

## Basic Professional Italian Cookery Course

Duration: 10:00am to 4:30pm

One day per week over six weeks Tuesday or Wednesday

Aim: To give a basic understanding of Italian ingredients, cooking methods and recipes for people wanting to specialise in Italian cookery in their workplace.

Objectives:

- ❖ Students will be able to understand basic properties of the ingredients included in the syllabus.
- ❖ Students will be able to cook a variety of basic Italian dishes using these ingredients.
- ❖ If students opt to do a stage, they will have basic skills required to work in a professional environment.

Additional information:

- ❖ Work Placement (stage) available, but optional
- ❖ Each class will be practical in the morning, theory in the afternoon
- ❖ Theory will be based on knowledge acquired on the day, a basic test and a time plan to be done for the following week. (Time plan can be done as homework)
- ❖ Minimum 8 students, Maximum 12 students
- ❖ Recipes and theoretical knowledge provided weekly

Cost:

- ❖ Six week course 790 euro
- ❖ Individual lesson 150 euro

Syllabus Outline:

Week one: Introduction/ Italian cuisine philosophy-Stocks and Sauces

Week two: Fresh Pasta

Week three: Rice and Polenta

Week four: Cakes and Yeast goods

Week five: Poultry/ Meat

Week six: Seafood

Week one: Stocks and Sauces

Four main stocks in common use are fish, white and brown beef stock and chicken stock.

On the day we will make a chicken stock and fish stock. (To be frozen for later use)

Basic pasta sauces include ragu, napoli and bolognese.

Continuing the following week with some fresh made sauces to compliment the pasta class

On the day we will make a variety of these (To be frozen for later use with fresh pasta)

Week two: Fresh and Dried Pasta

Covering basic principles of making fresh pasta and also cooking dried pasta.

We will look at the reasons why pasta is so varied from north to south Italy.  
On the day a range of fresh pastas will be made, as well as pesto and béchamel. We will make lasagne, tagliatelle, ravioli, and gnocchi, serving them with appropriate sauces.

Week three: Rice and Polenta

- Understanding the difference of rice used for risotto

Using stock from week one, risotto will be made, two ways; the classic Milanese and a modern pear and balsamic.

- Discussion of different types of polenta.

We will make yellow polenta served with ragu from week one and one more type...Salsicce e finocchio? Lardo? Baccala?

Week four: Pastry and Yeast Goods

- Covering some basic principles of baking, working as a group.

On the day we will make basic bread, pizza, focaccia, choux pastry (bigne), and a crostata.

Week five: Poultry and Meat

- Briefly covering meat, but learning the anatomy of poultry.

On the day we will make a braised dish, (osso bucco), and each student will joint a chicken and then make a variety of Italian chicken dishes.

Week six: Seafood

- Covering how to recognise fresh fish and shellfish and how to fillet a whole fish (flat and round).

On the day we will prepare and fillet fish, clean mussels, and then make a variety of Italian fish dishes with these. (Using fish stock from week one)