

# Epicurean adventures in the Napa Valley



*You'll learn to prepare bold cuisines and explore the subtleties of food and wine pairing. You'll stretch your cooking skills, grow your understanding of flavor, and enjoy the camaraderie of fellow food aficionados in a region that's home to a vibrant community of chefs and bursting with fresh, flavorful ingredients.*

*From hands-on cooking instruction and exhilarating discussions to visits with local purveyors and the shared pleasures of the table, CIA Sophisticated Palate is an unforgettable experience.*

*A*  
*Awaken your senses. Indulge your passion for food and wine with the Napa Valley's legendary vineyards, bountiful farms, and innovative chefs as your inspiration.*

*Our exclusive CIA Sophisticated Palate™ programs were designed by Chef John Ash and CIA faculty for people like you—connoisseurs with an appreciation for fine living and a desire to expand their culinary horizons.*

### *Experience* It All

#### INVIGORATING MORNINGS IN THE KITCHEN

While a typical day in CIA Sophisticated Palate is anything but typical, you can expect to begin each day at about 8 a.m. with breakfast. Then you'll move right to the kitchen for orientation, lecture, hands-on cooking, food and wine pairing... the roster of each morning's activities will depend on which "flavor" of CIA Sophisticated Palate you choose (see pages 26–27). From the cuisines of Northern California to healthy, sustainable eating, there's no shortage of fascinating topics to explore in the kitchen.

#### EXCLUSIVE AFTERNOONS IN THE VALLEY

The essence of the CIA Sophisticated Palate program is inextricably tied to its location—Northern California's magnificent Wine Country—and you'll spend your afternoons experiencing it in a way virtually no one else has.

Only CIA Sophisticated Palate participants will see, taste, and explore the very best of the Valley. You'll benefit from the CIA's relationships with premier growers, vintners, food producers, chefs, and restaurateurs as you take exclusive off-campus excursions designed just for CIA Sophisticated Palate participants. These visits will get you up close and personal with the people who make the Valley so special—you won't be taking a standard public tour. Instead, your afternoon might include a visit to a private estate or farm, a behind-the-scenes tour with an olive oil producer, or a chat with a winemaker while you sample a yet-to-be-released Pinot. CIA Sophisticated Palate gives you the opportunity to experience it all.

#### CIA Sophisticated Palate A.M. Sessions

Each morning your food and wine adventure will begin in the kitchen, with one of these five CIA Sophisticated Palate experiences. Please note that course times listed cover the full program: morning hands-on sessions and afternoon and evening excursions and activities.

#### A TASTE OF NORTHERN CALIFORNIA

2008: July 15–18, Sept. 9–12, Oct. 14–17, Oct. 28–31, or Nov. 11–14  
8 a.m.–9 p.m., St. Helena, CA Campus, \$3,995 (\$7,495 per couple)

Experience the legendary food and wine of Napa, Sonoma, and Mendocino:

- Explore local foods and ingredients—such as produce, cheese, meat, and seafood—that have helped define the cooking of this legendary region.
- Prepare signature dishes using a variety of cooking techniques, including grilling and roasting.
- Study the wines, both past and present, that have influenced Northern California's culinary character.
- Practice the fundamentals of food and wine pairing.
- Visit local purveyors of food and wine for insight into the talents and flavors that shape the region's reputation for culinary innovation.



*"The Sophisticated Palate experience was priceless. I thoroughly enjoyed being on the gorgeous Greystone campus, learning in a small-group format, and visiting local specialty producers. But for me, what made the experience so unique and special was the valuable information and personal attention we received from brilliant chefs."*

*—Mary M. Ruggiero, Philadelphia, PA*



### COOKING FOR THE NEXT HALF OF YOUR LIFE

2008: Aug. 19–22 or Sept. 23–26

8 a.m.–9 p.m., St. Helena, CA Campus, \$3,995 (\$7,495 per couple)

Explore how healthy eating can help you make the next half of your life even more fulfilling than the first:

- Hear a top nutritionist discuss the benefits and current understanding of what it means to eat healthfully.
- Discover some of the latest tools and techniques for cooking that require minimal preparation, such as steaming and braising.
- Learn how to eat and live in a sustainable way with prompts from such authors as Dr. Andrew Weil, U.C. Berkeley Professor Michael Pollan, and Dr. Gary Nabhan.
- Deepen your understanding of how to pair wine and other beverages with food.
- Prepare recipes that are full of flavor and easy to assemble for on-the-go lifestyles.



