

La Bella Cucina – Calabrian Cuisine Class

Bozena's Kitchen at Villetta Mimma Vittoria

For centuries, one of Italy's best-kept culinary secrets has been the cooking of Calabria, that region occupying the toe of the Italian boot. Villetta Mimma Vittoria is helping to break the silence and introduces an exciting new cuisine to the world. Located just across the Mediterranean from North Africa--not far from Greece and Asia Minor--Calabria has long been the target of invasion and occupation; whatever the political fallout of such incursions, Calabrian cooking is all the richer for the introduction of foreign cuisine and ingredients (olives from the Greeks; eggplants and pine nuts from the Arabs)--that contribute a succulent and daring mélange of taste and texture.

Pina Sevarino (the owner's cousin) enjoys cooking and is delighted to share her many recipes and techniques for preparing a variety of Calabrian-Italian meals. *Bozena's kitchen* at Villetta Mimma Vittoria is well-suited for informal teaching and hands-on participation.

After the class... everybody at the table, light the candles and turn on the music! Buon Appetito!!

The guests at Villetta Mimma Vittoria's, are welcome to arrange a cooking class during their stay. Everyone gets an apron and enjoys preparing the meal. Pina gives you a choice of menus and once the decision is made, off you go together to the farmers market and grocery store to purchase the wholesome ingredients. (make sure you bring your pocket dictionary with you, so you don't miss a beat).

A number of dishes are prepared, including:
Antipasti, primo piatto, secondo piatto, contorni and dolce.

Depending on your appetite, and how many menus you'd like to try, cooking classes can be arranged for 1, 2, 3 or 4 days. (make arrangements with the keyholder for this service).

If you want to sit back and relax, let Pina prepare a memorable meal for your special occasion. (let her know if you have any dietary/allergy/religious restrictions).

Prices:

Delightful Cooking Class - 120 Euro plus cost of food/drinks. (up to 4 people) (payable to the keyholder)

Includes:

Time for grocery shopping together with you at the farmers market/grocery store or super market.

Time to teach you how to make the 5 dishes (antipasto, 1st course meal, 2nd course meal, side dishes and desert).

And time to clean up the kitchen while you're enjoying your meal.

FYI...Cost of groceries...for two = approx 15-20 Euro for 2 days worth of food/drinks (North American portions).

Memorable Meal Preparation: (make arrangements with the keyholder for this service) (payable to the keyholder) 30 Euro/per person plus cost of food/drinks.

Pina does the shopping, and prepares the meal at her home kitchen and brings it to you at the villetta. You set the table, serve and clean-up.

Menus

Italian/English

Primi Piatti – First main dish

- 1- Cannelloni di carne – Fresh Cannelloni with succulent meat.
- 2- Crepes con prosciutto crodo e mozzarella, con funugi e besciamella. – Cured prosciutto meats and mozzarella, wild mushrooms with a bechamel sauce in a crepe.
- 3- Spaghetti ai frutti di mare – Spaghetti with mixed local seafood.
- 4- Risotto di Spinaci – Wild Rice with fresh spinach.

Secondi Piatti – Second main dish

- 1- Rollo Di Carne Ripieno – Stuffed meat rolls.
- 2- Arrosto di carne rossa o Bianca – white or red roasted meats.
- 3- Spigola al cartoccio, o pesce spada arrosto – Shih-kabob, or local grilled sword fish.
- 4- Parmigiana Napolitana – Neapolitan Eggplant Parmigiana

Contorni – Side dishes

- 1- Insalata verde con pomodorini – Fresh tossed green salad with plump cherry tomatoes.
- 2- Verdure alla griglia: Melanzane arrostate e peperoni e patate arrostate – Grilled vegetables: Eggplants, tri-color bell peppers and potatoes.
- 3- Patate novelline fritte – Fried new potatoes
- 4- Insalata di Fagioline – Mixed bean salad

Dolci – Dessert

- 1- Tiramisu e Profitteroles – Tiramisu and cream puffs
- 2- Frutta di Stagione – Seasonal Fruit

Bibite- Beverages

- 1- Vino - Home made Calabrian Wine
- 2- Acqua – Natural Calabrian Spring water
- 3- Bitter/Chinotto – Italian herbal Soda
- 4- Crema di Limoncello – Lemoncello cream liquor

The above dishes are specifically chosen to accommodate the amount of time, ingredients and preparation required to meet the above fixed prices. If you desire a different type of dish, the cost and ingredients will vary accordingly.

Suggested reading... Cucina Di Calabria: Treasured Recipes and Family Traditions from Southern Italy by Mary Amabile Palmer published by Hippocrene Books.