

MANUELINA
culinary



ITALIAN TASTE PUGLIA 2019

COOKING PROGRAM IN ITALIAN CUISINE



ITALIAN TASTE PROGRAM AT A GLANCE

DURATION - 2 WEEKS

TIME - MONDAY TO FRIDAY

LESSON TIME - 9am - 4pm

TOTAL HOURS - 70

WHERE - PUGLIA

DATES - 17-30, MARCH, 2019

1-14 SEPTEMBER, 2019

LANGUAGE - ENGLISH

CLASS NUMBERS - MAXIMUM 15

Manuelina Culinary ITALY
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ITALIAN TASTE CULINARY PROGRAM



WE LOOK FORWARD TO SHARING YOUR CULINARY JOURNEY WITH YOU
Melina Puntoriero -CULINARY DIRECTOR



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message from our director

There was a time long ago (longer than i would like to admit) that i was a culinary student just like you. It was not my intention when I shipped off to culinary school to become a teacher, it just sort of happened. Culinary school for me came later in life, at a time when i just couldn't teach myself anymore, and so much like in a holywood film, i jumped on a plane and decided that my native country of Italy would be my playground.

I studied and cooked, and lived and learnt. Then after working with various schools around the county i realised there was a gross hole in the industry for the short and intensive culinary training i was searching.

Some call it luck, but i call it passion and determination, and with these firmly always at the forefront, i set out with a team of chefs and we began writing and creating, teaching and consulting and so began Manuelina Culinary.

It is our dream and our mission to bring to light the simplicity and yet complexity of Italian food. To innovate and inspire with a solid foundation set in many years of history and culture, and to pass onto you our love and passion for this incredible cuisine. Our Masters are pioneers, and true leaders in Italian gastronomy. Whether it be in pasta or gelato and everything in between, we don't want to just teach you a recipe, but rather to teach how an understanding of technique and raw ingredients, used well, can create an exceptional dish simply, it is our goal that you understand the Italian philosophy on food and why it allows us to achieve something that is spectacular everytime.

A Presto.

chef melina
culinary director

about our programs

Our programs are written by Italian Masters with a combined knowledge of more than 60 years. Each of our chefs are industry leaders and pioneers in their respective fields. Our training is unique in its approach providing you with an in depth analysis on the advanced techniques, chemistry and science behind each component of our courses. Each laboratory is state of the art, ensuring you are up to date with the latest technology as we take traditional plates and recreate them with the chefs innovative interpretation. Our programs do not follow a usual structure of repeating recipes, but rather an analysis of raw ingredients and materials to show you how to develop recipes of your own that are unique and will put you one step ahead of your competitors.



ON COMPLETION OF OUR COURSE, NOT ONLY WILL YOU HAVE THE SKILLS TO JOIN ANY CULINARY TEAM OR THE CONFIDENCE TO START YOUR OWN CULINARY BUSINESS, YOU WILL RECEIVE A CERTIFICATE OF COMPLETION AND GAIN EXCLUSIVE INDUSTRY CONTACTS THROUGHOUT ITALY AND THE WORLD

OUR LABORATORIES

Our laboratories are high tech, first class and well equipped, in locations that are at the forefront of culinary excellence. A prestigious technical and scientific committee ensures the accuracy of the learning programmes. Laboratories are fitted with both traditional and innovative equipment to encourage continuous research and experimentation, with the purpose of creating innovative top quality products and outstanding performance.

OUR CHEFS

Each of our Culinary masters are highly regarded in Italy and throughout the world, not only for their excellence in gastronomy but also for the passion and love they have for their craft. They are game changers in their field and experts in the culinary arts. All of our chefs are available for consultation indefinitely at the completion of each program to help with new ideas, business startups or even just any questions from the course.

WHO IS THIS PROGRAM SUITED TO?

