

ITALIAN CUISINE

Italy is a beautiful country filled with many different landscapes.

Much like the United States each region has its own style of cooking. Italy has coastal influence on dishes, along with mountain ranges, cool temperatures and dry hot climates. Too often people only associate Pasta and Marinara sauce with Italy.

There is so much more to Italy's long and passionate culinary traditions. The Italian Cuisine classes will be broken down by the region. We will go over the landscape and why the dishes we are preparing are popular to the area and its history.

North Western Italy

Lombardy, Piedmont, Val d'Aosta, Liguria regions located between the Swiss Alps and the Gulf of Genoa-Ligurian Sea. Foods common in the region; Herbs, vegetables, butter, cheese, rice, truffles, Fish and wild game

Cost of class \$35.00

North Eastern Italy

Veneto, Friuli-Venezia Giulia, Trentino-Alto Adige regions located by Austria and the Gulf of Venice-Adriatic Sea. Foods common in the region: Vegetables, Dumplings, Gnocchi, Fish, various live stock.

Cost of class \$35.00

Central Italy

Tuscany, Latium (Rome), La Verde Umbria, Marches, Emilia-Romagna regions. Located by the Tyrrhenian sea on the West and the Adriatic Sea on the East. Rome, Florence, Tuscany are all popular cities in this region. Foods Common in the area: Olives, Pasta, Vegetables, Sauces, Oils, dried sausage, various live stock.

Cost of class \$35.00

Sicily & Sardinia

Palermo popular city in Sicily- Two separate islands located off the coast of Italy in the Mediterranean and Tyrrhenian Sea.

Foods common in the area: Fish, Vegetables, Olives, Oils, pastas and Sweets.

Cost of class \$35.00

Southern Italy

Campania, Calabria, Basilicata, Puglia, Molise, Abruzzi regions. Located at the tip of the "Boot" by the Mediterranean Sea. Naples, Pompeii, Capri popular cities in this region.

Cost of class \$35.00



JESSICA'S CUCINA