

Cooking course



Basic course of Cilento-mediterranean cooking

Typical pasta recipes, pasta-sauces,
meat and side-dishes.

Basic course of vegetarian cooking

Vegetables-legumes soups, season-vegetables,
stuffed vegetables.

Basic course of cakes and sweets

Cilento cake, cannoli with cream,
Traditional cookies.

Development

Morning

8.30 breakfast

9.00 theoretic lesson about the food
you are going to cook

11.00 practise in the kitchen

13.00 Lunch time

Afternoon

15.30 visit to local wine and oil producers

Timetable of the courses

- April 12 -19 (pasta recipes)
- April 19 - 26 (pasta recipes)
- May 17 -2 (vegetarian cuisine)
- May 24 - 31 (pasta recipes)
- June 14 - 21 (vegetarian cuisine)
- June 21 - 28 (pasta recipes)
- September 13 - 20 (pasta recipes)
- September 20 - 27 (vegetarian cuisine)
- October 4 - 11 (pasta recipes)
- October 11 - 18 (vegetarian cuisine)
- November 8 - 29 full immersion (pasta, vegetables, sweets)

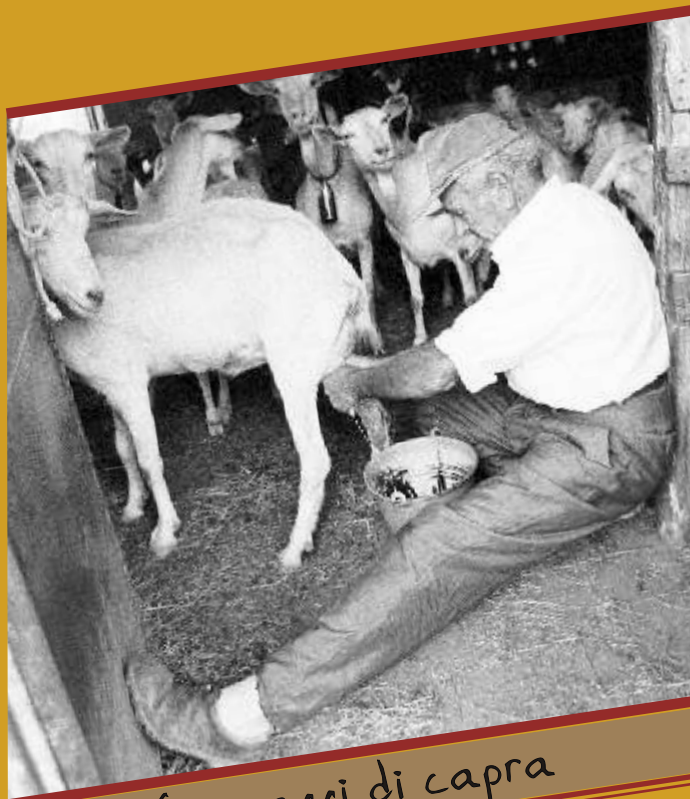
Prices

- Cooking-course: € 150
- One week with half board and cooking-course: € 500



classes are held for 3 days in the week

*For more info talk to Gino or Claudia: +39.349.7742878
+39.0974.902086 - +39.347.3605586
www.imoresani.com*



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