

ROMA FIRENZE BOLOGNA PALERMO CATANIA NAPOLI MILANO TORINO

## SPECIALISTIC COURSE IN LAZIO REGIONAL AND ROMAN ZERO KM COOKING

The specialist training course in Lazio Regional and roman Zero Km. cooking organized by ANPA and Il Casale del Cavaliere and sponsored by the APCI (Italian professional Chefs Association) and AMIRA (Italian Restaurants and Hotels Maitre Association), is targeted to Chefs, Restaurateurs, Professionals in the restaurant sector and farmers that are interested in acquiring the proper culture of Km 0 products and the use of these products in the preparation of regional dishes offered to customers. It is also addressed to amateurs interested in deepening their knowledge on the Lazio regional food and to learn the main techniques and working procedures of the local traditional cooking. The course aims to stimulate a thorough knowledge of the authenticity of the local production, rediscovering the agricultural, sheep, pigs, cattle and dairy Lazio products that too often are likely to disappear or to remain privilege of few passionate admirers. The course, totally practical and divided into 2 full immersion lessons of eight hours each (from 9:30 to 18:00), will take place directly at the Azienda Agricola Il Casale del Cavaliere, Via Asturias 95 - Lanuvio (Rome), using the equipment, the tools and the food products of the same company.

### DIDACTICAL SCHEDULE

- Cook zero kilometer products: territorial local knowledge, products and local companies
- Products D.O.P., D.O.C. and IGT: classification criteria, tasting techniques and organoleptic characteristics
- The fresh pasta, pasta dishes and sauces prepared with zero kilometer products
- The sheep, goat, beef and pork meat of the Lazio Region: realization of the main dishes using zero kilometer products
- Milk, cheese, eggs, fruit and vegetables: the selection criteria and practical lessons of dishes preparation using local Lazio products
- The wine and sparkling wines of the Lazio Region: tasting techniques and their use in the kitchen

<b>START COURSES</b>	every month
<b>DURATION</b>	16 hours (2 lessons of 8 hours)
<b>N° STUDENTS</b>	15
<b>TARGET</b>	Chefs, restaurants operators, farmers, amateurs
<b>FREQUENCY</b>	2 Days
<b>HOURS OF LESSONS</b>	9.30 – 18.00
<b>COST</b>	€ 1.000,00 + VAT 22%
<b>INSTALLMENTS</b>	€ 220,00 VAT included at the registration + n. 2 installments of € 500,00 VAT included

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