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## COOKING LIKE A CALIFORNIAN

*Culinary Programs Help Visitors Bring the California Lifestyle Home*

SACRAMENTO, California – A highlight of any California getaway is sampling the destination’s cuisine. Now, as culinary travel increases in popularity, programs across the Golden State are inviting travelers to put down their fork, tie on an apron, and learn how to bring a taste of California into their own kitchens.

Below are some of the top culinary programs from regions across California. From haute cuisine to down-home cooking, there’s something for every would-be chef or epicurean traveler.

### BAY AREA

- **Kitchen on Fire, Berkeley** – Kitchen on Fire is located in Berkeley’s “Gourmet Ghetto,” within its Epicurious Garden. The school’s classes are designed to make easy entertaining accessible to everyone, and students are encouraged to try improvisational cooking, rather than strictly following a recipe. Class topics range from how to make the perfect chocolate chip cookies to preparing a Basque country-themed dinner. [www.kitchenonfire.com](http://www.kitchenonfire.com)
- **In the Kitchen with Lisa, San Francisco** – In the Kitchen with Lisa, held at the famed Ferry Building in San Francisco, provides foodies with the rare opportunity to tour the building and meet with specialty farmers, artisan foodmakers and more, as well as sample some of the region’s most delicious offerings. After their tour, students enjoy a hands-on cooking class and lunch in one of the area’s many exciting restaurants. [www.inthekitchenwithlisa.com](http://www.inthekitchenwithlisa.com)

### CENTRAL COAST

- **Montecito Country Kitchen, Santa Barbara** – Ecole de Cuisine at Santa Barbara’s Montecito Country Kitchen hosts cooking classes based on Mediterranean foods, with an emphasis on those of Provence and the Italian Countryside. Classes are

composed of two-hour demonstrations of three or four course meals and are followed by a lunch or dinner of the meal prepared in class and wine tasting. [www.montecitocountrykitchen.com](http://www.montecitocountrykitchen.com)

- **Justin Vineyards and Winery – Guess Who’s Coming to Dinner, Paso Robles** – The Guest Chef Dinner Series at the Justin Vineyards and Winery in Paso Robles treats participants to a feast prepared by one of the country’s leading chefs. Diners can witness the artists at work while sampling delectable dishes from around the U.S. [www.justinwine.com/events\\_dinner\\_series.php](http://www.justinwine.com/events_dinner_series.php)

## LOS ANGELES

- **California Sushi Academy, Los Angeles** – The California Sushi Academy in Los Angeles helps sushi-lovers, from beginners to experts, master the art of sushi making. Classes cover every facet of the process, ranging from sushi rice to properly using knives, and participants can also dabble in classes about macrobiotic food and sake. [www.sushi-academy.com](http://www.sushi-academy.com)

## NORTH COAST

- **The Culinary Institute of America, St. Helena** – The Culinary Institute of America’s Napa Valley campus immerses visitors in the richness of California’s wine country. Students attend courses surrounded by more than 15 acres of vineyards, as well as organic gardens and renowned restaurants. Cooking demonstrations, held at Greystone, focus on the tastes of Napa Valley and change in topic every three to four days. [www.ciachef.edu/california](http://www.ciachef.edu/california)

## ORANGE COUNTY

- **Laguna Culinary Arts, Laguna Beach** – Laguna Culinary Arts, located in the heart of Laguna Beach’s shopping district, focuses on skill-building for the home chef. Hands-on course topics range from sushi preparation to the perfect Valentine’s Day dinner. In addition to classes, Laguna Culinary Arts features a specialty cookware store, a bakery and cafe, professional chef school and corporate teambuilding. [www.lagunaculinaryarts.com](http://www.lagunaculinaryarts.com)

## SAN DIEGO

- **San Diego Wine and Culinary Center, San Diego** – The San Diego Wine and Culinary Center showcases the region’s culinary offerings in an educational setting. Located just outside the city’s historic Gaslamp Quarter, the Center provides guests

with a variety of wine and food classes led by kitchen staff, local chefs and cookbook authors. [www.sdwineculinary.com](http://www.sdwineculinary.com)

- **Balboa Wine & Food School** – Balboa Wine & Food School treats guests to wonderful food and beautiful scenery. Located within the nation’s largest urban cultural park, the Balboa Wine & Food School offers visitors fun, unstructured courses that keep the cooking process entertaining. [www.balboafoodwine.com](http://www.balboafoodwine.com)

For more information on California wine and food activities, please visit [www.landofwineandfood.com](http://www.landofwineandfood.com).

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*Updated June 2009*