



C.C.I.C. "PIERO DELLA FRANCESCA" CENTRO DI CULTURA ITALIANA CASENTINO

Italian Language and Culture School

Via C. Battisti 5 – I-52014 Poppi (AR) – Italia
www.parlital.it - arno@parlital.it - tel. 0575529774 – fax. 0575529559

Cookery Courses

The art of cooking is a form of culture deeply rooted in Italian tradition and more particularly in that of Casentino – a territory rich in ancient recipes based on genuine ingredients and, in many cases, absolutely typical of our valley.

Many of the dishes from the Casentino culture have their origins in medieval times; others are the expression of folk wisdom: healthy foods – at the same time nutritious and tasty; cooking methods extremely precise in their detail and cooking time, a practice which brings out the best in even the simplest of ingredients.

As a result of its historical origins and excellent quality, our local cookery attracts the Casentino people and stimulates great interest nationally, a fact borne out by the countless demonstrations held in this connection. And here we are today with "Il Gusto dei Guidi" an enogastronomic gathering which is held every year in Poppi, famous for the medieval dinner served in the courtyard of the Conti Guidi Castle which, together with the savouring of particular dishes also offers the charm of unique surroundings.

Following upon this there is the "Il Treno dei Sapori", village festivals and feasts like the well-known "Sagra del Fungo Porcino" at Moggiona, the "Sagra del Tortello" at Corezzo and many others even in the smallest boroughs. These are occasions on which the knowledge of how to prepare good food becomes a form of merriment which involves the whole town and represents a long-awaited appointment for so many guests.

In Autumn, in Pratovecchio, the "I Sapori del Casentino" is held, a display of local dishes and products typical of our valley, supported by "Slow Food" which, in the strict selection of high quality Italian foods, acknowledges and promotes both the "*Prosciutto del Casentino*" and the "*Fagioli Zolfini*" of Pratomagno.

This is a very important recognition because it is precisely on the genuineness of the ingredients that the unique taste of so many Casentino dishes is based and the list itself could well be presented as a full menu from starters to dessert. It is sufficient to quote only a few to bring to mind delicious flavours as in the "*Scottiglia*", an all-in-one course comprising various types of meat, cooked very slowly and served with Tuscan bread baked in a wood-fired oven: the "*Tortelli di patate*" with home-made egg pasta; the "*Sugo di nana*" (free-range farm duck meat sauce) with which to serve "*Maccheroni*" or an appetizing "*Polenta*" made with maize flour; the "*Zuppa di cipolle*", the "*Fagioli all'uccelletto*" with pork sausages and again beans accompanied by so many other vegetables and excellent bread cooked in a wood-fired oven and mixed together in the "*Ribollita Casentinese*". From the woods which cover a large part of this territory come large quantities of mushrooms which are used in soups, fried or grilled and always served with the ubiquitous extra-vergine olive oil and a few essential herbs like calaminta, thyme, marjoram and garlic. Together with the mushrooms we have the wild wood-fruits which, in every season enrich the table with their perfume and flavours: the aromatic wild strawberries, the brambles, the raspberries and blueberries, to eat fresh or to conserve in a thousand different ways. And then the chestnuts and chestnut flour with which to prepare the classical "*Polenta*", known in dialect as the "*Pulenda dolce*" which can be savoured with "*Ricotta*" (a type of cottage cheese) and "*Pecorino*" (sheep's cheese); a further use for chestnut flour is to make the "*Bardino*", a rustic, flat cake prepared with pine nuts, rosemary and walnuts.

Casentino, therefore, offers a vast gastronomic panorama, deeply linked to other aspects of local life. The CCIC for years has created an opportunity for socializing as well as enjoying a relaxed cultural study based on the local gastronomy in the meetings "Cucinare insieme", an evening during which the students in the Italian course follow Mrs. Marcella with great enthusiasm while she prepares her delicacies.





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The Course

Under the guidance of an expert chef, the students will have the opportunity to assist in and personally try out the preparation of general Italian recipes and also those typical of Casentino.

The Course has been arranged in meetings each of three hours.

At the end of every meeting there will be a dinner during which the students will taste the meal prepared by themselves, knowledgeably accompanied by the wines most suitable for the dishes of the evening.

The Cookery Course consists of preparing a complete menu for every meeting consisting of Starters, First course, Second course and Vegetables and finally Dessert. The students, guided by the chef, will carry out all the phases from the choices to the seasoning and cooking of the ingredients up to the moment when the food is prepared and presented on the plates.

The various dishes proposed for the Courses will be listed under thematic headings. The meals presented in every Course will be chosen by the chef so as to give a complete picture of our local kitchen, albeit compatible with the possibility of using seasonal ingredients.

The Course will be held in Italian. At the same time for groups of at least five students the CCIC can provide an interpreter for English or German if requested, in which case the relative increase in price will be indicated.

The tastes and perfumes of the woods, home made pasta, excellent choices in meat, rich sauces and our biological vegetables will be the protagonists of these evenings.

"La Sfoglia" - typical country home made egg-pasta

- Simple pasta: how to knead, roll out and cook: "*Tagliolini*", "*Maccheroni*" and "*Lasagne*".
- Pockets of pasta filled in with typical Casentino ingredients: "*Ravioli*" and "*Tortelli di patate*".
- Sometimes it is not necessary to use pasta: "*Gnudi*".

The Perfumes and Tastes which hail from the Woods

- The "*Porcini*" and lesser mushrooms: Starters, First courses and vegetables using these splendid protagonists.
- Wild wood-fruits: strawberries, brambles, raspberries, blueberries and chestnuts. How to prepare them and conserve them in the simplest of ways following ancient recipes.

Potatoes, Beans & Co., Vegetables and Pulses for healthy and tasty eating in all seasons.

- Potatoes - types and uses: the red potato of Cetica, the white and the yellow potato. The "*Gnocchi di patate*" and the "*Tortellone alla piastra*".
- As a second course the "*Zucchine ripiene*" – how to create a complete meal with vegetables as the principal ingredients.
- Beans: types and uses. "*Cannellini*" beans and "*Borlotti*" beans. The "*Fagioli Zolfini*" of Pratomagno. Boiled beans, "*Pasta e Fagioli*". The traditional dish "*Fagioli all'uccelletto*". Beans in good company: the "*Ribollita Casentinese*".





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Types of Meat and "Salumi".

- "*Antipasto Toscano*": "*Crostini neri*" (squares of toasted bread, dipped in consommé and topped with a delicious meat sauce), "*Prosciutto del Casentino*", the "*Sopressata*", wild boar sausages, the "*Finocchiona sbriciolona*".
- A sauce with which to serve the pasta: the "*Sugo di nana*".
- Excellent second courses: the "*Nana in porchetta*" and the "*Zampucci di maiale*" with chickpeas (or the "*Ocio lesso con il ripieno*" and green sauce).

The All-in-One Dishes from local country tradition.

- The "*Ribollita Casentinese*" and "*Polenta*".
- The "*Scottiglia*", a soup made with different types of meat, and "*L'Acqua Cotta alla Tagliatora*", a soup prepared with vegetables and mushrooms, both served with bread baked in a wood-fired oven.

Prices

Cookery Course – for one week (2 lessons each of 3 hours including dinner)	€ 105,00
Cookery Course – for two weeks (4 lessons each of 3 hours including dinner)	€ 189,00
Cookery Course – for three weeks (6 lessons each of 3 hours including dinner)	€ 273,00
Cookery Course – for four weeks (8 lessons each of 3 hours including dinner)	€ 357,00

All prices are in Euro (€)

Booking and Information

For information and booking it is advisable to contact the school secretary's office:

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