- **WHETHER A CULINARY PROFESSIONAL OR**
- **FOOD ENTHUSIAST, OUR INTENSIVE MASTER**
- **PROGRAM IS A FULL IMMERSION PROGRAM**
- **DESIGNED TO COVER ALL ASPECTS OF ITALIAN**
- **CUISINE.**
- Our Intensive Master Program was designed to respond to the need for a 'short' program, that still delivers results, and so we have created a program that is high intensity, but designed according to the needs and request of individual students.
- It is an opportunity for international professionals to stay up to date with Italian Cuisine in the current culinary platform, and also an opportunity for those approaching Italian cuisine for the first time to gain a rounded perspective on the food of Italy, and also to understand the culture and territory at its heart with a complete Real Italy Experience
- This is a unique opportunity to learn with an elite team of Italian chefs, both innovative and at the top of their field, and spend an unforgettable summer experience in Italy, full of opportunities for fun and entertainment.



what's our difference?

- Our teaching style is unique. Whether you are a professional chef, food enthusiast or just looking to open a new business, by the end of the week, **everyone ends up at the same level of training.**
- We are with you from the time you arrive in Italy until you leave. With an 'All inclusive option', all meals, transfers and accommodation are included, so you can feel safe, at ease in a new country and not worry about anything. **There are no extra hidden expenses**
- Not only is this a learning experience, but get to **experience Italy and its culture** as well. Professional, but plenty of room for laughter and fun
- This is not just recipe repetition. To learn to appreciate how an understanding of **technique** and raw ingredients used well can create an exceptional dish simply.
- Our trainers are leaders and innovators in their field. Learn **new techniques** and perspective, even if you have studied a topic before



COURSE OUTLINE

WHO CAN APPLY?

Students and professionals from food and wine industries

Professional chefs looking to train or retrain in Italian cuisine

Food enthusiasts, looking for a unique food experience

Entrepreneurs looking at opening or establishing a specialised Italian food business

A BRIEF LOOK AT THE CONCEPT OF THE PROGRAM

- Notions and history of the Italian Cuisine and Pastry, and its typical and regional traditions
- The Italian Menu, from appetizers to desserts
- Processing techniques for different type of Pasta, such as egg pasta, fresh and filled pasta, gluten-free pasta
- Preparation of a wide assortment of creative dishes with an innovative interpretation: fresh pasta, sauces, soups, gnocchi and rice, white and red meats, seafood, vegetables, mushrooms, cheeses
- Innovative cooking methods (i.e. vacuum and low temperature), and key methods for proper food storing
- Pizza and Italian breads: history, knowledge and assessment of key ingredients according to the Italian tradition. Processing, leavening, maturation, topping, and baking techniques.
- Modern Italian pastry and restaurant desserts with an innovative interpretation. Preparation of sweets and traditional small pastries
- Italian style for food design





TRADITION AND CREATIVITY DAYS 1-3

Foundations

Italian cuisine is characterised by a unique and distinctive style, which includes an amazing variety of dishes, products and technique. For every chef to be a Master in their own field, and to innovate on tradition, they must first understand where a particular plate, a particular taste, or a particular ingredient comes from. Understanding the concept of regionalism in Italian cuisine is vital to understand where a particular product in Italy comes from and therefore how that product is used to create menu items.

Under the guidance of Master Chefs among the best in Italy, attendees will learn how to process and prepare the best known Italian dishes of pasta and main courses, using both meat and fish. All dishes will be proposed by comparing the traditional version of the recipe with the creative reinterpretation of the Chef, to make them even tastier and paying particular attention to plating and food design

- History of Italian Regional Cuisine; Raw Ingredients Analysis
- Examination and tasting of Italian extra virgin olive oil and vinegars
- Distinguishing genuine balsamic vinegar: labelling, tasting and pairing
- Truffles and mushrooms
- Cheese: raw ingredients & flavour perception: tasting and sensory analysis
- Cured meats: raw ingredients & flavour perception: tasting and sensory analysis
- The Italian Menu: The North, South, Central and the Islands
- Fish - regional dishes in their traditional version and the chef's reinterpretation
- Meat and Game -From the wild to the farm
- regional dishes in their traditional version and chef's reinterpretation



PASTA PASTA PASTA DAYS 4-5

Artisan Pasta

There is no better aspect of Italian cuisine to highlight regionalism than Pasta. Here we have 2 days where we explore different pastas from all over Italy. We will look at fresh pasta both in long and short forms and also a variety of filled pastas that originate from both the north and south of Italy.

