



FOR IMMEDIATE RELEASE

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Spicing It Up With Delectable Indian Cuisine and Wine Pairings in North County Come Feast your Mind and Body at The Wellness Kitchen!

Come feast your mind and body at our monthly guest chef evenings while enjoying scrumptious food, sipping on local wines and receiving guest chef demo/instruction. **May's guest chef and local Paso Robles wine tasting room owner, Neeta Mittal of LXV Wine** collaborates with The Wellness Kitchen and Resource Center for an evening of Indian Spices, Food and Wine! Join Neeta and Lead Chef, Evan Vossler on **May 1, 2018 from 5:30 pm – 8 pm** at The Wellness Kitchen, 1255 Las Tablas Rd Suite 102 in Templeton, CA.

"Wine, Culture, Cuisine are not only about content, they are more so about the context - the food, the mood, the company, the time of the day. Essentially, the mis en place. This workshop is the most meaningful context for my knowledge + DNA," says Mittal.

In addition learn why Indian spices actually have healing properties and can pair perfectly with LXV wine too. Learn about how to use Indian spices, including tasting, application (grinding, roasting, infusing, etc.) and basic preparation. We'll explore traditional Indian dishes using therapeutic spices such as khichdi and shorba!

Our lead chef, Evan Vossler says: *"As lead Chef at The Wellness Kitchen (TWK), it is easy to get stuck in a routine and only use the tried and true recipes. Hosting guest chefs allows for the opportunity to expand on our repertoire as well as create new and exciting interests for our clients. Plus, you are always bound to learn a "pro tip" or two!"*

SPACE IS LIMITED so register today at <http://www.thewkrc.org/calendar.html>.

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The Wellness Kitchen and Resource Center is a nonprofit organization in Templeton, CA whose mission is to provide our community with the most delicious and nutritious foods possible, but also give back through culinary instruction, nutrition education, and support groups. We host cooking classes with our in-house chefs, as well as a variety of healing lectures and demonstrations led by health professionals, guest chefs, nutrition educators, organic ranchers and farmers. <http://www.thewkrc.org/>

LXV Wine is located in downtown Paso Robles. The style of the wine is in keeping with the old world, minimalist and authentic, expressed through contemporary blends. Some of our distinct honors include Best of Class at SF Chronicle and Gold at San Diego International Competition, 90 points by Wine Enthusiast and great reviews by several Sommeliers. <https://www.lxvwine.com/>