



CURRENT TRENDS IN ITALIAN CUISINE

IGC 022; Contact hrs: 8

Across four weekly meetings, participants will discover what defines a new trend and analyze some examples of creative Italian cuisine. Contemporary aspects such as food sustainability, healthy food, and pantry maintenance will be introduced. The participants prepare a mise-en-place before the live session, guided by a recorded video. During the live sessions, the professor and the students will make the planned dish and experience new and exciting flavor sensations.

WEEK 1 - Saturday, August 8th

SUSTAINABILITY

Linguine (pasta) with fish 'brodetto' - baked zucchini flowers filled with ricotta cheese

WEEK 2 - Saturday, August 15th

CONVIVIALITY - AN ITALIAN 'APERITIVO'

Bread; Grilled vegetables; Marinated olives; Bagna cauda & pinzimonio (Optional: cheeses and salamis)

WEEK 3 - Saturday, August 22nd

LEFTOVERS

Green peas cream with crunchy bread and bacon - 'Panzanella' with boiled squids

WEEK 4 - Saturday, August, 29th

HEALTH & WELLBEING

Focaccia ripiena (filled with spinach, raisin and pine nuts) - chocolate and water mousse

SCHOOL OF NUTRITION, ITALIAN GASTRONOMY AND CULTURE, FLORENCE