

## FOR IMMEDIATE RELEASE

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## Chateau Chantal Cooking School Among Top 50 in the US

### *Cooking Classes Extended to Include Three Summer Sessions*

Old Mission Peninsula, Traverse City, MI, April 23 2009: Chateau Chantal has been named among the top 50 US cooking classes by author Joe David in his latest book, *Gourmet Getaways-50 Top Spots to Cook and Learn*. Mr. David writes, “An American version of a modern Loire Valley chateau, Chateau Chantal is more than just another stunning bed-and-breakfast-it is a retreat for gourmets who seek a food and wine holiday.” Cooking classes are a natural extension of the offering at Chateau Chantal, where a lifestyle of family, friends, hospitality, wine, and food go hand in hand each day.

As popularity for our cooking classes has expanded, Chateau Chantal is announcing , for the first time, three additional summer sessions to our schedule. Our instructor, Nancy Kreck Allen, is a graduate of San Francisco’s California Culinary Academy, certified culinary professional, and a member of Slow Food, I.A.C.P., and the New York Association of Cooking Teachers. All classes run from 3pm-6pm for \$75 per person including the enjoyment of the foods prepared during class. These sessions and their descriptions are listed below:

**June 20: Pan Sauces** - Sauce just makes everything taste better! It guarantees a vibrant spark with old favorite dishes like chicken or fish. Don't settle for carryout when you're hurried and hungry. In this class you'll discover the secrets to preparing quick, restaurant-style meals in a sauté pan. Dishes like Chicken Marsala, Salmon with beurre blanc and Shrimp in Thai coconut curry will add elegance and style to your cooking repertoire.

**July 18: Herbal Magic** - Herbs are the seasonings that will nudge your cooking—and your health—to a higher level. Learn how to work with demonstrative and non-demonstrative herbs—where and how to use them, how to pair them—and their healing properties. This demo/hands-on class is chock full of new techniques for using and infusing herbs into dishes like: Pasta with basil butter and mashed potatoes with fines herbs oil, Moroccan herb paste chicken baked in parchment, Fresh herb summer rolls with chive vinaigrette and Strawberries with tarragon-infused cream.

**August 8: Food from a French Summer Garden** - No culture knows how to satisfy all the senses better than the French. Their chefs are the masters of technique. Learn the secrets of quick and fresh summer garden cooking with

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this class. Afterwards, you'll be able to improvise warm weather meals from your own garden or the farmer's market. You'll learn techniques for efficient cutting, poaching, fish braised in lettuce, sautés, small "crudités" salads, working with French green lentils and more.

*Chateau Chantal is a unique development that combines a winery, vineyards, bed and breakfast, residence, six private home sites, and winding roads, all of which combine to create a "retreat into the Old World." The 65 acre site sits high atop a ridge 12 miles north of Traverse City, Michigan on the beautiful and historic Old Mission Peninsula. Chateau Chantal crafts many styles of wine, allowing the grape to dictate the style. The location's unparalleled views and outstanding staff play host to B&B activities, cooking classes, wine education opportunities, Tapas Tours, conferences and meetings, small weddings, and friendly regional wine events.*