

Cooking is easy



Starting October 7th
6 lessons in English language
Saturdays, h 10-14



The real traditional Italian cuisine
with chef Andrea Palmieri

1. starters
2. first courses with fresh pasta
3. first courses with pasta
4. main courses with meat
5. main courses with fish
6. desserts



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www.atavolaconlochef.it

A TAVOLA CON LO CHEF

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Chef Andrea Palmieri is a valued figure in the culinary world for his extraordinary skills and his warm personality, and recognized for his ability to interact with people from different cultural backgrounds, thanks also to his past professional experience in the USA. He is a well know face on Italian TV and always highly valued by his "students".

1. STARTERS

Deep fried vegetables
Single portion aubergine parmigana
Battered salted cod (baccalà) and lime mayonnaise
Rice balls with melted mozzarella – Suppli al telefono

2. FIRST COURSES WITH FRESH PASTA

Fettuccine alla Amatriciana
(with tomato and guanciale sauce)
Beef ragu (bolognese) lasagne
Lemon scented ricotta and saffron ravioli

3. FIRST COURSES WITH PASTA

Rigatoni alla carbonara (with guanciale and egg)
Paccheri in a white ragu sauce with a citrus twist
Large spaghetti with orange scented melted tomato and pecorino cheese
Spaghetti with garlic, oil and chili peppers

4. MAIN COURSES WITH MEAT

Meatballs in cacciatora sauce
Stuffed pocket of veal
Fillet steak in green peppercorn sauce
Meat rolls in a tomato sauce

5. MAIN COURSES WITH FISH

Octopus salad
Spaghetti alle vongole (with clams)
Gilthead bream in crust of potatoes
Deep-fried calamari (squid)

6. DESSERTS

Tiramisu with homemade savoiardi biscuits
Ricotta and sour cherry tart
Zuppa inglese (an Italian version of trifle)

The lessons can be purchased individually

SPECIAL PROMOTION FOR FAO STAFF COOP MEMBERS

who purchase the entire "Cooking is Easy" course



~~€ 100~~

FREE*

***If you purchase "Cooking is Easy", the cost of the card will be free for you.**

With this valuable card, you'll receive a 20% discount on all amateur courses, valid for a family (consisting of parents and children) for one year from the date of purchase.