



FOR IMMEDIATE RELEASE:

October 2, 2006

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**THE ATLANTA COMMUNITY FOOD BANK OFFERS FALL AND WINTER HOLIDAY
COOKING CLASSES FOR METRO ATLANTA AND ALPHARETTA**

--Local Chefs Volunteer Culinary Expertise to Benefit The Food Bank--

The below schedule highlights upcoming cooking classes that begin in October and continue through December 2006. The Atlanta Community Food Bank's Simple Abundance Cooking Class series provides the community with the unique opportunity to interact with Atlanta's top chefs, learn the secrets to exquisite dishes, have fun, and help feed Atlanta's hungry. One hundred percent of class tuition benefits Atlanta's Table, a project of the Food Bank that provides approximately 40,000 pounds of food to Atlanta's hungry each month. For details or to register, visit www.ACFB.org or call 404-892-FEED, ext. 1444.

Prime Time Sushi

Chef Daniel Atwood of Prime

Oct. 3, 7-9 p.m.

Location: The Cook's Warehouse – Brookhaven

4062 Peachtree Road, Atlanta, GA 30319

\$65

For details or to register, visit www.ACFB.org or call 404-892-FEED ext. 1444.

Prime Time Sushi class will provide lessons on how to prepare sushi at home. This hands-on class is taught by Chef Daniel Atwood and will guide participants through preparing their own spicy yellowtail cucumber roll, jumbo lump crab wakame salad with yuzu vinaigrette, tuna tataki jalapeño with ponzu sauce, and "surf & turf roll" consisting of snow crab, kimchee, Japanese mayo with pepper seared beef tenderloin, shiitake mushrooms and scallion. Evening includes wine tastings and door prizes.

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Preserving the Art of Cajun-Creole Cooking

Chef Gregg Herndon of Redfish

Oct. 16, 7-9 p.m.

Location: The Cook's Warehouse - Decatur

108 West Ponce de Leon Avenue, Decatur, GA 30030

\$55

For details or to register, visit www.ACFB.org or call 404-892-FEED ext. 1444.

Participants will learn secrets to creating great Cajun and Creole cuisine. The class will become a part of a distinct culinary tradition as Chef Herndon instructs how to prepare Cajun and Creole cuisine such as Creole Ceviche Piquant, a mixture of scallops, Gulf shrimp, diced onions, Creole tomatoes and cilantro marinated in orange, lime and lemon juices; Bayou Crawfish Cake, a seared jumbo crawfish cake with jalapeno tartar sauce and whole crawfish garnish; and the infamous Shrimp Creole, seared Gulf shrimp, bacon and vegetables in a sweet and spicy tomato broth with white rice. Wine tastings and door prizes will be included.

Help for the Holidays

Chef Bruce McQuain of Sia's

Oct. 30, 7-9 p.m.

Location: The Kroger School of Cooking

12460 Crabapple Road, Alpharetta, GA 30004

\$40

For details or to register, visit www.ACFB.org or call 404-892-FEED ext. 1444.

This cooking affair will jump-start holiday menu ideas with Chef McQuain's help. The holidays are just around the corner and with the help of this class, participants will learn a few holiday dishes such as rice cracker crusted jumbo lump crab cake appetizer, vine ripe tomato and grilled asparagus salad, seared duck breast and leg confit with chilaca and honey sweet potatoes; and liquid chocolate cake to add just the right spice to your holiday planning. Evening includes wine tastings and door prizes.

Healthy Chow

Chef Carol Simmons of The Real Chow Baby

Nov. 7, 7-9 p.m.

Location: The Cook's Warehouse – Midtown

549-1 Amsterdam Avenue, NE, Atlanta, GA 30306

\$50

For details or to register, visit www.ACFB.org or call 404-892-FEED ext. 1444.

This cooking event will provide lessons on preparing healthy Asian cuisine. Chef Simmons will demonstrate how to create chilled noodle and edamame salad, hot and sour prawn soup – a classic Thai soup, and broiled Salmon with soy, honey and wasabi. This evening includes wine tastings and door prizes.

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Further South

Chef Piero Premoli of Pricci

Nov. 13, 7-9 p.m.

Location: The Cook's Warehouse - Brookhaven

4062 Peachtree Road, Atlanta, GA 30319

\$60

For details or to register, visit www.ACFB.org or call 404-892-FEED ext. 1444.

This culinary activity includes great food, rich history and fascinating stories about a relatively unknown region of Italy. Students will taste Stuzzichini: a sample of Sicilian DOP Pecorino cheeses made with olives, pistachio, arugola, and saffron with traditional Sicilian mustard fruit; Insalata: heirloom tomato, Celeste figs and marinated Tropea onion salad, crostoni di sfincone, and shaved caciocavallo ragusano cheese; Pesce: Pantelleria tuna with olives and capers from Pantelleria Island, fresh Pomodorini sauce and Sicilian chilies; and Dolce: Maltese cannoli in a sesame crisp shell with blood orange ricotta mousse and marzipan cream. The evening will include wine tastings and door prizes.

A Magical Feast

Chef Mary Moore of The Cook's Warehouse & Chef Nancy Lutz of Affairs to Remember

Dec. 4, 7-9 p.m.

Location: The Cook's Warehouse - Midtown

549-1 Amsterdam Avenue NE, Atlanta, GA 30306

\$75

For details or to register, visit www.ACFB.org or call 404-892-FEED ext. 1444.

Fellow partakers will learn how to create magic with Chef Mary and Chef Nancy as they showcase their garnished mini plates with holiday flavors. They will also provide instruction on how to dress up a holiday table with beautiful finishing touches. Get into the holiday season spirit with Spiced Wine; Roasted Almonds with Rosemary & Fleur de Sel; Green Olives with Fennel Seed, Garlic & Lemon; Seared Sea Scallops with Lemon Thyme Grits; Pancetta & Herb Roasted Pork with Fig Jam over Roasted Sweet Potatoes; Chutney Chicken Salad on Hearts of Romaine and Mocha Fondue with fun dippables. Evening includes wine tastings and door prizes.

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