

## PRESS RELEASE

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### Waltonwood Cotswold Promotes the Importance of Celebrating Other Cultures

CHARLOTTE, N.C., October 16, 2017– Oktoberfest has been celebrated since 1810, and it is one of the most popular festivals around the world. **Waltonwood Cotswold** (5215 Randolph Road) is inviting the public to join in on the festivities and come to the community to sample locally brewed beer from Sycamore Brewing along with traditional German treats made by the community’s chef on October 19 from 4 p.m. to 6 p.m. The public is asked to RSVP by October 16 by calling (704) 496-9310. In addition, the culinary team at Waltonwood Cotswold – together with the chef Michael Norman – celebrated **Oktoberfest** by hosting a German Night buffet for the residents and their families. Norman and his team will whip up delicious traditional German foods such as bratwurst, German potato salad, braised red cabbage and apfelstrudel (apple strudel) with vanilla ice cream. Waltonwood Cotswold celebrates all holidays with its residents and their families by hosting various events. Both events demonstrate the importance of celebrating different cultures at the senior living community.

“German cuisine is rich and hearty with lots of different flavors and options,” said **Norman**. “By embracing food from different parts of the world, we help our residents learn more about the history and roots of food many of us love. I am happy Waltonwood Cotswold gives me the platform to showcase recipes from other countries. It is exciting for the residents and for me as well. I hope that by sharing my thoughts and some of my recipes, I will inspire others to try something new in the kitchen.”

Every year, cities across the world host Oktoberfest celebrations modeled after the largest Oktoberfest celebration in Munich, Germany. The festival is usually celebrated with authentic German food, beer and music. Because there are many possibilities for the creation of German recipes, when putting together menu for the German buffet at the senior living community, Norman created recipes based on what the residents might like and also took into account the time of year.

“We always look for ways how to make our residents’ lives even more exciting, and celebrating Oktoberfest is one of them,” said **Leah Nash, executive director of Waltonwood Cotswold**. “We look forward to welcoming the public out to our community to sample different beers and tasty treats. We are thankful for our talented chef and his willingness and excitement to spice up our residents’ lives with recipes from different countries. We are thrilled that Chef Norman is sharing some of his secret recipes with the public!”

Some of Norman's favorite and easy-to-make recipes are listed below. Norman says the most popular German meals that he prepares are sauerbraten with egg noodles and red cabbage, and apfelstrudel with vanilla ice cream:

### **Sauerbraten with Egg Noodles and Red Cabbage:**

#### **Ingredients**

- 2 cups water
- 1 cup cider vinegar
- 1 cup red wine vinegar
- 1 medium onion, chopped
- 1 large carrot, chopped
- 1 tablespoon plus 1 teaspoon kosher salt, additional for seasoning meat
- 1/2 teaspoon freshly ground black pepper
- 2 bay leaves
- 6 whole cloves
- 12 juniper berries
- 1 teaspoon mustard seeds
- 1 (3 1/2 to 4-pound) bottom round
- 1 tablespoon vegetable oil
- 1/3 cup sugar
- 18 dark old-fashioned gingersnaps (about 5 ounces), crushed
- 1/2 cup seedless raisins, optional

#### **Directions**

In a large saucepan over high heat combine the water, cider vinegar, red wine vinegar, onion, carrot, salt, pepper, bay leaves, cloves, juniper, and mustard seeds. Cover and bring this to a boil, then lower the heat and simmer for 10 minutes. Set aside to cool. Pat the bottom round dry and rub with vegetable oil and salt on all sides. Heat a large sauté pan over high heat; add the meat and brown on all sides, approximately 2 to 3 minutes per side. When the marinade has cooled to a point where you can stick your finger in it and not be burned, place the meat in a non-reactive vessel and pour the marinade over. Place into the refrigerator for 3 days. If the meat is not completely submerged in the liquid, turn it over once a day. After 3 days of marinating, preheat the oven to 325 degrees. Add the sugar to the meat and marinade, cover and place on the middle rack of the oven and cook until tender, approximately 4 hours. Remove the meat from the vessel and keep warm. Strain the liquid to remove the solids. Return the liquid to the pan and place over medium-high heat. Whisk in the

gingersnaps and cook until thickened, stirring occasionally. Strain the sauce through a fine mesh sieve to remove any lumps. Add the raisins if desired. Slice the meat and serve with the sauce.

### **Apfelstrudel with Vanilla Ice cream:**

#### **Ingredients**

- 6 layers phyllo dough
- 1/4 brown sugar
- 1 stick butter
- 1 teaspoon cinnamon
- 3 granny smith apples, peeled, cored and diced
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 1/2 cup raisins

#### **Directions**

Preheat oven to 350 degrees. Stack layers of dough, brushing each layer with butter before topping with next layer. Brush top layer with butter. In a bowl, combine apples, raisins, sugar and cinnamon. Spoon filling down the long left side of phyllo rectangle. Fold top edge down and bottom edge up by about 2 inches to cover filling. Roll dough up along long side to enclose filling. Brush log with butter and sprinkle with cinnamon sugar mixture. Bake for 30 minutes or until golden and puffed.

Singh currently owns and operates 10 other Waltonwood Senior Living Communities in Michigan and North Carolina and has several other communities in development and under construction in North Carolina and the Washington, D.C. metro area market.

If you are a member of the media interested in setting up an interview or sharing the story, please contact Iva Gasparova via phone at 214-378-7970 ext. 245 or email at [igasparova@thepointgroup.com](mailto:igasparova@thepointgroup.com) or Amy Jones via phone at 214-378-7970 ext. 302 or email at [ajones@thepointgroup.com](mailto:ajones@thepointgroup.com).

### **ABOUT WALTONWOOD COTSWOLD**

Waltonwood Cotswold opened in August 2016 and offers seniors a dignified, individualized community where residents can thrive. The senior living community offers assisted living and memory care apartments in private one- and two-bedroom and studio floor plans for up to 117 residents. Residents will live in luxury accommodations with many engaging amenities, including elegantly appointed common areas and restaurant-style dining. Residents receive the most up-to-date advances in senior



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living, including the specially designed Forever Fit program and a Montessori-based dementia care program. The community is located close to Uptown and South Park Charlotte, with easy access to retail shopping, churches, hospitals, dining and entertainment.

In 1973 Gurmale Singh Grewal, along with his brothers Lushman and Jeat, established Singh as a family-owned company and for 43 years Singh remains multifaceted in real estate development, with a strong foundation in luxury apartments, commercial properties, land development, high-end single family homes and, for nearly 30 years, senior living communities which have been branded "Waltonwood." The vertical integration of the company, which provides for development, construction, finance and management under one umbrella, allows Singh to be poised for new opportunities in expanding markets. All projects are wholly owned by Singh and continue to be owned and managed by Singh.

With regional offices in Cary, NC, Singh has made a strong commitment to expansion of its brand into the southeast markets. Learn more about Singh and its Waltonwood communities at [www.singhweb.com](http://www.singhweb.com). If you are interested in learning more about Waltonwood Cotswold, please visit [www.waltonwood.com](http://www.waltonwood.com) or call 704-490-4330.

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