

WEEKLY COOKING COURSES IN VENICE

Cooking courses organized by Istituto Venezia are made to learn, both theoretically and practically, an engaging and fundamental feature of our culture and history. Italy is a country with a very particular history, with several different dimensions sometimes isolated because of their geographic position, and some other times united by trade routes. Italy's cuisine often voices these peculiar traits, this culture which is original but it is, at the same time, also born of foreign influences and dominations. This course has multiple aims: spreading the idea of a dining experience "ritual" through the study of cooking history and literature, a practical learning of traditional recipes, well known in Italy but very little known abroad and an in-depth study of cooking vocabulary and its regional differences.



Duration of the course

The weekly cooking course is held from Monday to Friday at the kitchen room of Istituto Venezia, mainly late in the afternoon and sometimes in the morning (see visit to Rialto market). 3 hours a day for a total of 15 weekly hours. The first part of the class is theoretic, the second part implies practical cooking and wine tasting /wine-food matching. At the end of each class, both students and teachers tidy the kitchen up.

Language requirements

Lessons are entirely held in Italian but with support in English for absolute beginners. Participants are preferably required to have at least level A2 (elementary).

Dates:

9 – 13 February

18 – 22 May

5 – 9 October

Prices 2015

1 week: 250 euro. Price includes:

- practical and theoretical lessons
- food and wine tasting sessions
- aperitif and shopping at Rialto market
- cooking booklet "A tavola con l'Istituto Venezia"
- cooking apron with the school logo

Lessons schedule:

from Monday to Friday from 4 pm to 7 pm.

Lessons program from 9th to 13th February



Monday 9th . Schedule: 4 pm - 7 pm. Pasta from North to South: basic preparations and variations. *Videoclip taken from: Un Americano A Roma* by Steno.

-Mandilli de "sea" (Lasagne-Liguria) with pesto sauce, potatoes and green beans

-Scialatielli (noodles from Ischia-Campania) with Sicilian pesto

-Torta di Tagliatelle (Emilia-Romagna)

Tuesday 10th . Schedule: 4 pm - 7 pm. Venice, spices, boats, rice discovery.

-Vegetables, meat and fish in "saor" – a special marinade (to be eaten after a couple of days)

-Risotto with clams and mussels

- Pevarini (spicy biscuits)

Wednesday 11th . Schedule: 4 pm - 7 pm. The Italian taste in wrapping food: rolls, stuffed pasta.

-Saltimbocca alla romana. (meat rolls stuffed with ham and sage)

-Tortelli and ravioli with vegetables, meat and fish

Seadas (a typical stuffed sweet from Sardinia)

Thursday 12th . STREET FOOD. Schedule: 10.30 am-11.30 am. Shopping and aperitif at Rialto market. **Afternoon: 4 pm – 6 pm.** Videoclip from: *L'Oro di Napoli* with S.Loren

-Fried mini-pizzas

-Shellfish sauté

- tasting of the "saor" prepared on Tuesday.

Friday 13th . Schedule: 4 pm - 7 pm. Foreign influence in Italian cuisine

-Gnocchi with and without potatoes (dumplings)

-Sicilian fish cous-cous

-Vegetable croquettes

Lessons program from 18th to 22nd May



Family lunch – Basic recipes handed down by Italian mothers

Monday 18th May. Schedule: 4 pm - 7 pm. Videoclip from *Amarcord* by F. Fellini: Family lunch. Introduction to cooking's basic vocabulary.

- Hand-made tagliatelle (noodles) with fresh tomato sauce and amatriciana
- Meatballs
- "scapece" zucchini (marinated)

Tuesday 19th May. Schedule: 4 pm - 7 pm.

- Bruschettas with fresh sliced tomatoes and anchovies and bruschettas with "peverada" sauce
- Eggplants parmigiana
- "Zaleti" (Venetian biscuits)

Wednesday 20th May. Schedule: 10.30 am -11.30 am. Afternoon: 4 pm – 7 pm.

- Mozzarella in carrozza (fried bread with mozzarella cheese and anchovies)
- Seafood sauté
- Octopus and celery salad

Thursday 21st May. Schedule: 4 pm – 7 pm. Video from "*Sabato, domenica, lunedì*" by L. Wertmuller

- Gnocchi, ragù bolognese (Bologna ragù) e pesto genovese (Genoan sauce with basil, garlic, cheese)
- Artichokes cooked the Roman way
- Sicilian "cassata" (sweet made from ricotta cheese and almond paste).

Friday 22nd May. Schedule: 4 pm – 7pm.

- Risotto with fish.
- Bigoli in salsa (special kind of pasta made of buckwheat).
- Burano biscuits with sweet wine.

Lessons program from 5th to 9th October



Monday 5th October. Schedule: 4 pm – 7 pm. Under the sun of South. Videoclip from: Miseria e Nobiltà

- Cavatelli (a kind of hand-made pasta) with swordfish, cherry tomatoes and pistachios.
- Orecchiette (a kind of hand-made pasta) with broccoli rabe
- Fried artichokes

Tuesday 6th October . Schedule: 4 pm – 7 pm. Food preservation.

- Sicilian "caponata" (fried mixed vegetables with a special marinade)
- Sgombri a scapece (marinated mackerels)
- Sarde a beccafico (sardines cooked in a special way)

Wednesday 7th October. Schedule_ 4 pm – 7 pm. Cooking by "layers"

- Eggplants parmigiana
- Tiella
- Tiramisù with limoncello

Thursday 8th October. Schedule 10 am – 11 am. Rialto market. Shopping. **Afternoon: 16-18. Tasting of Venetian cichetti (fingerfood).**

- boiled mantis shrimps
- fried lagoon's fish & shrimps
- Shellfish sauté

Friday 9th October. Schedule: 4 pm – 7 pm. Venerdì di magro. Videoclip from: Il Pranzo della Domenica.

- Cozze in "zimino" (a genoan mussels and baby swiss chard soup)
- Spaghetti with king prawns "a la busara"
- Stewed octopus.

P.S.: according to food availability on the market, menus may vary.

