



CANADIAN MENTAL HEALTH ASSOCIATION
WINDSOR-ESSEX COUNTY BRANCH

L'ASSOCIATION CANADIENNE POUR LA SANTE MENTALE

FOR IMMEDIATE RELEASE

May 22, 2009

New cookbook highlights local culinary talent and benefits mental health services

Book to be launched next week – May 27th, 2009

WINDSOR – One of the most popular chefs in the city has published his first cookbook filled with recipes sure to make the taste buds rejoice.

Not only is the book beautifully written and features mouth-watering recipes but it also helps the Canadian Mental Health Association Windsor-Essex County Branch (CMHA-WECB).

The book will be unveiled next week at a special book launch held at St. Angela Hall on Erie Street.

Mimmo Casa grande Bei, otherwise known as Chef Mimmo, has authored the new cookbook “Through the Seasons with Mimmo” and a portion of the sales from each book will benefit CMHA-WECB.

“We are proud to support CMHA any way we can,” Mimmo says.

The book takes the reader on a journey through the four seasons and offers recipes on everything from appetizers to dessert including menu plans and wine suggestions. Mimmo, born in Calabria, Italy is the head chef at Koolini Italian Eatery in Windsor.

Chef Mimmo has been conducting cooking classes at CMHA-WECB for the past year. The next class will take place on June 22nd and tickets are \$80 and include a full cooking demonstration along with a meal prepared by Mimmo.

The cookbooks can be purchased at a number of locations around the city including Ted Farrons Gourmet Butcher Shop, Koolini Italian Eatery and on the CMHA web site at www.cmha-wecb.on.ca.

The book launch will be Wednesday, May 27th beginning at 6:30 p.m. at St. Angela Hall. The evening will feature cocktails and hors d’oeuvres along with a book signing by Mimmo.

The CMHA-WECB has a vision of “mentally healthy people in a healthy society”. For more information please visit the web site.

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www.cmha-wecb.on.ca