

ITALIAN AMATEUR CHEF IN 30 HOURS

▪ **Day 1 Monday** – *Intro to the Professional Italian Kitchen*

Class length / 3 hours dinner included / 6 PM to 9 PM

In this unit you will have an overview of Italian historical food terminology, food geography and regionalism. The class will offer a lesson on olive oils with ample focus on the cooking benefits, olive varieties and agricultural setting in order to recognize quality, price, and usage. The class will also cover in details the history of Balsamic vinegar, how is made, how to use and how to recognize quality from counterfeit. Tastings included on both topics.

▪ **Day 2 Tuesday** – *Cheese, Salami, Specialty Items, Pizza and Calzone*

This is your introduction to Italian food products and essential ingredients.

Class length / 3 hours dinner included / 6 PM to 9 PM

In this unit you will learn the fundamentals with a lesson on cheeses, milk varieties, areas of production, aging, tasting (Gorgonzola, Asiago, Parmigiano, Grana, Ricotta and Pecorino). We will focus on cured meats (Salumi, Soppressate, Mortadella, Speck, Bresaola, and Prosciutto, with info on history, production areas, aging process and taste. Also a lesson on Pizza (Campania), Calzoni (Molise), Focaccia (Liguria), Piadina (Romagna) Torta Testa (Umbria)

• **Day 3 Wednesday** – *Vegetable Antipasti*

This is your introduction to vegetables and side dishes.

Class length / 3 hours dinner included / 6 PM to 9 PM

In this unit you will learn the methods for cutting, marinating, roasting, sautéing and pan-frying a wide selection of vegetables to complement a variety of meals. Marinated vegetable, varieties of acid and oils used. We will cover vegetables growing areas and prime time knowledge for vegetables. Learn how to use vegetables as main dishes. Learn to utilize non-prime cuts.

- **Day 4 Thursday** – *Seafood Antipasti and Main Entrees*

Class length / 3 hours dinner included / 6 PM to 9 PM

In this unit you will cover the buying, cleaning, poaching, and cooking a variety of seafood. You will identify geographical fishing areas, local suppliers, structure, and character of local seafood while understanding appropriate technical cooking procedure. Learn to make; Brodetti (fish stews and soups) Stuffed shellfish, poached, roasted Octopus, Cuttlefish and Salmon. Learn to filet fish and basic cleaning procedures.

- **Day 5 Friday** – *Meat class and main Entrees*

Class length / 3 hours dinner included / 6 PM to 9 PM

You will learn the ins and outs of saltare (Italian sautéing), poaching, deglazing, stuffing and dressing a variety of meats.

Veal, butchering, cuts varieties and applications / Lamb, butchering, cuts varieties and applications. Beef, butchering, cuts varieties and applications. Pork, butchering, cuts varieties and applications. Poultry, butchering, cuts varieties and applications. **Non Saturday or Sunday Classes**

- **Day 6 Monday** – *Stocks and Sauces*

Class length / 3 hours dinner included / 6 PM to 9 PM

In this unit you will learn the fundamentals of stocks making and related Mother sauces.

We will be making Béchamel (cream and cheese sauces / Veloute' (velvet sauces for fish, chicken, duck, veal and many more applications), Tomato and sugo sauce (basic Marinara, Genovese and Tocco sauces), Ragu' (long simmered sauces), made with secondary cut of meats, Demiglaze (brown sauces from meat protein). The session will also include an overview on history of sauces and their various applications.

• **Day 7 Tuesday** – *Soups, Minestre, Grains and Legumes*

Class length / 3 hours dinner included / 6 PM to 9 PM

In this unit you will learn about Regional soups, minestre making (thick soups), with dry legumes, farro, grains and delicious and hearty spelt wheat. We will feature recipes such as minestrone with pesto, zuppa of lentils, Tuscan ribollita, Jota from Trieste and screppelle n'busse (crepe soups) from Abruzzi, along with some baked outstanding thick minestre baked in terracotta, followed by a brief introduction to Holiday soups.

• **Day 9 Wednesday** – *Basic Pastry*

In this unit you will learn several regional pies, tarts, rustic fruit crostate and mousses.

Class length; 3 hours tasting included / 6 PM to 9 PM

Learn to make basic pastry dough. Learn to make spoon dessert Learn to make fruit compotes. Learn to make biscotti, holiday cookies, puddings and religious dessert.

• **Day 10 Monday** - *Final dinner and award ceremony*

This is the final and probably the most enjoyable day. 5 PM to 11 PM

The students will design and prepare with instructor a 5 course dinner. Students may bring a guest free of charge to enjoy the sumptuous dinner complemented with wine. The dinner will end with the certification award issued by *Ciao Italia* (non-profit educational association based in Rome Italy), in conjunction with Chef Walters Cooking School.

Refund Policy

We realize that emergencies do occur and that life situations do arise. However, we also hope you understand that in our commitment to all of our class participants, a lot of time, effort and resources go into the preparation of a successful class. For this reason, no refunds will be given. A deposit of 50% is necessary at time of booking. We appreciate your understanding that there will be NO EXCEPTIONS MADE TO THIS POLICY