

*Accademia Italiana
di
Cucina Pandolfini*



Good Tastes of Tuscany



Welcome to the Good Tastes of Tuscany

We are a Culinary School which has been delivering a first class culinary education and experience of traditional Italian food to students all over the world since 1990. Our Academy organizes a wide range of Culinary Programs, wine courses and classes for all skill levels and ages. For these reasons and thanks to our passione, we have become one of Tuscany's leading cookery schools. Our courses will equip you with essential techniques to improve your skills in the kitchen, and introduce you to ingredients and flavour combinations you may not have experienced before.

Our chefs also design a number of courses throughout the year reflecting their passion for seasonal produce and particular cuisines. It's so rewarding to see so many people taking such an interest in creating their own phenomenal dishes. Our courses are incredibly popular, with people returning again and again, building their skills and sharing their love of food with our team of chefs. So take a look at what we have to offer and contact us to book your spot. Embrace your inner chef and discover all of your potential!

Meaghan Lisbeth Barr
Accademia Italiana di Cucina Pandolfini



Cooking School

Our Cooking School courses are designed to cater for all ranges of cooking ability, so whether you're a novice or an experienced cook, you'll leave with valuable culinary tips and advice. The team's approach is to help you learn through a combination of both demonstration and hands on practice to ensure you get the most out of your session. On the day, we'll provide you with aprons and workbooks, and we usually serve a light lunch during or after the course (this often includes what you've cooked or baked yourself!) You'll find examples of the cookery courses on offer at Brookes Restaurant Cookery and Wine School over the next few pages full details can be found on our website.

www.goodtastesoftuscany.com

One Day Courses *Multiple Days Courses*

Our Culinary tours will expose you to the best food and wine that our beautiful region has to offer. Select from a one day basic or advanced multiple days course or a culinary vacation tour. Choose from two different one day cooking classes in Florence - our most popular introductory class - and the advanced class for the gourmands who desire a more intense day of gourmet cooking.

Our Tuscan Cooking Classes and our Italian Culinary tours collection will give you an in depth experience of true Italian food and the Tuscan way of life. This class is dedicated to those who desire a more detailed kitchen experience. Spend two full days learning to prepare specialty dishes from the Tuscany region in Italy.



Weekly Adventure

This cooking tour in Italy has been designed for the lovers of Tuscany: the charming medieval towns, the centuries old traditions, the people and their culture, the art and of course, the great food and wine. We have spent time with our friends, tourism professionals, the guides and chefs all from Tuscany to create a Italy cooking tour dedicated to the secrets and traditions of Tuscan cookery and participants will spend many hands on hours perfecting the skills of Tuscan cooking in the original kitchen of a 14th century Villa and a 13th century Castle.



Menù
PANZANELLA P. 39
RAVIOLI RICOTTA & SPINACI P. 78
GNOCCHI AL PESTO P. 44-77
ARISTA ALL'UVA P. 102
PATATE AL FORNO P. 120
TIRAMISÙ P. 127



Vegan Courses

You can now discover an array of delicious Tuscan recipes featuring dishes that cater to your vegan dietary requirements. Our Good Tastes of Tuscany Culinary classes offer vegans a unique opportunity to indulge in delicious Italian cuisine specially crafted to meet their dietary needs. We invite you to partake in a fabulous gastronomic experience which allows you to understand the art of preparing delightfully delicious meals, using the very best vegan ingredients.

Gluten-free Courses

Our Good Tastes of Tuscany cooking class makes it simple for persons with practically any kind of dietary requirement to participate, including celiac patients who require a gluten-free diet. Participants opting for these culinary classes in Florence will learn how to create authentic gluten-free Italian meals that cater to their dietary needs while enjoying the flavorful goodness of the local cuisine.

Organic Courses

Organic farms flourish in Tuscany and our Good Tastes of Tuscany culinary class offers participants requiring an organic diet and organic cooking lesson, a unique opportunity to experience the marvellous traditions of Italian cuisine. We use only the freshest organic ingredients to make the most delectable Tuscan and Italian meals. You will learn how to select the best fruits and vegetables in season, and relish some of the finest wines of Tuscany. Our ingredients are supplied by local organic farms.

Vegetarian Courses

We offer Vegetarian Cooking classes in Italy and invite you to savor the delectable flavors of our local recipes. Italian cuisine features a wonderful abundance of vegetable based dishes, so our lessons can easily cater to vegetarian participants. Our classes will allow you to enjoy an exciting Italian culinary adventure, where we use only the best ingredients to prepare amazing Italian delicacies. We have carefully selected and planned our vegetarian menu to help you create scrumptious as well as nutritionally balanced Italian dishes.

Masters in Italian Cuisine

The beauty of Italian food is in its gastronomic diversity: each region has specialties, ingredients, and recipes that are unique. But no one wants to sit and just admire good food: you want to taste it and learn how to prepare and cook it!

The Master Certificate Programs allow you to experience Italian Cuisine in the cooking courses we designed at the Good Tastes of Tuscany culinary school. Our cooking training makes you discover how the traditional Italian recipes - you know only by name - change from the mountains to the coast, from north to south and from main-lands to the islands.

This means hands-on instructions and proper cooking training: the traditional way authentic dishes are cooked, the genuine ingredients that come from our countryside, the chemistry behind the preparation of recipes such as Ligurian pesto, Tuscan ravioli, Napoli's pizza and Sicilian Cannoli.

Home for our Masters are the original kitchens of the 14th century Villa Pandolfini and the 13th century Tower Pandolfini. But there you will have the opportunity to taste our extra virgin olive oil and our wine along with the world renowned Chianti red wine.

