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	Sequence 2: September 19th Sequence 3: October 17th Sequence 4: November 21st	**SUSTAINABILITY** Each sequence will entail different recipes.
WEEK 2	Sequence 2: September 26th Sequence 3: October 24th Sequence 4: November 28th	**CONVIVIALITY - AN ITALIAN 'APERITIVO'** Each sequence will entail different recipes.
WEEK 3	Sequence 2: October 3rd Sequence 3: November 7th Sequence 4: December 5th	**LEFTOVERS** Each sequence will entail different recipes.
WEEK 4	Sequence 2: October 10th Sequence 3: November 14th Sequence 4: December 12th	**HEALTH & WELLBEING** Each sequence will entail different recipes.

SCHOOL OF NUTRITION, ITALIAN GASTRONOMY AND CULTURE, FLORENCE