



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 Sequence 2: September 18th
Sequence 3: October 16th
Sequence 4: November 20th

WEEK 2 Sequence 2: September 25th
Sequence 3: October 23rd
Sequence 4: November 27th

WEEK 3 Sequence 2: October 2nd
Sequence 3: November 6th
Sequence 4: December 4th

WEEK 4 Sequence 2: October 9th
Sequence 3: November 13th
Sequence 4: December 11th

NORTHERN ITALY

Each sequence will entail different recipes.

CENTRAL ITALY

Each sequence will entail different recipes.

SOUTHERN ITALY

Each sequence will entail different recipes.

SICILY & SARDINIA

Each sequence will entail different recipes.

SCHOOL OF NUTRITION, ITALIAN GASTRONOMY AND CULTURE, FLORENCE