1 – DESCRIPTION
Italian regional cuisine reinterpreted in a contemporary key by the best Italian chefs. The course will examine the philosophy behind Italian cuisine today, including the increasing necessity for lighter and healthier food and the rediscovery of numerous typical local products with an ever-present underlying note of creativity and innovation.

2 – OBJECTIVES, GOALS and OUTCOMES
By the end of the course students should be able to demonstrate:
• basic knowledge of the contemporary Italian cuisine through the most famous traditional Italian recipes and its variations
• ability to read a menu, recognizing the major elements that distinguishes high-level Italian cooking through the original recipes of Gianfranco Vissani, Gualtiero Marchesi and others.
• a sense for menu planning and meal presentation.
• understanding of the current Italian culinary trends as a continuous evolution of the different regional cooking traditions
• importance of a balanced and healthy diet.

3 – PREREQUISITES
This is an intermediate level class, students should have some basic knowledge about cooking and should keep in mind that the dishes that will be prepared in this class require time, patience, and hand dexterity.

Although this course will deal with recipes that are somewhat elaborate, it is nevertheless designed for students with no previous exposure to cooking techniques. Students are in all cases required to carefully follow the instructions given at the beginning of each class, with the professor’s supervision provided at all times. Students must be aware of fundamental regulations as in point 5.
• Students must consider that fresh ingredients (such as meat) and sharp tools will be handled.
• Due to the specific nature of this practical course, students are required to dress properly for every lesson (please refer to point 5).
• Please also consider important notes on attendance, participation and assignments (as described in pertinent paragraphs).
• The class is in English, but the terminology used can be in Italian when a translation is not possible. Misspelling of Italian terms is not permissible.
• This is not a vegetarian course; meat will be handled.
• The listed dishes at point 13 can change according to the availability of the ingredients on the market.
• Students are not allowed to bring guests to class.

4 – METHOD
• The course consists of lectures, demonstrations and hands-on-workshops.
• Each class is divided in three parts: the first part consists of an approximately 30-40 minute lecture with historical information about the dishes, followed by the second one that consists in the hands-on preparation of two to three dishes, the third one consists in a final tasting accompanied by comments on the results obtained by the class.
• The professor will demonstrate key steps and/or techniques and will closely supervise each group’s work while noting possible errors and correcting them.
• The professor will stop the class a few times during the preparation of the dishes and will ask each group to explain to the other groups the steps they have followed up to that point.
• This cooking school is not a restaurant: by law, meals cannot be served, while small tastings are allowed. Therefore, students should not expect to eat a meal at the end of each class, but rather to have a small tasting of the dishes prepared.
• This is not a vegetarian course. Students should therefore expect to handle and taste food of all types including meat.
• Depending on seasonal availability, some ingredients and/or recipes might be subject to change.

5 – ASSESSMENT
The majority of the hands-on work will be completed during class time when preparing the dishes together.
Students will then be required to complete reading assignments at home that will both review the topics discussed in class and provide some new information that may appear on exams. These readings are in the textbook (see point 8 and 9). During the course the students will be asked to work on mid-term and final exam. About exams, see point 6.
Should issues of academic dishonesty arise (plagiarism and so on), the teacher will refer to the LdM written rules of conduct on such matters.
Sources for studying and making assignments are your textbook and class notes (see point 8 and 9).

6 – EXAMS
• At mid term students will have a brief exercise, both written and practical based on the previous lectures.
• The Final Exam will consist of both practical and a written part.
  - The Written will also consist of ten questions addressing the topics discussed in class.
  - The Practical served to demonstrate what students have learned: they will be asked to prepare a menu, cook it and serve it to a panel of judges.
    The class will be divided in small groups and each one will prepare a dish.
    Before serving, the students will have to introduce the dish they prepared giving information on its history, cooking strategies and the reason of that choice.

Please remember that the dates of the can NOT be changed for any reason, so please organize your personal schedule accordingly.

7- EVALUATION and GRADING SYSTEM
20% Participation and manual/creative skills
25% Mid-term exercise
25% Written final exam
30% Practical final exam

Following grading system will be observed:

8 – ATTENDANCE and BEHAVIOR
Mandatory attendance is a primary requirement for a responsible learning experience at LdM.
In addition:
• If the student misses 20% of the scheduled class hours during this course (generally at the 3rd absence), the final grade will be lowered by one full letter grade.
• If more then 20% of the scheduled class hours are missed (normally at the 4th absence), the final grade will be “F” and no credits will be given for this course.

Make-up classes are always mandatory since part of the course program.
If a class occasionally creates conflict with another class the student is required to inform in advance both instructors. The instructors will then share a written excuse for the class going to be missed.
Students are required to participate in an active, polite and responsible way. In addition, they are required to abide by the following:

1. Wear own apron. No students will be allowed in class without an apron.
2. Be properly dressed on each occasion (ex. No sandals or flip flops).
3. Carefully wash hands and wear disposable gloves at the beginning of each class, before food is handled. After food is prepared, please discard gloves. DO NOT LEAVE USED GLOVES AROUND THE KITCHEN!
4. Wash all kitchen utensils and working surfaces that are used during class. Two students at a time will take turns each class.
5. DO NOT leave the kitchen when waiting for food to be ready. Students are not allowed to wander around school when class is in session.
6. DO NOT take any food out of the kitchen at the end of class. This is not allowed by the Local Sanitary Unit (U.S.L) laws!
7. No visitors are allowed at any time in class. Please have friends and/or relatives wait for you outside the kitchen at the end of class.
8. Each student is required to know exact meeting points and time for each scheduled visit. Late arrivals or getting lost are considered absence.
9. Students with learning disabilities are required to contact their LdM Advisor or LdM Dean of students.
10. Coming late and leaving earlier affects the attendance and participation grade.
11. All students “at risk” of failing will always be alerted by the instructor who will also inform the student’s advisor.
12. A no-show on days of visits counts as an absence.
13. Students are required to behave properly within the school premises. Classrooms are to be left in order and clean. Students must take care of available equipment and materials and promptly report any damage and loss.