## One Day, One *Unforgettable* Experience

Find out what all the excitement is about—take a taste of CIA Sophisticated Palate with our new one-day offering. You'll enjoy lecture, hands-on production, and a wine tasting and sensory analysis session in the Greystone kitchens (along with breakfast and lunch) and come away not only with recipes, but with a better understanding of how to create California flavors without recipes. After this "small bite" of the CIA Sophisticated Palate experience, you'll be ready for the whole enchilada!

### NEW! FOODS AND FLAVORS FROM THE CALIFORNIA HARVEST

2008: Aug. 10, Sept. 14, Oct. 26, or Nov. 16

8 a.m.–3:30 p.m., St. Helena, CA Campus, \$495

Rich with agricultural resources and home to diverse ethnic cuisines, California is often the birthplace of new culinary trends. In this hands-on class, you'll explore some of the ingredients and techniques from two regions that have contributed mightily to what has come to be known as "California cuisine"—Mexico and Southeast Asia. We'll uncover their common touchstones, including a commitment to local and seasonal ingredients, love of chile heat, and use of quick-made sauces and condiments, as we utilize easy-to-master cooking techniques such as grilling and quick-frying.

## CIA SOPHISTICATED PALATE (cont.)

### PRICING AND CONFIRMATION

CIA Sophisticated Palate prices include all instruction and scheduled off-campus sessions, along with breakfasts, lunches, and selected dinners. CIA Boot Camp alumni receive 10% off all CIA Sophisticated Palate programs. Be sure to mention that you've participated in one of our Boot Camp programs to receive this preferred pricing.

Once registered, you will receive a confirmation package in the mail. This package will include everything you need to know regarding your schedule of events and the Greystone campus.

Then, make plans to join us the evening before your program start date for a **special welcome reception and campus tour** just for CIA Sophisticated Palate participants.

### GUEST SERVICES

Providing guests with exceptional hospitality comes as second nature to The Culinary Institute of America, so you can rest assured that every detail during your stay at Greystone will be attended to. Call on our guest services manager for assistance with just about anything you might need—whether you're looking for restaurant recommendations, directions, or interesting places to visit on your free time, we've got you covered.

### REGISTER NOW—SPACE IS LIMITED

To give you the best, most in-depth experience possible, all CIA Sophisticated Palate classes are limited to just 10 participants. Reserve your spot today!

### A SPECIAL OFFER FOR YOUR GUESTS

After the hands-on cooking portion of the day is complete, guests of CIA Sophisticated Palate attendees are welcome to join the group in such afternoon indulgences as:

- A gourmet lunch created by your travel companion
- Select off-campus excursions
- Dinner at the CIA's acclaimed Wine Spectator Greystone Restaurant

In addition, concierge services will be available to help guests make the most of their mornings in the Valley.

The cost for guest participation in the afternoon indulgences is \$500 per day of each program. Please call our customer service associates at 1-800-888-7850 for more information about this special opportunity.

### Tool Kit—CIA Sophisticated Palate

You will receive your own 7-inch Santoku knife on Day One. All other kitchen tools will be available in the kitchen for use during the program. You also have the option of purchasing a knife kit from the CIA Masters Collection® at a preferred price. The kit includes:

- 8-inch Chef's Knife
- 3 1/2-inch Paring Knife
- 3-inch Bird's Beak Parer
- 9-inch Bread Knife
- Cutlery Drawer Storage
- 5 1/2-inch Utility Knife
- 5-inch Cook's Knife
- 7-inch Santoku Knife
- Sharpening Steel
- Black Knife Roll Bag

**Retail Price: \$430**

**Your CIA Sophisticated Palate Price: \$387**

To order, contact the CIA at Greystone's guest services manager at 707-967-2328 at least three weeks prior to your program date. You will receive your knife kit when you arrive.



