

# PROFESSIONAL PASTA PROGRAM

MON 12TH SEP – FRI 16TH SEP – 8.30AM-5.30PM

“ LIFE IS A COMBINATION OF MAGIC AND PASTA” – (FEDERICO FELLINI)



JOIN HEAD CHEF MELINA PUNTORIERO FOR THIS ONCE-IN-A-LIFETIME PASTA EXPERIENCE.

**The first time offered outside Italy, there is simply no rival to this intensive professional pasta program. Get your hands dirty and spend a full week folding, cutting and filling more than 70 different types of handmade pastas – some famous all over the world and others unknown outside the shores of Italy. Starting with the basics and quickly accelerating to restaurant style plates, this program lets you experiment with colours and unique flavour combinations that stretch the imagination and the palate.**

***Internationally recognised as the most comprehensive program of its kind, this course is ideal for chefs looking to perfect their pasta skills and those wishing to introduce pasta making into a new or existing business.***

***Don't miss out on learning all there is to know about Italy's most important dish... book now!***

A brief look at the concept of the program, every dish is only as good as the raw ingredients that we use to construct it. Italian Cuisine around the world is famous for its simplicity of flavours, and this is attributed to the simplicity of a complex network of raw ingredients. For every chef to be a Master in their own field, and to innovate on tradition, they must first understand where a particular plate, a particular taste, or a particular ingredient comes from. Understanding the concept of regionalism in Italian cuisine is vital to understand where a particular product in Italy comes from and therefore how that product is used to create menu items. There is no better aspect of Italian cuisine to highlight regionalism than Pasta. As well as understanding the truths and myths about Italian food, participants are able to combine culinary training with cultural history making them better chefs and more skilled Culinarians. A chemical analysis on Italy's flours and grains provides students with knowledge that is fundamental in all areas of cuisine.

Pasta Pasta Pasta Pasta has become a recurring item on restaurant menus across the globe, regardless of restaurant orientation. For the consumer, pasta is a healthy and tasty menu item, and for chefs it represents considerable profits and a dish that has no limitations, making it always easy and flexible. Each day offers complete hands on lessons where students will learn regionalism, understand where a pasta comes from, and therefore be able to choose suitable condiments and sauces for any pasta they use. This week is a colourful buffet of one of Italy's most prized menu items.



## PROGRAMME

### DAY 1 - History of Italian Regional Cuisine; Raw Ingredients Analysis

Overview of Italian Regional and Mediterranean Cuisine, Baking and Patisserie Facts, myths and history

- Distinguishing quality: DOP, IGT, DOC, DOCG, VDT
- Examination and Tasting of Italian Extra Virgin Olive Oil and Vinegars
- Distinguishing Genuine Balsamic Vinegar: Labelling, Tasting and Pairing
  - **Vinegars: Balsamic: Aceto Balsamico di Modena; Condiment; 12 Years; 25 Years**
  - **Vinegars: Balsamic: Aceto balsamico di Reggio Emilia: Gold and Silver**
- Truffles and Mushrooms
  - **Truffle Fact Sheet: identifying and distinguishing.**
  - **The truffle throughout the centuries: history and legend.**
  - **Where truffles come from**
  - **Truffle hunters**
  - **Preparing and preserving truffles**
  - **Black vs. White**
  - **Australian Truffles**
- Cheese: Raw Ingredients & Flavour Perception
  - **Cheeses: DOP**
  - **Type of Milk: Cow, Sheep, Goat, Buffalo**
  - **Region: North, Central, South, Islands**
  - **Age: Soft, "Semistagionato, Aged**
  - **Forty cheeses are tasted followed by a discussion and explanation for each. (Subject to availability) Points include their utilization in cooking, as well as pairings with accompaniments as stand alone plates.**
- Cured Meats: Raw Ingredients & Flavour Perception
  - **Cured Meats and 'Insaccati' DOP, IGT**
  - **Type of Meat: Beef, Pork, Game, Buffalo, Horse**

- **Region: North, Central, South, Islands**
- **Gustatory Analysis, Tasting and Placement:**
- **Thirty meats, including at least one from each of the twenty regions of Italy (subject to availability) are tasted and analysed for flavour, texture, colour and production methods: artisan vs. industrial.**
- Olives, Herbs, Fresh Vegetables, Sundried and Conserved Vegetables and fish
  - **Olives, Sundried and Conserved Vegetables**
  - **Tasting and Analysis**
  - **Olives as Aromatics**
- "Sott'Aceti" vs. Sott'Olio
- Infused oils – Hot vs. Cold:
  - **Hot Infusion: Garlic, Rosemary**
  - **Cold Infusion: Garlic, Rosemary**
- Seasonal Vegetables
- Fresh vs Dried Herbs
- Cured Fish