Students may NOT keep cell phones, Blackberry systems or laptop computers and wireless internet switched on during classes if they are not previously authorized by the Dean of Student.

Academic dishonesty: should issues of academic dishonesty arise (plagiarism and so on), the teacher will refer to the LdM written policy on such matters.

9 – READINGS and SOURCES
Students are required to purchase the following mandatory booklet:
A) “Easy Italian” – Ursula Ferrigno Quasdrille Publishing – to be purchased at Feltrinelli International (requires approx. 15€)

B) Hand-outs will be distributed in class whenever necessary.

Suggested readings:
For the final paper and for personal interest students can find books, magazines and reviews:
- Claudia Roden “The Food of Italy” – Chatto & Windous, 1989 – (LdM library code: COOK 5)
- You are reminded of the fact that the textbook and interesting further readings can also be found at the school library in Via dell’Alloro 13 but can NOT be purchased here.

10 – ADDITIONAL COSTS
- A lab fee of € 100 per student is required. The lab fee will provide the student with an apron and all ingredients for the course cooking sessions.

11 – VISITS and TRIPS
Some typical Florentine markets will be visited, abd a restaurant time permitting. Visits are part of the first lesson and fundamental to the course. Visits take place during regular class time.

12 – MATERIAL LIST
Each student is required to wear appropriate clothes and shoes, and the apron during each class and keep all class notes and recipes handed at the beginning of each class. All other necessary equipment and kitchenware are available in class.
13a. CLASS SCHEDULE
All reading assignments are referred to in the textbook and are indicated by the title of each chapter.
The scheduled meals can change according to the availability of the ingredients in the market.

**WEEK 1**

1) Monday May 25  **Introduction to the course.**
*A brief history of Italian cuisine.* Understanding Italian regional differences. The philosophy behind contemporary Italian cuisine. How to create an Italian menu. Short presentation of the most important dining guides: Michelin Italia, Touring Club Italiano, Gambero Rosso.
Basic knife skills and cutting techniques. Cutting vegetables demonstration.

2) Thurs. May 26  **Visit** to the San Lorenzo Market, Sant Ambrogio Market: recognizing fresh food.

3) Tuesday May 27  **Aperitifs and antipasti.** New tendencies in Italian standing buffet.
**RECIPES:** Crostini misti. Insalata ai frutti di mare. Involtini di bresaola.

4) Wednes. May 28  **Mediterranean diet.** Introduction of two Italian master chefs: **Gualtero Marchese,** president of Alma International Culinary school in Parma; **Gianfranco Vissani,** the most inspired and controversial of Italian contemporary cooks, owner of two Michelin stars restaurants Baschi in Umbria region.
Fresh pasta, stuffed pasta and dry pasta. Presentation of some of the various types of dry pasta.
**RECIPES:** Pasta alla Norma. Insalata di pasta fredda. Ravioli di spinaci e ricotta, con burro e salvia

**WEEK 2**

5) Tues. June 1  **Wine and bread.**
Presentation of some Italian wines. Short presentation of the various types of regional bread. Bread, focaccia and pizza.
**RECIPES:** classic Italian bread. Schiacciata al rosmarino. Pizza al forno. Torta salata.

6) Wed. June 3  **The First Course.**
Rice and other cereals, polenta and soups and their importance in the Mediterranean diet.
**RECIPES:** Vegetable broth. Risotto alla milanese. Spaghetti con vongole e olive nere. Zuppa d'orzo e fagioli

7) Thur. June 4  **MID-TERM EXERCISE** (Written test + practical)
**Salad and olive oil:** talking about some Italian salads and the varieties of Italian olive oil.
**RECIPES:** Insalata Caprese. Carpaccio di manzo. Insalata ti farro.

**WEEK 3**

8) Mon. June 8  **The Main Course: Fish.** Easy and innovative ways to cook fish. Fulvio Pierangeli, head chef of the two star restaurant Gambero Rosso in San Vincenzo, Livorno.
**RECIPES:** Branzino al cartoccio. Pesce spada alla marinara. Frittura di calamari.

9) Tues. June 9  **The Main Course: Meat.** Presentation of different types of meat. How to cut meat, different ways to use meat.
**RECIPES:** Saltimbocca alla romana. Cottoletta alla milanese.

RECIPIES: tastings of cheese with honey. Sformato di patate alla napoletana. Insalata italiana all’aceto balsamico. Fragole all’aceto balsamico.

**WEEK 4**

12) Monday June 15  **Dolci e dessert.**

13) Tues. June 16  **Review of the Italian menu.** Creating a complete menu.

14) Wed. June 17  **Written exam**
Deciding and organizing the menu for the final exam.

15) Thurs. June 18  **PRACTICAL EXAM** - (see point 6)

**13B- ALTERNATIVE LESSON**
Should the instructor be indisposed or otherwise unable to attend, a substitute teacher (whenever available) will conduct the scheduled or a pre-prepared alternative lesson, at the regular class time.

- **All the secrets to create the best Italian savoury tarts; Torte salate**
RECIPIES: sformato agli spinaci. Schiacciata siciliana. Torta salata.