

Total price: (special offer for the complete 12-week course) £3800 If you prefer, you can just attend your desired topics for a minimum of two weeks at £850

Elia Tavernese has not only a 35-year-long career as a pizza-maker, but he has also worked for a good seven years as a cook under talented chefs, before becoming a chef himself. This is why he has prepared a really special introductory course to Italian cooking, which includes some of the basics of Mediterranean and French cooking which nowadays cannot be ignored.

Beginning with, but simplifying, new methods and rules of cooking, Elia managed to combine his lessons into "modules" and sort the students according to their ability to understand the basics, and thereby to prepare most of the recipes just by knowing the ingredients.

A great advantage of this is that it maximises our students' employability as kitchen assistants at first, and following that, as talented chefs themselves. Those who want to introduce some of the specialties taught in one or more of the sections to their own restaurant, pizzeria or fine food shop will find ample material here to save themselves time and money.

But let's take a closer look at what you will learn in this 12-week intensive course: daily from Monday - Friday, 8am - 12pm (4 hours on average).

**Week 1 & Week 2: PASTA** (if you decide to just attend this part of the course, the price will be £850)

Beginning with simple but well-known recipes, you will be given pointers so that you learn, from the very first lesson, to understand what you are doing. You will prepare at least two recipes per lesson. In doing so, you will of course try your hand at various sauces - bolognese, pesto alla genovese, puttanesca, boscaiola, matriciana, etc. In doing so, you will, on one hand, be able to enter into the spirit of being a chef. On the other hand, we are willing to bet that from the 4th lesson, just like teaching someone to ride a bike, your teacher will abandon your seat and you will be able to follow a recipe without reading it, just by learning the ingredients.

Are you beginning to understand how valuable this method is? Seeing as no chef knows every dish, when they go to work somewhere, they just need to be able to execute whichever specialty is requested, just by reading the list of ingredients on the menu. It takes them years to reach an understanding of the "how" and "how much" of each dish though, whereas for you, students on our course, just a few weeks will be sufficient.

**Week 3 & Week 4: Risottos and Salads:** (if you decide to just attend this part of the course, the price will be £850)

As with pasta, you will be taught initially with simple recipes, then the recipes will gradually get more elaborate, and finally, when you understand the

common denominator of risotto in general, you will finally be able to make marvellous specialties like seafood risotto, wild mushrooms risotto, or asparagus and gorgonzola...and so on! The same goes for salads - you will learn as well various kinds of condiments and dressings.

**Week 5 & Week 6: The Techniques of Boiling and Steaming** (if you decide to just attend this part of the course, the price will be £850)

We will start to speed up from Week 4 onwards. It will actually be enough for me to show you how to boil vegetables and how to boil meat, for you to then prove yourselves capable (by continuing to follow my method) of making other dishes such as bean stew, minestrone, various vegetable and fish broths, etc. Then, using a similar technique, we will learn about steaming.

**Week 7 & Week 8: The Techniques of Roasting and Braising** (if you decide to just attend this part of the course, the price will be £850)

One week per section will be enough to ensure you are capable of making a classic roast pork or lamb, or braised dishes such as lamb shank with vegetables, veal stew or braised swordfish.

**Week 9 & Week 10: Frying and Slow Cooking** (if you decide to just attend this part of the course, the price will be £850)

We will analyse two aspects of frying: shallow frying (frying in a pan) and deep frying (frying by immersing in a deep fryer). Slow cooking is useful for us as we can keep an eye on the fried food that does not require much preparation or time whilst the deep fryer is cooking. In other words, whilst the deep fryer is cooking, the shallow frying will help keep us busy.

**Week 11 & Week 12: Classic Desserts and Oven Dishes** (if you decide to just attend this part of the course, the price will be £850)

This last section may be the most interesting. We will immerse ourselves in the vast field of traditional Italian confectionary and oven dishes, such as Semifreddo, the famous Torta Caprese, various versions of the easy (but, alas, completely forgotten) torta di ricotta, different types of tiramisu, etc, whilst during the second week we will make various oven dishes like sponge cake and its infinite uses, the famous Sbrisolona Mantonava, biscuits, various basic creams, and much more besides.

And we want you to make your own decision with this, whether to take part in the complete course (enquire as we offer discounts and promotions from time to time) or to specialise in one or more of the sections according to your expectations.