



PICCOLA UNIVERSITÀ ITALIANA

PER STRANIERI - TROPEA

Programme 2020

Cooking course:

Learn to cook Mediterranean style



Mediterranean cuisine is one of the most popular worldwide. Those who love Italy, also love the Italian cuisine. But what makes Italian cuisine so special?

Italians don't just eat to get full, for them eating is much more of a communicative experience – it is an expression of zest for life. Mediterranean cuisine is light, tasty and rich in variety.

During our popular cooking course 'Cooking Mediterranean style' you will be learning to make Italian dishes and also some typical Calabrese specialties shown to you by our amicable cooking teacher from Tropea.

Delve into the Italian way of life and the Calabrese culture outside of the classroom too.

The cooking course consists of 3 lesson units, each unit takes 3.5 hours.

The course lasts about 10 hours and starts at 6pm.

The course is held in Italian language.

On the first day you will receive a recipe list and an apron.

Minimum duration for this course is 1 week (= 3 evenings) and the maximum duration is 4 weeks.

The maximum number of participants is 2 (e. g.: friends or a couple). The course is however very popular amongst those travelling alone.

Each course day ends with a meal eaten together with your cooking teacher. The course fees cover all ingredients needed to prepare the meals which are consumed afterwards with your teacher.

Drinks are to be purchased separately by students.

www.piccolauniversitaitaliana.com – The Italian Language School by the sea

Reserva al preu més baixa a nivell mundial a: <https://www.languagecourse.net/ca/escola-piccola-universita-italiana-tropea>

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If you should have any special recipe requests, please advise us when booking. We will do our best to make sure these requests appear in the cooking plan.

Here is an example of a 1-week meal plan:

1st evening:

Starter: Homemade Fileja spiced and prepared with sweet Tropea onions
Main course: Omelette with onions and 'Nduja cakes
Dessert: Traditional applecake

2nd evening:

Starter: Homemade potato-gnocchi with swordfish sugo
Main course: Grilled swordfish with stuffed fried potatoes
Dessert: Tiramisù

3rd evening:

Starter: Risotto with seafood
Main course: Golden baked cod and aubergine balls
Dessert: Shortcrust pastry cake with homemade orange marmalade

1 WEEK (3 evenings)	EUR 250,00
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Price per person

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