

***** MEDIA ALERT *****

**THE BLUFF RESTAURANT • BAR • TERRACE AT FRIDAY HARBOR HOUSE SERVES UP
COOKING CLASS GETAWAYS FOR 2011**

Chef Kyle Nicholson to lead San Juan Island-inspired Couples Kitchen Mixers designed for two

WHO: Chef Kyle Nicholson of The Bluff Restaurant • Bar • Terrace at Friday Harbor House

WHAT: **Couples Kitchen Mixers** at Friday Harbor House featuring six culinary vacations organized within two themed series: **Fresh Seafood: Everything from Head to Tail** and **Farm to Table: Island Style**. Each two-night getaway includes a cooking class hosted by Chef Kyle, a special welcome amenity from The Bluff and lunch for two with wine featuring the ingredient or technique learned in class.

Series One, **Fresh Seafood: Everything from Head to Tail:** This unique series focuses on the vast varieties of seafood found in the crisp waters surrounding the San Juan Islands. From mollusks to fin fish, Chef Kyle will teach students how to properly choose, handle, prepare and store fresh seafood like a pro. (April, May and June)

Series Two, **Farm to Table: Island Style:** Learn how to make the most of seasonal offerings from local farmers markets during this produce-focused series. Chef Kyle shares his secrets to picking, cleaning, storing and of course, cooking the freshest items available. The importance of knowing local farmers and producers will be revealed. (September, October and November)

WHEN: Guests are encouraged to attend one or all classes within each series:

Series One

April 29-30, 2011:

- The **“Bounty of the Salish Sea”** class teaches how to identify and clean live local mollusks such as clams and mussels, followed by a tutorial on shucking oysters. Learn how to turn leftover mollusk shells into decorative vessels for appetizers.

May 20-21, 2011:

- **“The Crustacean Collection”** class provides a look at the wild world of delectable local decapods such as Dungeness crab and prawns. Learn the art of cleaning and de-shelling crabs and prawns to perfection, as well as, how to save the shells and scraps to make the bases for mouthwatering seafood soups and stews.

June 10-11, 2011:

- Chef Kyle will guide the class through **“Handling Fin Fish Swimmily,”** instructing on topics ranging from buying to butchering and storing seafood with a professional touch. Students will learn how to fillet like a pro with techniques and tools that aid preparation such as fish spatulas, needle nose pliers, sharp and flexible knives and more.

Series Two

September 9-10, 2011:

- The **“Spring into Late Summer Salads”** class will have students whipping up light, yet filling, entrée salads bursting with seasonal delights such as heirloom tomatoes, pole beans, huckleberries, gooseberries, blackberries and raspberries. Discover easy tips on creating the perfect dressings and garnishes to highlight the fresh, seasonal ingredients discovered and discussed.

October 7-8, 2011:

- During “**Entertaining Autumn Cuisine,**” Chef Kyle teaches how to entertain with ingredients such as eggplant, chanterelle mushrooms, red torpedo onions and a variety of peppers such as sweet, banana and bell guaranteed to make guests swoon.

November 10-11, 2011

- Celebrate “**A True Fall Harvest**” with a tutorial on the freshest harvest items from the islands and beyond, using ingredients such as hedgehog mushrooms, golden and red beets, Hubbard squash, leeks, kale and potatoes.

WHERE: Friday Harbor House
130 West Street
Friday Harbor, Wash. 98250
866.722.7356
www.fridayharborhouse.com

DETAILS: The culinary adventure begins on Friday evening with a relaxing overnight stay, followed by a signature continental breakfast on Saturday morning. The kitchen gets mixing at 11:00 a.m. when Chef Kyle introduces the recipes and begins the hands-on instruction. At 2 p.m. students will toast to their hard work with wine and a specially prepared lunch featuring the ingredient or technique learned in class.

Classes are only available on the dates listed above. Packages range from \$199-\$249 per night with a minimum two night stay. Packages are based on double occupancy and subject to availability. To make reservations call 1-866-722-7356 or visit www.fridayharborhouse.com.

Friday Harbor House

Friday Harbor House is a waterfront inn located in the bustling island seaport of Friday Harbor, home to charming shops, galleries and restaurants. Situated on San Juan Island, the inn features spectacular views of the marina, San Juan Channel and Mount Constitution on neighboring Orcas Island. Each of the 23 remodeled guest rooms and suites at Friday Harbor House offers a fireplace, oversized jetted bathtub and breathtaking views. Chef Kyle Nicholson prepares an array of fresh fare from the local waters and farms, showcased in a mouthwatering menu of small plates, savory sandwiches, colorful salads and seasonal specialties at The Bluff Restaurant • Bar • Terrace. Friday Harbor House is owned by Lang and Anne Simons and managed and operated by Seattle-based Columbia Hospitality, Inc. For more information or to make a reservation, please call (866) 722-7356 or visit www.fridayharborhouse.com.

About Columbia Hospitality

Columbia Hospitality, Inc. (Columbia), a Seattle-based hospitality management and consulting firm specializing in luxury hotel and resort management, was founded in 1995 by John Oppenheimer. Columbia’s growing portfolio of premier properties, including boutique hotels, award-winning resorts, event venues and conference centers, offer world-class service in exquisite settings. Columbia creates memorable experiences for guests and team members while achieving phenomenal results for owners. The company’s continued success has led to an international expansion of the consulting division and more than 100 hospitality development projects worldwide. For more information about Columbia and a full list of properties visit www.columbiahospitality.com.

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