



## THE FOOD OF ITALY: A GASTRONOMIC TOUR OF THE REGIONS

IGC 016, Contact hrs: 8

Across four weekly meetings, participants will travel through the Italian peninsula and learn to discover the unique characteristics of Italian cuisine, linked to local traditions and cultural diversities. Guided by a recorded video, the participants will prepare a small mise-en-place before taking part in the live session. During the course, the professor and students will prepare the dishes, explore and share the cultural and pleasant aspects of the recipes.

### WEEK 1 - Friday, August 7th

#### NORTHERN ITALY

Saffron Risotto - Classic Italian Tiramisù

### WEEK 2 - Friday, August 14th

#### CENTRAL ITALY

Pollo alla Cacciatora - Cantuccini biscuits

### WEEK 3 - Friday, August 21st

#### SOUTHERN ITALY

Homemade Gnocchi 'Sorrentina' style - Zabaione and berries

### WEEK 4 - Friday, August 28th

#### SICILY & SARDINIA

Handmade fusillo with 'Norma' sauce (eggplants, tomatoes, ricotta cheese) - Sardinian amaretto

SCHOOL OF NUTRITION, ITALIAN GASTRONOMY AND CULTURE, FLORENCE