# Geeking Out *Over* Food

by Heidi Imbus

I've had a love for food my entire life, and to this day I'm passionate about what I eat. So when I learned about CIA Sophisticated Palate, you can imagine how eager and excited I was! I ran out and purchased my kitchen shoes. Then I daydreamed of who I would meet, what I would learn to prepare, and all the things I would enjoy—wine and cheese, bread, olive oils, chocolates, and, of course, all the cooking and socializing I could handle in a few days time. It was the perfect opportunity for a foodie like me to totally geek out...but more about that later.

The big day arrived and as I drove up to the majestic CIA at Greystone building, my heart fluttered in anticipation. My fellow participants (soon to be new friends) and I were given official chef's uniforms, a few fast lessons on kitchen safety, and a tour of the kitchen and work spaces we would be using to perform all our gourmet wizardry in the days to come. Finally we were teamed up with a partner, given our assignments, and set to work almost immediately.

Our days typically began with a gourmet breakfast prepared by CIA students or our very own Chef Andy and Chef John Ash. Then we would get our assignments and have the next three hours to prepare a dish for lunch. Funny, you think three hours is a long time, right? Well, so did we—until it was 20 minutes before serving time and our dishes were only partially ready. That's when teamwork would kick in and everyone would help everyone else. Presentation was a major component of our lessons and made for a beautiful buffet that we all "oohed" and "aahed" over as we heaped our plates full for the family-style meal. Over lunch, we would discuss and critique our dishes—what we might add to them or delete or simply leave because they were perfect as is.



During the meal, we would typically have a guest speaker from a nearby winery who would discuss the history of the winery and feed our minds with information. We would enjoy wine paired with our food, have a bit of dessert, and then set off for an afternoon adventure to a vineyard, olive oil purveyor, or the like. Some of us chose to retire to our rooms for a siesta before the evening activities, which included having dinner at some of the finest nearby establish-

ments, listening to fascinating guest speakers, and, on one occasion, taking a tour of a private art collection.

Throughout this amazing experience, there were many surprises and unexpected treats. We saw, heard, and tasted things we'd never dreamed of. There were tricks performed with bottles of bubbly wines, lessons on cheeses, a visit to a "secret" shop that locals would travel down a dirt road to get to, a three-hour wine-tasting course, vineyard walks, art gallery visits, a tour of a private olive tree estate that was no less than stunning, gifts to take home to share with loved ones, and a trip to the St. Helena Farmers' Market.

The farmers' market turned out to be the ideal way to end our CIA Sophisticated Palate experience, as it gave us the opportunity to capitalize on our new skills by creating a dish that would make the best use of in-season products and ingredients from local growers. At one point, our group was having such an in-depth discussion about the produce that one of the farmers suggested that we were completely "geeking out" over the process of shopping for fruits and vegetables. I had to laugh. I thought, yes, there is a fine line between those who truly enjoy food and speak passionately about their culinary experiences ("foodies") and those who so scientifically analyze the food experience that they cross over to "food geek" status.

On our final day, we were each asked to share the highlights of our experience with the rest of the group. The overwhelmingly popular response was how surprised we were at how closely we had bonded with one another, especially given the diversity of age, backgrounds, and level of food knowledge. We all expressed fondness for the family atmosphere and even suggested continuing our culinary friendships with future reunions.

While having my coffee the next day at home, I thought about my new friends and truly missed them. I realized that all of us had touched each other in some way or another, and had grown not only in a culinary sense, but a social one as well. We started out as a group of strangers and ended up as certified food geeks with shared memories of a once-in-a-lifetime experience.