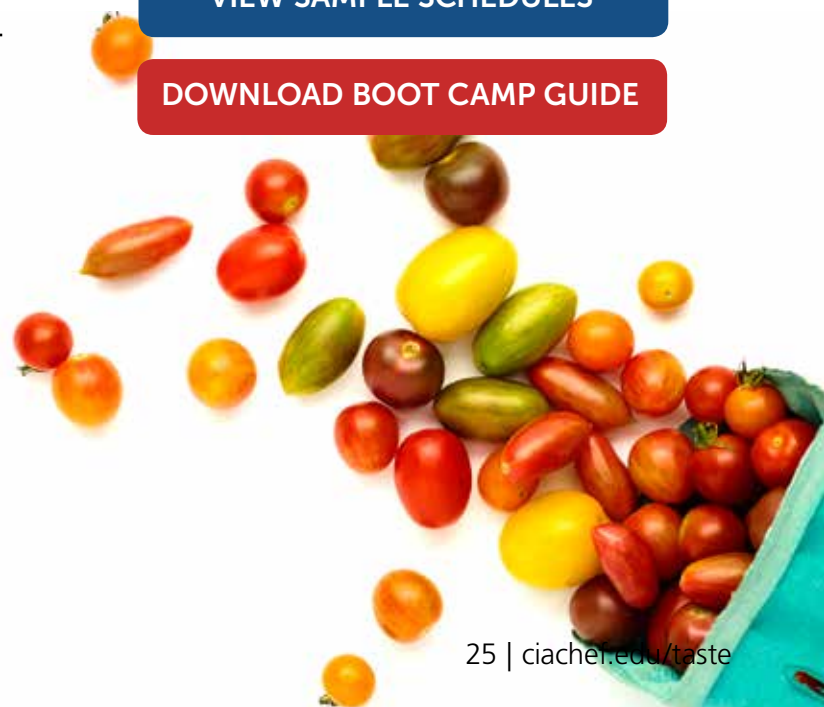
VIEW SAMPLE SCHEDULES

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BIRTHDAY DISCOUNT

Come to Boot Camp during your birthday month*, and you'll get 10% off the class and a present! Call 1-888-995-1699 and use code BCBIRTHDAY.

*Due to extended CIA vacation periods in August and December, if your birthday falls in either of these months, you may take your discount during the month prior to or the month after your birthday. No other exceptions apply.





Cooking Experiences

Do you have a day—or even an hour—free? Then you've got plenty of time to try something new and exciting.

Come connect with friends. Express your creativity through food. Or, simply relax and watch our chefs do the saucing and sautéing. No matter which of our cooking experiences you choose, you'll learn tips and techniques that'll help you cook more confidently, healthfully, and deliciously at home. (And yeah, you'll eat some incredible food in *our* kitchens, too).

[WATCH A ONE-DAY CLASS VIDEO](#)



Cook with the Best!

The editors of *Hudson Valley* magazine just named the CIA the Best Place to Take a Cooking Class. The 2016 Best of Hudson Valley award noted that CIA classes and Boot Camps are “taught by some of the finest gastronomes in the world.”

Choose Your Experience

There are so many hands-on, demonstration, and “hands-on lite” cooking experiences to choose from, there’s no way to stop at one! Here’s a small sampling:

Bangkok and Beyond

Behind the Meat Counter

Bistros and Brasseries

Breakfasts and Brunches

The Chef’s Table

Chinese Cuisine

CIA Favorites

Classic Comfort Food—Breakfasts and Brunches

Classic Comfort Food, The CIA Way

Classic and Contemporary Sauces

Cooking with Wine

Delicious Vegetables

Everyday Grilling

Fall in the Hudson Valley

The Flavors of Asia

Global Street Foods

Great Grains

Healthy Cooking at Home

Hors d’Oeuvre at Home

An Indian Feast

Italian Cooking at Home

The Many Flavors of Texas

Mediterranean Cooking

One Dish Meals

The Power of Sauces

Preparation is Everything

Saturday Sushi

Sharpening Your Knife Skills

Soups for All Seasons

South of the Border—Mexican Favorites

Spain and the World Table

Spice It Up!

Spring in the Hudson Valley

Spring—Salads and Sandwiches

Spring—Soups and Sides

Under the Sea

Winter Feasts

[View all and register](#)

SPICY GUMBO
RECIPE

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Baking & Pastry Experiences

Flour, salt, water, yeast. Butter, sugar, chocolate, eggs. Basic ingredients become a thing of beauty when you know just what to do with them.

This kind of magic happens every day in the CIA bakeshops. Surrounded by the best ingredients, all the right tools, and an enthusiastic group of baking aficionados, you'll create beautiful and delicious items like artisan breads with a perfect crust, chocolate pots de crème, and flaky pie crusts. Let your inner artist shine—come create with us!