While fresh pasta is most certainly one of Italy's most prized exports, it is also important to look at a variety of dried pasta that make up key plates on Italian menus. We also look at pairing sauces with our pasta and reproduce both traditional sauces as well as some creative versions from our chef. Of course we cannot forget gnocchi and risotto. this will be two days filled with lots of hands-on training and

- Technical Overview for Flours and Grains
- Making natural colours and dyes
- Hands-on preparation of a series of white, coloured and multicoloured egg based pasta:
- Pairing pasta in the 20th Century
- Salsa Tarufata
- Preparation of Stuffing's for pasta
- Eggless Pasta
- 10 different types of eggless pasta exploring the tradition of the south
- Working with traditional pasta making equipment
- Using alternative flours
- Hands-on preparation of a series of Gnocchi and Pisarei
- Hands-on preparation of a series of Risotto
- Preparation of Traditional Pasta dishes using dried and fresh pasta
- Pasta and Innovation
- Construction Of plates and plating techniques for Restaurants



BREAD PIZZA AND FOCACCIA DAYS 6-7

Artisan Bread

Bread and pizza have always been representative of the Italian culinary uniqueness. Under the supervision of master bakers and pizza-makers among the best in Italy, attendees will learn preparing a wide range of core traditional Italian breads, pizzas and bakery products; from the simplest to the most complex, the key to success is in the method and use of products and equipment of excellence.

- Technical Overview for Flours and Grains
- Yeasts: analysis of different types of yeast
- Biga, Poolish and Mother's Yeast
- Preparation of the biga for next day's lesson
- Classic Italian loaves - a selection of breads from all over Italy
- Ciabatta, Ciabattina, Baguette, Grissini
- Specialty breads - using wet and dry aromatics
- Examination of Regional Italian Pizze and Foccacie and their international, gastronomic and economic importance
- Preparation of several focaccia and pizza using different flour combinations and leavening techniques:
- Biga vs. Compressed Yeast vs. Powdered Mother's Yeast

ITALIAN PASTICCERIA DAYS 8-10

PASTRY AND DESSERT

Through this intensive program, students quickly excel as they themselves reproduce advanced techniques that will allow them to construct a large variety of hot or cold tortes, mignon and plated desserts. No dessert is finished without impressive decorations, and our Masters are leaders in Italy's most exciting and innovative decorating techniques not yet seen outside its' borders. This is a unique program that concentrates on both traditional and innovative flavour combinations, and culminates into an impressive display of artistry.

- Technical overview of raw ingredients and
- Base Preparations for Patisserie
- Pastry, Frolla, Bigne, Sfoglia, Pan di Spagna, Genovese
- Base Creams, fillings and Glazes for Gateau Assembly
- Traditional and Modern Desserts – Innovation
- Tiramisù, Panna cotta, Babà, Sicilian cassata, Torta mimosa, Sbrisolona, Sicilian cannoli, Apple tart, Apple strudel, Lemon cake, Meringue cake, Mille-feuille, Jam tart, Torta paradiso, Pastiera, Meringa Italiana, Pate a bomb, Crema pasticcera, Chantilly
- Macarons
- *recipes are subject to change at the time of each course based on availability of ingredients.

"I attended the class hoping to learn more about Italian cuisine, but, I got more than what I bargained for. The class with Manuelina Culinary opened my mind to the endless possibilities and greatly inspired me!

Chef Melina was selfless in her teaching. I have gained know ledge and skills I never knew I could have. Without a doubt, I hope I will be able to return for more courses. I strongly recommend Manuelina Culinary "Melina is a great mentor and I am very happy and thankful to have had met her."

Aileen Koh

what does my package include?

