



LA CUCINA
DEL
SOLE

www.cucinadelsole.nl

BY NICOLETTA TAVELLA

Italian cooking evenings in Amsterdam

At **La Cucina del Sole** you can also book a cooking workshop with your own group. These cooking sessions are perfect for a successful **company outing**, a creative **bachelor party** or a warm **family reunion**. One of the advantages of such cooking classes is that you can choose the **date that suits you best** based on your agenda and that of all other participants.

These culinary classes represent an excellent way to do some great team building in a relaxed and joyful atmosphere. You get to know each other better while preparing together a wonderful Italian meal which will be accompanied by excellent Italian wines.

Based on your choice of time ((lunch or evening cooking session) you are going to prepare a three-course Italian meal according to the best Italian traditions. The regional Italian cuisine is and stays our main specialty!

After this rewarding and filling meal there is of course just enough space for a cup of coffee or tea/herbal tea...

For the evening workshops with own Group you can choose one of the following seasonal or thematic menus:

Pasta workshop

We put pasta under the spotlight. Everything you always wanted to know about pasta but you never dare to ask, with the tips and tricks of our pasta experts.

We're making **three different types** of pasta:

ravioli filled with ricotta and spinach in a classic butter and sage sauce, **tagliatelle** with an even more classic tomato-basil sauce and **maltagliati** with a wonderful handmade *pesto alla genovese*.

Everyone will practice making the perfect pasta dough and working with a pasta machine (during the workshop it's also possible to buy an Imperia pasta machine, the very best). All pasta dishes are then eaten and evaluated at the table while we drink some good Italian wines with them.

A delicious fruit salad with mint, spices and whipped cream for dessert and coffee or tea are the perfect ending of the pasta workshop.

Antipasti workshop

Eating Antipasti – the “Italian tapas” – is one of the best ways to have lunch or dinner because you get the chance to taste more dishes than in a “normal” meal. The smaller quantities make sure you don't become “full” too soon so that you can experience more taste sensations in one meal.

During this workshop we cook several small dishes that can vary based on the available seasonal ingredients. Amongst others, we prepare a selection of these *piatti*: grilled tomatoes, **crostini** with herb ricotta, **peperoni gratinati** (oven roasted bell peppers with a crunchy top), **frittata alle erbe** (a classic Italian omelette with fresh herbs and onions), **tartine con capra e pomodorini** (tartlets with goat cheese and cherry tomatoes), **rotolini di bresaola con Formaggio tartufato** (rolls made with smoked cured meat and filled with truffled cream cheese and herbs), **polpettine al sugo** (meatballs in tomato sauce), **focaccia** with rosemary and much more.

For dessert we make a wonderful ricotta cream enriched with chocolate and served with fruit marinated in red wine (or fruit juice if no alcohol is not an option).

The Sicilian cuisine

The cuisine of Sicily is particularly fragrant and tasty.

We make the famous **arancini di riso** (crispy rice balls stuffed with meat and mozzarella and then fried), the **pollo con capperi e olive** (chicken stewed in red wine with tomato, capers and olives) with two side dishes including the famous **caponata**, a vegetable stew with aubergine, belle peppers, tomato, basil, pine nuts and olives. For dessert we have **cassata siciliana** (a very rich sweet made with sponge cake, ricotta cheese, candied orange zest and chocolate).

During dinner we will drink some wonderful **Sicilian wines** and we will end with a glass of sweet **Marsala** wine with our dessert plus, of course, a cup of coffee or tea.

Menu A

FIRST COURSE: gnocchi al pesto di erbe - gnocchi with a fresh herb pesto

SECOND COURSE: Chicken legs with capers, pine nuts and fresh herbs

SIDE DISHES: Grilled tomatoes with garlic, parsley and bread crumbs
and Mediterranean tarts with puff pastry, zucchini, tomato and arugula
DESSERT: apples from the oven, stuffed with raisins and pine nuts and
served with honey / vanilla cream.

Menu B

FIRST COURSE: homemade tagliatelle with a vegetable-tomato sauce and
mozzarella from the oven
SECOND COURSE: cod and potato fishcakes with parsley and homemade mayonnaise
SIDE DISHES: potatoes with lemon, honey and rosemary from the oven and
light courgette "puddings" from the oven
DESSERT: ricotta cream with chocolate and hazelnuts served with self-made chocolate sauce
and fresh fruit marinated in wine.

Menu C

FIRST COURSE: fried zucchini-potato tartlets from the oven with fresh
herbs and cream
SECOND COURSE: cannelloni with ricotta and spinach in tomato sauce
SIDE DISHES: Grilled vegetables marinated in balsamic vinegar and
garlic and crispy polenta cakes with goat cheese and sage
DESSERT: small fruit gratins from the oven with Italian macaroons and hazelnuts.

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