Choose Your Experience

Get your creative on, in baking and pastry experiences like these:

Artisan Breads at Home

Baking at Home—The Desserts

Baking for Brunch

Cake Decorating

Chocolates and Confections at Home

Classic Comfort Food—Sweets and Treats

Creative Cupcakes

Everything Chocolate

Gluten-Free Baking

Pies and Tarts

Seasons in the Wine Country—The Desserts

[View all and register](#)

Or, go deeper, in Baking, Pastry, or Dessert
[Boot Camp!](#)



MINI
CUPCAKE
BOUQUET

.....
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Wine & Beverage Experiences

Which foods play well with which wines? What's the correct way to taste? How can I learn to speak the language? We admit, navigating the world of wines and beverages can seem a little daunting at first glance.

Learning even just a little bit can dramatically increase your enjoyment of beverages—and the food and good company that go with them. And what's the best way to learn? By tasting. Since that can be hard to do on your own, let our experts help you get to know the wines, beers, spirits, and coffees of the world.

Choose Your Experience

Here's just a tasting of the wine and beverage topics you can explore with us:

Bubbles

California Cheeses and the Wines That Love Them

Country Roads—France

Country Roads—Italy

Country Roads—Spain

Country Roads—U.S.

Food and Wine Pairing 101

Grain, Water, and Hops—The Basics of Beer

An Introduction to Wine

Lessons for Wine Lovers—Learning the Language of Tasting

The Marriage of Food and Wine with Chef John Ash

More Marriage of Food and Wine with John Ash—Chocolates, Cheeses, and Desserts

Napa Valley vs. The World

Tasting Wine Like a Pro—Calibrate Your Palate

Tasting Wine Like a Pro—Getting Started

Tasting Wine Like a Pro—Grape Discoveries

Tasting Wine Like a Pro—The Winemaker's Magic

Understanding Coffee—Tasting, Making, and Enjoying

Wine Lovers Boot Camp—Wine and Dine

[View all and register](#)

Please note that these classes (with the exception of Understanding Coffee) are open only to participants 21 years or older.



FOOD & WINE PAIRING 101

SEE MORE EXPERIENCES AT COPIA





Experiences for Families

Cooking and baking are great ways to bring the family together, both in your home kitchen and the CIA's. Our family-friendly hands-on and demonstration experiences will introduce your kids and teens to new foods and flavors, encourage your young chef's interest in cooking, and give the "big kids" (that's you, parents) new tips and techniques to jazz up those everyday meals.

Choose Your Experience

Here's a sampling of the variety of programs designed just for families:

PARENT AND TEEN CLASSES

In these one-day, hands-on classes, you and your teen will cook and bake side-by-side with the helpful guidance of CIA chefs. Come laugh, take selfies, and prepare and eat amazing food with like-minded parent-teen duos. Please note that teens participating in these classes must be at least 12 years old.

Baking at Home—The Desserts

Cake Decorating

CIA Favorites

Creative Cupcakes

Italian Cooking at Home

Preparation is Everything

KIDS KITCHEN

Food and fun! That's what these hour-long demo-style sessions are all about. Parents and kids will see our chefs in action as they make a variety of kid-friendly dishes and explain how it's done. You'll get tastings of the yummy food prepared and take the recipes home.

Kids Kitchen—CIA Favorites

Kids Kitchen—Summer Snacks

FAMILY FUNDAYS

In these demonstrations, you and your children will watch our chef make delicious foods—and then get to taste them! A good time for the whole family, and at just a little over an hour long, they're the perfect activity for kids of all ages.

Family Funday—Brunch Batters

Family Funday—Mac & Cheese



[WATCH THE VIDEO](#)

[UPCOMING FAMILY EVENTS](#)



Cookin' the Books

Our CIA chef-created books and DVDs will have you cooking amazing food in no time. Read all about them, see our featured selections, and order for delivery to your home kitchen at ciaprochef.com/shop.

BOOKS

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 A Tavola!
 Baking at Home
 Bistros and Brasseries
 Chocolates and Confections at Home
 Cookies at Home
 Cooking at Home
 Cooking for One
 Cooking for Special Diets
 The Culinary Institute of America Cookbook

The Diabetes-Friendly Kitchen
 Entertaining
 Gluten-Free Baking
 Grilling
 Healthy Cooking at Home
 Hors d'Oeuvre at Home
 Italian Cooking at Home
 Low & Slow
 Mediterranean Cooking
 One Dish Meals
 Pasta
 Pies and Tarts

Preserving

The Professional Chef
 Spain and the World Table
 Vegetables
 Vegetarian Cooking at Home
 WineWise

DVDs

Best of Culinary Boot Camp
 Cake Art
 Gluten-Free Baking



Let us open a world of flavors for you.

NEW YORK

American Bounty

The Bounty of the Hudson Valley

The Bocuse Restaurant

Modern French Cuisine

Ristorante Caterina de' Medici

Authentic Regional Italian

Apple Pie Bakery Café

Café Fare with Flair

CALIFORNIA

Gatehouse Restaurant

Honoring the Harvest

The Bakery Café by illy

Sweet and Savory Café Treats

The Restaurant at CIA Copia

Global Flavors in Napa Valley

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Stuff You Need to Know

How to Register for Classes

Classes fill up quickly, so register early! In-person registration is not required. Please note that enrollment is guaranteed only upon written confirmation from the CIA.

