

BASIC COURSE on the CUISINE, CULTURE and OENOLOGY of the REGIONS OF ITALY

PROGRAMME

(with a duration of three or six months)

THEORETICAL LESSONS are held on the following topics:

CUISINE

A brief summary of Italian cuisine with references to historical and geographical influences. The traditional cuisine: condiments; herbs; spices; sauces; starters; fresh, dry and stuffed pasta; rice; gnocchi; polenta; soups; egg dishes; fish; shellfish; frogs; snails; poultry; lamb; kid; pork; game; vegetarian dishes; mushrooms; truffles and cheeses.

PÂTISSERIE

Dry pastries and leavened doughs, basic creams and custards, meringues, traditional desserts, sugar and chocolate preparations, decorations.

BREAD MAKING

Kneading and leavening techniques, regional breads, bread sticks, focaccia and pizza.

ICE CREAM

Basic preparations of ice-creams and sorbets.

OENOLOGY

Viticulture, vinification, methods of conservation, table wines, definition of the following European quality standard certifications: DOC, DOCG, IGT, wine tasting techniques.

RESTAURANT TECHNIQUES

Table service techniques, mise en place, deportment, menu composition, food tasting, food and wine pairing.

PRODUCT ANALYSIS

Qualitative analysis and provenance, classification of the development of raw materials, preservation methods, definition of typical products: their characteristics and nutritional values – description of the European quality standard certification, DOP and IGP, sensorial analysis of products – Production techniques, storage methods, sales.

HYGIENE

Personal hygiene (hands, uniform, personal appearance), hygiene of the work place (cleaning of the kitchen and work areas, refuse disposal, sinks, external area of kitchen), periodic sanitation of the basic kitchen equipment in accordance with the HACCP system (a system which identifies specific dangers and advises on preventative measures to adopt)

A MINI COURSE ON ITALIA ESPRESSO

General description of the various types of coffee based drinks.

Description of the different types of coffee machine.

Demonstration of the use of the espresso coffee machine.

Description and demonstration of the different types of hot and cold coffee based drinks.

ITALIAN LANGUAGE

Specific culinary terminology. Introductions, enquiring where someone is from and replying to the same question, numbers etc. Summary of the way of life in Italy. Brief outline on the geography, history, art, architecture and culture of Italy.

The PRACTICAL LESSONS

are held on the following subjects with explanation and execution of various traditional recipes from the different regions of Italy: **Cookery, Patisserie and Ice-cream, and Bread making**