

# Basic techniques course of Italian cuisine

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## Structure of the course

For the new academic year 2017/2018, we have changed the structure of our medium length most popular course.

The courses part of the programme “basic techniques of the Italian cuisine” is composed of 3 annual sessions

- Autumn (from October to December)
- Winter (February- March)
- Spring (April to June)

## DETAILS :

- **Length:** Each session is made of 7 evening meetings
- **Time:** from 19:30 to 22:30 PM (we are flexible, it depends on the preparation time)
- **Frequency:** once per week
- **Content:** Each lesson provides the elaboration of a 3-course full menu. You will learn and apply the general technics that are part of our philosophy “hands on”- learn by doing, taught & guided by our qualified chef.
- **The 7 Menus** of each season are completely different. They follow the seasonality of raw materials that you will learn to choose and use.
- **Participants:** maximum 10, average 4-6
- **Proceedings:** You will start with a theoretical introduction before moving on to the concrete

preparation of the different dishes that compose the menu of each day. Each participant works at his own emplacement with the appropriate cooking tools under the chef's supervision and demonstration

- **Tasting:** At the end of the preparations, the participants will be able to taste their creations and will be able to comment the work together with the group and the instructing chef.

**Food Pairing:** a wine that suits the menu of the day is included

## **2017/2018 academic year**

Autumn%202017, Winter%202018, Spring%202018 | 26%20October, 15%20-%2022%20February, 26%20April | 2%20-%209%20-%2016%20-%2023%20-%2030%20November, 1%20-%208%20-%2015%20-%2022%20-%2029%20March, 3%20-%2010%20-%2017%20- 24%20-%2031%20May | 4%20December, , 7%20June

## **Price list (full course advised but you can also choose to follow 1 to 7 lessons)**

- 1 lesson: € 70
- 2 lessons: € 130
- 3 lessons: € 190
- 4 lessons: € 250
- 5 lessons: € 300
- 6 lessons: € 360
- Full programme of 7 lessons: € 420

Alce Bologna Cucina: € 10 (to pay only once per academic year)

**Includes:** ALCE insurance, access to the gastronomic laboratory and wine tasting room, theoretical & practice lessons, use of apron, booklet and material with cooking techniques and menu accomplished

Supplement: € 15 for the fish menu

## **Some of the basic techniques studied and experimented during the course:**

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**Basic Cutlery** – Operator Safety – Cutting techniques (slicing, dicing) – Cooking vegetables (cooked in water, in fat, roasted)

**Dough and preparation** for “Focaccia”, pizza and bread- immediate rising, poolish, “Biga” – useful tips – Cooking and keeping salted products **leavened**.

**Pasta** with or without eggs – dough and preparation – preparation of classic pasta – preparation of various forms of pasta & gnocchi- use the rolling pin- preparation of a base for sauces

**White and red meat** – Cooking red meat in the oven – washing, cutting and cooking in fat from white meat.

Whole **Fish** – sliced-fillets – cleaning – gutting – crustacean – shellfish

Semi-freddo **desserts** – desserts eaten with a spoon – creams & panna cotta – Shortcrust pastry – puff pastry – cream ganache – crème caramel

“Fondi” broths and mother **sauces** – brief history – preparation – Uses (“Fondo” – veal pasta sauce, white sauce, fish sauce, vegetable sauce) hot mother sauces (Common Velouté ,fish velouté, béchamel sauce, tomato sauce, veal sauce) – Cold mother sauces (mayonnaise, vinaigrette)

**Rice and risotto** – brief history of rice – Preparation – cooking – “mantecatura”– roasting–

# **Full menu of the 7 meetings of the autumn session of the “basic techniques” course**

**Martedì – Mercoledì e Giovedì**

**Orario:** h. 09.00-12.00

**MODULO 1 – L’ABC DELLA CUCINA +**

**MODULO 2 – PICCOLA PASTICCERIA**

**CHEF: Giampiero Le Pera**

**Date**

- 26 – 27 – 28 Gennaio 2016
- 2 – 3 – 4 – 9 Febbraio 2016
- 10 – 11 – 16 Febbraio 2016

**€ 625,00**

**Martedì – Mercoledì e Giovedì**

**Orario:** h. 09.00-12.00

**MODULO 2 – PICCOLA PASTICCERIA +**

**MODULO 3 – TECNICHE AVANZATE**

**CHEF: Giampiero Le Pera**

**Date**

- 10 – 11 – 16 Febbraio 2016
- 17 – 18 – 23 – 24 – 25 Febbraio 2016
- 1 – 2 Marzo 2016

**€ 625,00**

**Martedì – Mercoledì e Giovedì**

**Orario:** h. 09.00-12.00

**MODULO 1 – L'ABC DELLA CUCINA +**

**MODULO 3 – TECNICHE AVANZATE**

**CHEF: Giampiero Le Pera**

Date

- 26 – 27 – 28 Gennaio 2016
- 2 – 3 – 4 – 9 – 17 – 18 – 23 – 24 – 25 Febbraio 2016
- 1 – 2 Marzo 2016

**€ 825,00**