

NUH 016 T

# The Food of Italy

## a Gastronomic Tour of the Regions

Prof. Giordano Franci



Although Italian cuisine as whole is characterized by distinctive features, it is still the result of many different regional culinary traditions that, in today's Italy, maintain their variety in terms of particular flavors and distinct ingredients.

Participants in this short non-credit course will learn about culinary differences across the country and the cultural traditions to which they are linked.

Under the guidance of the instructor, students will enhance their culinary skills and knowledge of Italian cuisine through preparing a variety of Italian regional dishes for everyone to taste, among which Pasta, Pizza and Gelato.

- Participants attending the class do not need any former cooking experience.
- All participants must wear non slippery shoes and an apron (not provided by the school) during the cooking sessions. The students with long hair must tie it back.
- No guests are allowed in class.
- The food prepared in class cannot be consumed outside of it or taken away.
- Consider that all meals are prepared for tasting. Do not expect full meals !
- This is not a vegetarian course and all kinds of ingredients will be used for preparing our dishes. In case of allergies you must inform the teacher and make sure yourself not to ingest anything that you know not to be healthy for you.
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Hours per lesson: 2:00 - Total course hours: 8

Meeting 1  
5:00 - 7:00 pm  
Tirrenia Room

**The North of Italy:** Involchini di Bresaola con Robiola ed Erba Cipollina (Trentino); Trofie al Pesto, Pomodorini e Noci (Liguria); Risotto alla Milanese (Lombardia); Bonet (Piemonte)

Meeting 2  
5:00 - 7:00 pm  
Tirrenia Room

**Central Italy:** Pappa al Pomodoro (Toscana); Tagliatelle verdi con Sugo di Carne (Emilia Romagna); Tartelletta di Frutta fresca (Umbria)

Meeting 3  
5:00 - 7:00 pm  
Tirrenia Room

**The South of Italy:** Parmigiana di Melanzane (Campania); Orecchiette alle Cime di Rapa (Puglia); Crostini rossi piccanti (Calabria); Budino di ricotta (Lazio)

Meeting 4  
5:00 - 7:00 pm  
Tirrenia Room

**The Islands:** Caponata (Sicilia); Malloreddus alla Campidanese (Sardegna); Tonno all'algherese (Sardegna); Cannoli Siciliani (Sicilia)