

# GUSTANDO L'ITALIANO

*AN ITALIAN LANGUAGE COURSE BASED ON FOOD, COOKING AND ITALIAN CULTURE*

**Course structure:** 2 week course, 10 hours per week, including a visit to the local market and a practical cookery lesson to make homemade pasta

**Days:** Monday to Friday

**Length of each lesson:** 2 hours

**Course outcomes:** To learn Italian and extend your knowledge of the language and vocabulary in the context of food, cooking and the Italian culture.

**Level:** A2/B1

**Textbook:** Sara Porreca, *L'Italiano per la cucina*, Alma Edizioni, Firenze, 2017

## First week: “Un menù completo”

**Lesson 1:** Starters: CAPRESE

Meals in Italy, Menus and tradition, Crockery

*Easy recipe: bruschetta*

Types of bread, Cold cuts/cured meat

*Common sayings about...bread*

Video recipe & Analysis of grammatical structures

**Lesson 2:** Mains: CARBONARA

Types of pasta, How to cook pasta, Kitchen utensils

Eggs

*Common sayings about...eggs*

*Easy recipe: aglio, olio, peperoncino*

Video recipe & Analysis of grammatical structures

### **Lesson 3:** Second courses: PARMIGIANA

Typical regional dishes

History and origins of the parmigiana, Eggplants/Aubergines and courgettes

Portions and quantities in the kitchen

*Easy recipe: Eggplant rolls*

Video recipe & Analysis of grammatical structures

### **Lesson 4:** PIZZA

History of pizza, Types of pizzas, Pizza margherita: a royal pizza

Ingredients and utensils, Leavening/rising dough

*Common sayings about...pizza*

*Easy recipe: crostini*

Video recipe & Analysis of grammatical structures

### **Lesson 5:** DESSERTS

Origins of the Tiramisù, Coffee, Kitchen appliances

Festive desserts

*Easy pudding: fruit salad*

Video recipe & Analysis of grammatical structures

## **Second week: “I primi piatti”**

### **Lesson 1:** BREAD IN TUSCAN COOKING

Ribollita, Pappa al pomodoro, Panzanella

Cutlery, Vegetables and herbs

*Common sayings about...vegetables*

*Easy recipe: panzanella*

Video recipe & Analysis of grammatical structures

## **Lesson 2: AMATRICIANA**

The city of Amatrice and pasta, Tradition and innovation, Amatriciana Vs Gricia

Dishes/plates and glasses, Types of meat

*Common sayings about...water*

Video recipe & Analysis of grammatical structures

## **Lesson 3: PESTO**

Genova past and present, Trofie and gnocchi, Different types of pesto

Dried fruit, Cheeses, Extra virgin olive oil

Video recipe & Analysis of grammatical structures

## **Lesson 4: RISOTTO**

Spices, Risotto and saffron, Origins of saffron

Adjectives to describe food, Measuring units, Packaging

Video recipe & Analysis of grammatical structures

## **Lesson 5: LASAGNA**

A layered pasta, Popularity and origins, Bechamel sauce

How to lay the table, Pans and essential items

Fish and seafood, Wine

Video recipe & Analysis of grammatical structures