



In partnership with



## ITALIAN + COOKING PROGRAMME

The programme is suitable for participants who wish to combine Italian language lessons and culinary arts and to enjoy the opportunity of discovering the secrets of the Italian cuisine by learning how to prepare the best recipes.

A basic knowledge of the Italian language is required (no complete beginners) as the culinary programme is held in Italian. No previous experience in culinary arts is requested.

Italian lessons take place everyday in the morning at Linguaviva School, cooking classes take place in the afternoon at GiglioCooking according to a schedule which will be given to participants at the beginning of each programme.

<b>Duration</b>	2 weeks to 4 weeks
<b>Lessons</b>	20 lessons Italian language + 2 cooking sessions of 3 hours each per week
<b>Dates</b>	All year round (except August)

## TUITION

The tuition fee includes:

- ⊙ Italian lessons
- ⊙ cooking classes
- ⊙ accommodation placement service
- ⊙ Italian placement test

The tuition does not include:

- ⊙ registration fee
- ⊙ accommodation fee
- ⊙ transfer service
- ⊙ textbooks





## ITALIAN LESSONS

20 Italian language lessons per week, each of 45', from Monday to Friday from 9.00 to 12.30

On the first school day at Linguaviva participants will take a written and oral placement test following which they will be placed in the appropriate group for their language level. Work covers all aspects of the language with a particular emphasis on developing communicative skills in speaking and writing. Each level can be completed in 4 weeks. At the end of each course after successful completion of a test you can progress to the next level.

## COOKING LESSONS

- Location** GiglioCooking:  
Via del Ghirlandaio 6b – Florence
- Teachers** Chef Marcella Ansaldo  
Chef Antonella La Macchia  
Chef Giovanni Stecca
- Lessons** 2 weekly sessions of 3 hours each for a total of 6 hours, in the afternoon, usually from 2.00 to 5.00 pm
- Duration** 2 to 4 weeks
- Contents** Italian Cuisine  
Regional Cuisine,  
Tuscan Cuisine.
- Materials** all materials used during the lessons are provided by the school



At the beginning of each lesson students are given a handout With the recipes to be prepared for a complete Italian menu.

The teacher introduces the recipes and explains in details the various steps of preparation. Students will have the opportunity to participate “hands-on” in the preparation of the dishes. Each session is followed by the tasting of the dishes prepared during the lessons. At the end of the course students receive a participation certificate.



# SAMPLE WEEKLY PROGRAMME

FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
<p><b>Lesson 1</b> Fettunta (Bread and oil starter) Spaghetti aglio, olio e peperoncino (garlic and oil sauce for pasta) Spezzatino con verdure (Beef casserole) The most classical cake: Tiramisu</p>	<p><b>Lesson 1</b> The classical penne al pomodoro (Neapolitan tomato sauce) L'arrosto classico: arista (Tuscan style pork-roast) Patate arrosto (roast potatoes) Insalate e condimenti (salad dressings) Biscotti di Prato o tortina al cioccolato (Almond biscuits or chocolate pudding)</p>	<p><b>Lesson 1</b> Pasta Amatriciana/Puttanesca (Bacon spicy sauce and Tomato and olive sauce for pasta) Parmigiana di melanzane (eggplant parmigiana) Ciambellone di ricotta o schiacciata fiorentina o torta soffice (Ricotta cake or Italian Angel food cake)</p>	<p><b>Lesson 1</b> Gnocchi di ricotta e spinaci (spinach and ricotta gnocchi) Polpettone, polpette (meat loaf) Zucchine trifolate (zucchini side dish) Torta della nonna (custard pie)</p>
<p><b>Lesson 2</b> Torta d'erbe (spinach pie) Risotto alla Milanese (risotto with saffron) Ossobuco alla Milanese (ossobuco in Milan style) Peperonata (bell pepper side-dish) Panna cotta con salsa al caramello (cream pudding with caramel sauce)</p>	<p><b>Lesson 2</b> Polenta (corn meal) Baccalà alla Vicentina/alla Livornese (salted cod in Vicenza or Livorno style) Vitello tonnato (veal with tuna sauce) Budino aromatico (aromatic pudding)</p>	<p><b>Lesson 2</b> Ribollita o Pappa al pomodoro (bread and tomato or other soup) Coniglio porchettato (stuffed rabbit) Carciofi alla romana e ritti ripieni (artichoke side-dish) Crostatina di ricotta (ricotta pie)</p>	<p><b>Lesson 2</b> Pizza Napoletana (pizza from Napoli) Panzerotti (fried pizza) Porrata (leek tart) Biancomangiare (almond pudding)</p>

Both the programme and the schedule may change according to the season and the participants