

Winter 2019 Cooking Classes (Amy Riolo)

January 16

Calabrian Classics: Discover the Cuisine of Italy's most delicious secret



One-fourth of Italian-Americans and I share Calabria as our ancestral homeland. The name Calabria is derived from the Byzantine term for “fertile land”, and her cuisine is a tightly woven mosaic of nature’s bounty, sacred traditions, the ingenuity of housewives, and influence of numerous ruling powers. Despite being home to “the most beautiful kilometer of Italy”, as Italian Poet Gabriele D’annunzio referred to Reggio Calabria, many people are unfamiliar with this awe-inspiring region. In this class Chef Amy shares her family favorites and how to easily replicate them at home.

Menu:

Calabrian Bruschetta

Mille Cosedde - Calabrian Minestrone

Vrasciole- Calabrian Meatballs

Pipi e Patate - Pepper, Onion, and Potato Medley

Ficchi Ripieni - Chocolate Covered, Almond Stuffed Figs

February 20

From Capri with Love



Our special Valentine's day menu is inspired by Ristorante D'Amore on the island of Capri which Chef Amy is a brand Ambassador of. The dinner is a fusion of Caprese classics with Celebrity Chef Rinaldo Pasquale's signature touches and some of Chef Amy's perennial favorites. You'll learn to make hand-made pasta and a delicious cake from scratch as well as romantic touches to create a world-class meal in your own kitchen.

Menu San Valentino

Crostini ai cuoricini/Heart Shaped Crostini

Ravioli Capresi/Heart Shaped Traditional Ravioli from Capri

Tagliata con Fonduta di Provolone/Sliced Beef Fillet with Provolone Fondue

Insalata Romantica di Barbabietole/ Heart Beet Salad

Torta "Colpo di Fulmine" al Cioccolato/"Blind Date" Cake

March 19

Italian Spring Festival Foods



Fava Bean Puree with Homemade Taralli

Springtime in Italy is host to many special festivals, *sagre*, and of course, *carnevale*! Each one of these events boasts its own dishes, steeped in history and lore, and served historically for each occasion. This menu combines favorites from Sicily, Calabria, and Abruzzo to make a special springtime meal that is as hearty as it is significant. Students in this class will learn the techniques of making homemade bread dough (for the taralli), home-made pasta, work with legumes, and create a classic fried dessert. The cultural and religious significance behind each dish and the agricultural heritage of the region will also be explained.

Menu:

Southern Italian Fava Bean Puree with Homemade Taralli
Lagane con Ceci/Home-Made Lagane Pasta with Chickpeas
Abruzzese-Style Goat and Pepper Stew
Taralli dolci di Pasqua/Sweet , Glazed Easter Taralli

16 April Easter Classics



Easter is a major holiday in Italy which is underlined with many regional crowning edible glories on tabletops everywhere. This class teaches dishes that are specifically for Easter (but can be enjoyed anytime). This menu draws from rich spiritual traditions that enabled the consumption of eggs and cheese during the springtime festivities as well as the agricultural seasons that enabled lamb meat to be incorporated. You'll learn how to make Savory Easter Pie and Chef Amy's Nonna's Easter bread as well as unique Egg and Cheese Meatballs and Slowly-Braised Lamb with Peppers.

Menu:

Pizza Ripiena di Pasqua/Savory Egg & Ricotta Easter Pie
Pallotte Cace e Ove/Egg & Pecorino "Meatballs" in Tomato Sauce
Braised Lamb with Peppers and Potatoes
Cuzzupe di Pasqua/Calabrian Easter Bread