### DAY 2 - Technical Overview for Flours and Grains, Long and Short Pasta

- Technical Overview for Flours and Grains
  - **Flours: analysis of Italy's unique flours:**
  - **Taste**
  - **Texture**
  - **Elasticity/Strength**
  - **Longevity of the finished product**
  - **Cost and international availability or substitutions.**
- Brief history of pasta and the role of pasta in regional Italian cooking and the F&B sector generally
- Base Preparations
- Making natural colours and dyes
  - **Dry vs. Fresh**
- Hands-on preparation of a series of white, coloured and multicoloured egg based pasta:
- Egg Based Pasta
  - **Angel Hair**
  - **Farfalle**
  - **Farfalline**
  - **Farfallone**
  - **Fettuccine**
  - **Garganelle**
  - **Maltagliati**
  - **Pappardelle**
  - **Tagliatelle**
  - **Tagliolini**
  - **Taglierini**
  - **Lasagne**
  - **Maccheroni alla Chitarra**

## **DAY 3 – Stuffed Pasta; Base Preparations & “Component Ingredients”**

- Preparation of Stuffing's for pasta
  - **Vegetarian**
  - **Vegan**
  - **Cheese based**
  - **Meat based**
  - **Fish Based**
- Hands-on preparation of a series of white, coloured and multicoloured stuffed pasta:
  - **Lasagne**
  - **Tortelli**
  - **Tortellini**
  - **Tortelloni**
  - **Ravioli**
  - **Agnolotti**
  - **Panzarotti**
  - **Sacchetti**
  - **Caramelle**
  - **Canelloni**
  - **Casonsei**
  - **Casoncelli**
  - **Capelletti**
  - **Capellacci**
  - **Agnolini**
  - **Pi fasacc**
  - **Fagottini**
  - **Pizzicotti**
- Component Ingredients
  - **Salsa al Pomodoro**
  - **Velvet Sauce for Plating and Haute Cuisine**
  - **Ragu**
  - **Bolognese**
  - **Classical Lamb of Abruzzo**
  - **Classical pork of Calabria**
  - **Mediterranean Contorno**
  - **Pesto**
  - **Porcini Mushroom Trifolata**
  - **Vegetable Stock**
  - **Condensed Vegetable Stock**
  - **Condensed Seafood Stock**
  - **Salsa Tarufata**
- Truffle butter
- Preparation of legumes based soups
  - **Cannellini Beans**
  - **Borlotti Beans**
  - **Fave**
- Traditional Matching of Sauces for Long Short and Stuffed Pastas prepared
- A new series of innovative stuffed pastas and baked “gratinati” will be introduced demonstrating the technique of developing

new recipes based on market availability and cost factors.

- Preparation of traditional and innovative pasta pies, torts and “timballi”

## **Day 4 –Eggless Pasta, Risotto and Gnocchi**

- **Eggless Pasta**
- **Croxetti**
- **Cavatelli**
- **Ferretto**
- **Pici**
- **Scilatelle**
- **Strozzapreti**
- **Trofie**
- **Orecchiette**
- **Fusilli**
- **Malloredus**
- Hands-on preparation of a series of alternative pastas
  - **Pizzoccheri**
  - **Tacui**
  - **Fregula**
  - **Stringozzi**
- Hands-on preparation of a series of Gnocchi and Pisarei
- Chemistry review
- Hands-on preparation of a series of Risotto
- Choosing the best rice for risotto
- Preparation of Risotti
  - **Risotto al Parmigiano**
  - **Risotto al Funghi Porcini**
  - **Risotto al Nero di Seppia**

## **Day 5 – Dried Pasta; Plating Techniques and Pairing**

- Preparation of Traditional Pasta dishes using dried and fresh pasta
  - **Bucatini Amatriciana**
  - **Trofie al Pesto**
  - **Orecchiette con broccoli**
  - **Spaghetti aglio, olio e peperoncino**
  - **Pasta alla Norma**
  - **Linguini allo Scoglio**
  - **Spaghetti alla bottarga**
  - **Croxetti alla Ligurese**
  - **Fregola**
- Pasta and Innovation
  - **Construction Of plates and plating techniques for Restaurants**
- Certificate Presentation
- Mon 12th Sep - Fri 16th Sept Cost \$FULL  
DETAILS AND COSTING E [tania@foodiam.com.au](mailto:tania@foodiam.com.au)



