

COSTA NAVARINO ANNOUNCES COLLABORATION WITH CULINARY INSTITUTE OF AMERICA

Five-Day Culinary Classes for Professionals and Food Enthusiasts to Debut in 2024

Messinia, 11 October, 2023 –[Costa Navarino](#) announced today an exciting new collaboration to bring The Culinary Institute of America (CIA)'s signature professional training and food enthusiasts Boot Camps to Greece. Debuting in early 2024, two exclusive 5-day programs, one for [professional chefs](#) and one for [novice food enthusiasts](#), will be hosted at the Mediterranean's sustainably driven destination.

The small group classes will be led by chef instructors from the world-renowned CIA, which has trained acclaimed chefs and food industry professionals for more than 75 years. Class participants will train in professional kitchens, while enjoying luxury accommodation in a unique setting overlooking the Ionian Sea, at The Westin Resort Costa Navarino. Alongside the classes, participants will have the opportunity to unwind and experience the destination's offering with state-of-the-art sports, spa & wellbeing facilities, and a wealth of outdoor activities, engaging with the region's culture, history and nature.

The [professional five-day intensive training program](#), will take place February 28 - March 3, and will focus on plant-forward cooking. Participants will learn fundamental techniques and methods for coaxing maximum flavor out of vegetables and fruits, grains, and other ingredients, as they create a number of globally inspired dishes designed to enhance the menus in their businesses. Upon completing the program, participants will receive a certificate of accomplishment, and three (3) Continuing Education Units (CEU's).

In addition, from March 6- 10, the CIA will offer one of its signature [Food Enthusiast Boot Camps](#), providing an opportunity for serious home cooks to hone their skills and take their cooking to the next level. During the five-day hands-on program, attendees will develop a command of traditional culinary methods and techniques. Upon completion of the program, they will receive a certificate of attendance.

During their time at Costa Navarino, participants will have the chance to become acquainted with the millennia-long gastronomic heritage of Messinia. A big chapter of the region's history is its agricultural wealth, ranging from its world-renowned olive oil and Kalamata olives to its fruits, vegetables and aromatic herbs that form the basis of the region's culinary scene.

You can see the professional training program video [here](#) and the Food Enthusiast Boot Camps video [here](#).

About The Culinary Institute of America

Founded in 1946, The Culinary Institute of America is the world's premier culinary college. Dedicated to developing leaders in foodservice and hospitality, the independent, not-for-profit CIA offers associate, bachelor's, and master's degrees with majors in culinary arts, baking & pastry arts, food business management, hospitality management, culinary science, and applied food studies. The college also

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offers executive education, certificate programs, and courses for professionals and enthusiasts. Its conferences, leadership initiatives, and consulting services have made the CIA the think tank of the food industry and its worldwide network of more than 50,000 alumni includes innovators in every area of the food world. The CIA has locations in New York, California, Texas, and Singapore. For more information, visit www.ciachef.edu.

About Costa Navarino

Costa Navarino is a sustainably driven destination in the Mediterranean, located in Messinia in the southwest Peloponnese of Greece. Graced with a breath-taking seaside landscape, this is a region shaped by 4,500 years of history. The Costa Navarino philosophy is driven by a genuine desire to preserve the natural beauty and heritage of Messinia. The destination comprises several distinct sites featuring five-star hotels, luxury private residences, a world-class golf experience, and many year-round activities. Navarino Dunes is home to The Romanos, a Luxury Collection Resort, The Westin Resort Costa Navarino and Costa Navarino Residences. Navarino Bay is the setting for Mandarin Oriental, Costa Navarino, W Costa Navarino and Navarino Agora, a curated marketplace. Both sites have signature golf courses, while at Navarino Hills there are two further signature golf courses.

www.costanavarino.com

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