YOUR 2-WEEK ITINERARY INCLUDES:

2 Weeks inclusive study in Italy
Arrival and Departure transfers either from Bari or Monopoli train station
Theoretical and Practical lessons by our elite team including all associated expenses
Complete course Manual written by Italy's Master Chefs with all theory and recipes included
Daily transfers from/to your accommodation and the school
All necessary ingredients
Utilization of hi-tech classes and/or labs, fully provided with the most advanced technical tools and equipment
14 nights accommodation
10 lunches
13 evening meals
Certificate of Completion



ALL INCLUSIVE OFFER

5.500 Euro (single room)

lunches on saturday and sunday are not included



4.800 Euro (excluding evening meals and accommodation)

HOW TO ENROL

If you would like to enrol for this program, simply fill out the enrolment form either online or the one attached to this brochure and send it to us at info@manuelinaculinary.com. Once your enrolment has been processed you will receive an email with all of your arrival information and details of how you can make payment.

PAYMENT DETAILS

Payments can be made via bank transfer. A 50 % deposit is required to secure your placement and final payment will be required 30 days before the commencement of each program. Do not hesitate email us if you have any questions requiring payments.

Alternatively you can pay using the paypal links provided.

We look forward to having you with us in Italy for this exciting gastronomical adventure!

TERMS AND CONDITIONS

*Price does not include airfares or travel organised in free time.

*Manuelina Culinary operates out of different locations. This location may change based on laboratory availability and class numbers. Manuelina Culinary reserves the right to change destinations; both are of equal quality and value.

*Single occupancy is in a double room for single use. * Where included, evening meals are taken at the hotel.

*Hotels are subject to class numbers and availability.

*Manuelina Culinary reserves the right to change destinations and substitute for something of equal or greater quality and value.

*Students are required to wear a Chef's Jacket for the duration of the program and should bring one with them. Alternatively, chef's wear can be purchased at the school



HOTELS AND DINING

When choosing our all inclusive option, all meals come standard as part of your package. Some meals are eaten in our hotel and chosen carefully by our culinary director. On occasion we also head out to eat in the restaurants of our chefs or in particular restaurants around the region. Weekend lunches are not included, as most students choose travel on the weekends, but we are certainly available to make recommendations for something special

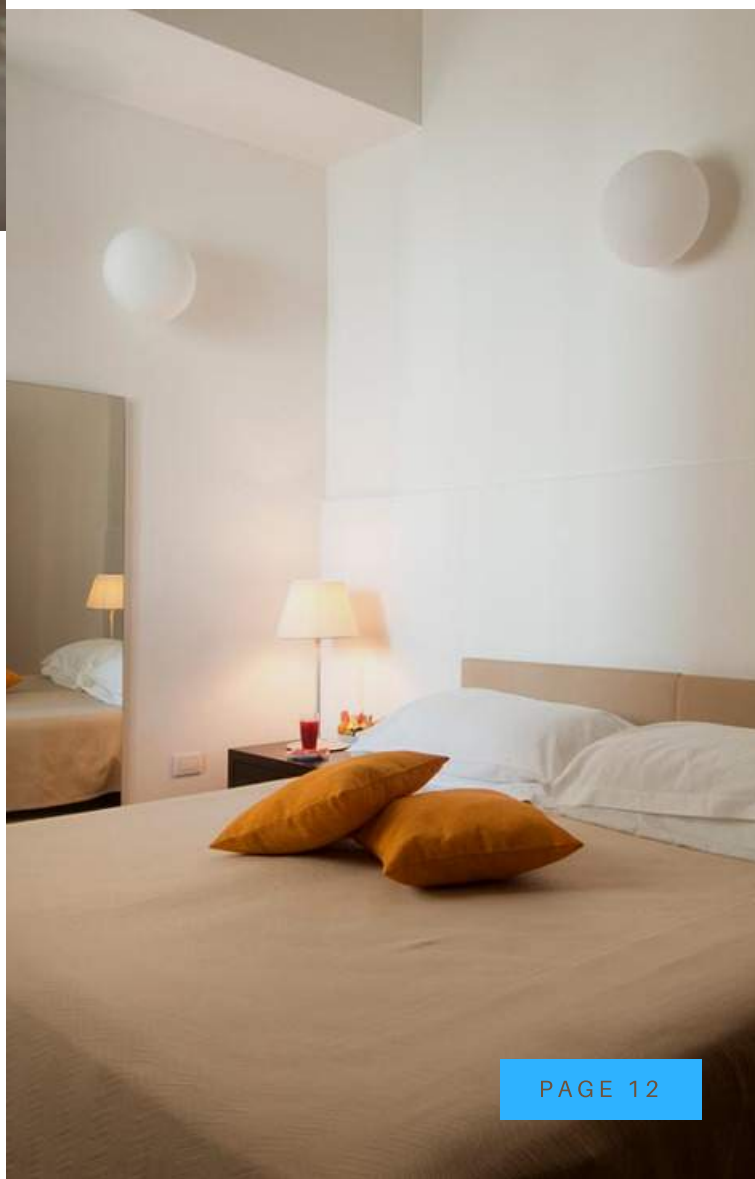
All of our Hotels are chosen carefully for comfort and also ease of access to both the school and the city. **Palazzo Indelli** overlooks Piazza Garibaldi, the heart of movida in the town of Monopoli.