Not to mention the dishes of Tuscan tradition such as ribollita, pappa al pomodoro and Florence's famous bistecca alla fiorentina, along with Italian traditions such as Rome's spaghetti alla carbonara, Emilian Lasagna, the eggplant parmigiana, granita and Limoncello based on lemons.

Our Master Certificate Programs, have been designed to combine the traditional way of Italian cooking, the authentic recipes of the Italian millenary tradition, the diversity of regional cuisines, each with its strengths and, above all, the qualities that every passionate chef must necessarily possess.

Northern Italian Cuisine

The "Certificate Master program in Northern Italian Cuisine" offered by the Accademia Italiana di Cucina Pandolfini is a practical approach to learn Regional Northern Italian Cuisine. The Master expand and deepens the knowledge of Traditional Italian food and how it relates to regions and culture through a Gastronomical Trip of Northern Italy from the Alps to Tuscany.

Southern Italian Cuisine

The "Certificate Master program in Southern Italian Cuisine" offered by the Accademia Italiana di Cucina Pandolfini is a practical approach to learn Regional Southern Italian Cuisine. The Master expand and deepens the knowledge of Traditional Italian food and how it relates to regions and culture through a Gastronomical Trip of Southern Italy and the Mediterranean islands.



Italian Cuisine

The Certificate Master Program in Italian Cuisine" is a practical approach to learn Regional Cuisine. The Master expand and deepens the knowledge of Traditional Italian food and how it relates to regions and culture through a Gastronomical Trip around Italy. This course is an intense culinary, geographical, historical and cultural virtual journey discovering through its food the magnificent regional diversity of Italy.

Junior Cooking School

Our Junior Cookery courses are fun, creative and informative, teaching budding chefs about the ingredients they are using. All the courses are hands on, giving everyone the chance to create delicious dishes and treats to enjoy at the end of their course and to take home. Our programme of junior courses is updated regularly, to reflect current interests, seasonal produce and food we feel passionately about. Below you'll find some examples of the type of junior courses on offer at Brookes Restaurant Cookery and Wine School. Please check our website for details of the current courses available – please note that our junior cookery school courses are usually held on Wednesdays during school holidays.

Let's get Baking!

Extremely popular with our eager junior chefs, Let's get baking covers the essentials of dough and pastry making. We'll make some sweet yeast products as well as pastry based dishes and tray bakes. Be prepared for a very hands on day and plenty of sticky fingers!

Celebrate the Harvest

As the nights draw in and the leaves start to fall from the trees, we all appreciate a bit of comfort food. Join us on this course to learn how to cook a simple, delicious, three course meal using autumnal fruits and vegetables. All dishes are perfect to recreate at home and enjoy with the rest of the family.



Wine Tours

We are in the business since the 90s and, as a part of our cultural programs, we offer wine tours of Tuscany, the land of the Medici's family. Wine has strong ties to both art and religion. Our wine tours will give you a full image of the most amazing secluded places and the fine wines of Tuscany.

Tuscan Wine Tasting Course

Our courses are given in the marvelous Estate of Villa Pandolfini, using the historical archives and the cellars where the wine is actually made. The teacher is a Doctor of Agronomy specialized in Enology. Tuscan Wines Sampled: Brunello di Montalcino, Chianti, Carmignano Riserva, Vino Nobile di Montepulciano.

Italian DOCG Wine Tasting Course

This wine tasting course lasts four hours and are given in the Villa Pandolfini Estate. The teacher is a Doctor of Agronomy specialized in Enology. Italian Wines DOCG Sampled: Brunello di Montalcino, Barolo, Amarone, Sfurzat, Nero D'Avola.





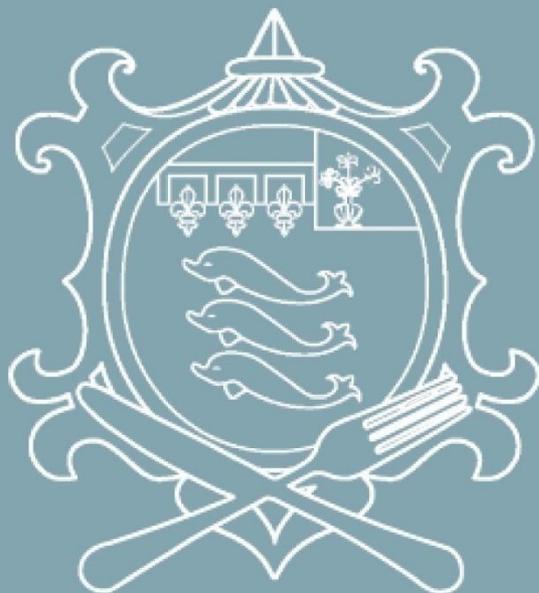
Accommodations

This is the perfect place to discover Florence and enjoy the real Tuscan countryside while staying in an graceful castle that has played host to guests such as Napoleon Bonaparte and King Charles VIII of France. It is famous for its architecture and design. In one of the living rooms, like the others, the 1800's style frescoes ornate the room. A Shared Swimming Pool is also available for use.



Nearby

There are many restaurants nearby, some known to be the best in Italy. Explore the private forest or discover local attractions such as trekking, antique markets, horse riding, Etruscan ruins, medieval villages and Caruso's villa and gardens. Stroll down and buy your fresh bread or morning cappuccino and feel like a local. Or just sit back at the farmhouse, sipping a glass of our wine and take in the breathtaking countryside view. Trains, buses and all shops are at a walking distance and close to all major highways.



ACCADEMIA ITALIANA DI CUCINA PANDOLFINI / GOOD TASTES OF TUSCANY

via Livornese 334, Lastra a Signa, 50055 Florence ITALY

tel: +39 3356898344

www.tuscany-cooking-class.com

info@tuscany-cooking-class.com

<https://www.facebook.com/goodtastesoftuscany>