



2010 COOKERY COURSE

11 – 22 January	8 – 19 February	8 – 19 March
12 – 23 April	3 – 14 May	7 – 18 June
5 – 16 July	2 – 13 August	30 August – 10 September
27 September – 8 October	25 October – 5 November	22 November – 3 December

First week

1. ITALIAN PASTA AND DESSERTS
"Gnocchi alla Sorrentina" (gnocchi with tomato and mozzarella)
"Mezze Maniche" pasta with zucchini and mussels
Zeppole di S. Giuseppe
2. VEGETABLE DISHES
"Parmigiana" (Aubergine with tomato, parmesan and provola)
Escarole or friarielli (typical vegetable of Naples) in the pan
3. NEAPOLITAN SPECIALTIES
- Tomatoes au gratin
- "Frittata di maccheroni" (pasta omelette)
- Mixed croquettes typical of Naples (cabbage, anchovies, etc..)
- Neapolitan canapè
- Stuffed and fried aubergines

Second Week

1. ITALIAN PASTA AND DESSERTS
Pasta with potatoes
Spaghetti with octopus sauce
"Struffoli" (little fried balls of dough, covered with honey)
2. VEGETABLES AND DESSERTS
Stuffed artichokes and zucchini "alla scapece" (with oil and vinegar).
Stuffed peppers and zucchini
Ricotta cheesecake
3. NEAPOLITAN SPECIALTIES FOR STARTER OR APPETIZER
"Insalata di rinforzo" (raw cabbage salad)
"Arancini" (rice croquettes)
"Montanare" (fried little pizzas with tomato sauce)
Fried pizzas stuffed with ricotta and mozzarella
"Bruschette" (toasted bread with tomato, olive oil and basil)

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