- By phone: Call **1-888-995-1699** during business hours (Monday–Friday, 7 a.m.–11 p.m. EST). Please have your course and credit card information ready when you call. We accept Visa, MasterCard, American Express, and Discover.
- Via the web: Register at **enthusiasts.ciachef.edu** or **ciatcopia.eventbrite.com** using your Visa, MasterCard, American Express, or Discover card.

Course Cancellations/Changes

The CIA reserves the right to cancel or limit the size of any class and to alter its curriculum, instructor assignments, tuition, fees, and policies. As a full-time culinary college, occasionally we will need to postpone a class due to facility and/or faculty changes. We apologize for any inconvenience a postponement may cause and will make every effort to reschedule the course or make other arrangements for you. We suggest you make travel arrangements after you have received your course confirmation. In addition, the CIA reserves the right to alter course times (from a.m. to p.m. or vice versa) or cancel classes up to three weeks before the class start date.

Age Requirements

Students 18 years of age or older may attend our classes for enthusiasts. Students aged 16–17 will be considered on a case-by-case basis and must be accompanied by a parent or guardian enrolled in the same class. Students attending classes are governed by all federal, state, and local age requirement

laws. Parents and guardians are responsible for the supervision and behavior of minors while on a CIA campus or in attendance at a CIA-sponsored event.

Tuition Refund Policy—All Programs

- A full refund or a transfer will be given if you cancel 15 days or more prior to your class start date.
- If you cancel 14 to 8 days in advance, we'll be happy to transfer you to another date; however, no refund will be available.
- No refund or transfer is available if you cancel 7 or fewer days prior to your class start date.

Travel Directions

Visit enthusiasts.ciachef.edu/directions-to-campus.

Where to Stay

Hotels, inns, and resorts fill up quickly, particularly in California's Wine Country, so please make your reservation early. Some offer preferred pricing; be sure to mention that you will be attending a CIA program when you reserve your room. Visit enthusiasts.ciachef.edu/where-to-stay for more information.

Photography and Filming

The CIA limits photography and filming in and around its campuses to protect the college's educational operations and reputation. Guests may take photos or short film segments for their personal, non-commercial use in the common areas of public buildings and grounds, including the restaurant dining rooms. Photos or short films may also be taken in a kitchen class for non-commercial use after first requesting permission from the faculty member and other participants. Please note that the faculty member may restrict

photography and filming, and that the use of such images must be appropriate for the CIA's reputation and community. The photography or filming of CIA employees, students, and/or facilities for commercial purposes must be specifically requested of and pre-approved by the CIA Marketing Department.

CIA Locations

The Culinary Institute of America

1946 Campus Drive
Hyde Park, NY 12538-1499

The Culinary Institute of America at Greystone

2555 Main Street
St. Helena, CA 94574

The Culinary Institute of America at Copia

500 1st Street
Napa, CA 94559

The Culinary Institute of America, San Antonio

312 Pearl Parkway, Building 2, Suite 2102
San Antonio, TX 78215

Contact Us!

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Hyde Park 845-471-6608
St. Helena 707-967-1010
Napa 707-967-2555
San Antonio 210-554-6484

Campus Stores

Hyde Park
1-800-677-6266
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707-967-2309

Websites

enthusiasts.ciachef.edu
ciawine.com
ciarestaurantgroup.com
ciaatcopia.com

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The Culinary Institute of America (CIA) is an Equal Opportunity Employer committed to the principle of equal opportunity in education and employment. The CIA does not discriminate against individuals on the basis of race, color, sex, sexual orientation, gender identity, religion, disability, age, genetic information, marital status, veteran status, ancestry, national or ethnic origin, or any other protected group or classification under federal or state laws.

The following Civil Rights Compliance Officers at the CIA have been designated to handle inquiries regarding the nondiscrimination policies:

Title IX and Age Discrimination

Joe Morano, Senior Director—
Faculty Relations
845-451-1314, j_morano@culinary.edu,
Office—Roth Hall, Room S-324

Section 504/ADA

Maura A. King, Director—Compliance
845-451-1429, m_king@culinary.edu,
Office—Roth Hall, Room S-351

Mailing address

The Culinary Institute of America,
1946 Campus Drive, Hyde Park, NY 12538

Should you require further information, please visit www.ciachef.edu/non-discrimination-statement.

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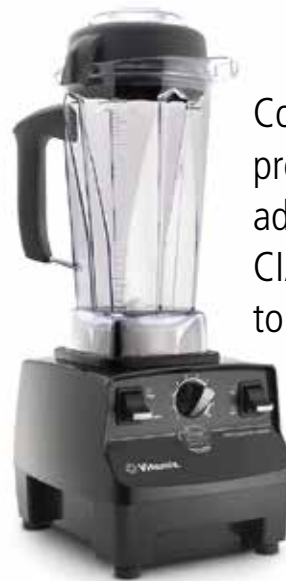
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