The historical building amazes Your view after undergoing the big arch of the medieval walls that encloses the historical centre of Monopoli, gorgeous town laying down on the shores of the Adriatic sea south of Bari

Inspired by the sea breeze, enveloped by the salty sea smell of the historic centre vibrating with life, Palazzo Indelli is our hotel, rich in an ancient history, and rises up few just meters from the sea.

A very comfortable 4 stars hotel, realized with the aim to create emotions, to share sentiments, to experiment the past of stunning and timeless places.

Rooms are available for doubles travelling together or also in single lodgings



"It's not just about study, but also experiencing Italy like an Italian."



Helping you in Italy



WE ARE WITH YOU

Arriving in a strange country can sometimes be confronting. Our aim is for you to enjoy and experience Italy just like a local which is why with each program, Manuelina staff are available to you 24/7 to help you with anything that you need and address anything that may come up. Inside info makes for experiencing Italy as a local instead of a tourist and so we are here to help you organise your time off on weekends, or even just recommend things for you to see and do

There are culinary festivals all over Italy all year round and we can point you in this direction. Do you already have an idea of things you want to see and do in Italy? no problem... we are there for that too. Our job is to make sure you are safe and maximise your time in this beautiful country, fuss free!



DISCOVER THE MAGIC THAT IS PUGLIA



AN ENCHANTING WORLD AWAITS YOU

Monopoli can be considered the emblem of the sailing tradition in the district of Bari.

Gorgeous beaches, clear sea, the marina and countless architectures rich of history and cradle of past traditions. Around this maritime settlement there was the development of a civilization that conveyed during the centuries the influence of different rulers and conferred preciousness to every single place of its territory.

The old town centre is still the vibrating heart of the city life where it is possible to experience the movida in the countless places that stud the alleys.

The town of Monopoli is located just at the center of an extremely interesting touristic district characterized by the trulli in Alberobello, the caves in Castellana Grotte and so on. It is a strategic starting point to travel all around Puglia from Gargano to Salento.

ENROLMENT FORM

Enrolling for one of our Professional Italian Culinary Programs is easy, please fill in the details below and send the form. Once your enrolment has been processed you will receive an email with all of your arrival information and details of how you can make payment. A deposit is required to secure your placement and final payment will be required 30 days before the commencement of each program. Payments can be made via bank transfer and details will be emailed to you with your acceptance letter.

1. Which Culinary Program would you like to enrol in?

ITALIAN CUISINE INTENSIVE MASTER PROGRAM PUGLIA

2. Please tell us who you are?

3. Please tell us a brief history of your culinary experiences, both professional nonprofessional

4. Would you like to include accommodation and meals with your program?

☐ Single Accommodation

☐ Shared accommodation

(double or twin)

(name of participant you are sharing with)

5. Please fill in below information: (Repeat for 2 participants)

First Name:

Last Name:

Address:

Country:

Email:

Phone:

Country of Citizenship:

Birthdate:

First Name:

Last Name:

Address:

Country:

Email:

Phone:

Country of Citizenship:

Birthdate:

6. Please fill in your personal information:

Level of Education Completed:

Hobbies or Interests:

Size of Chef Coat:

Insert any questions or requests here:

BEFORE YOU ARRIVE

FAQ

PRIOR KNOWLEDGE

prior knowledge or culinary training is not a pre requisite to attend our programs

LANGUAGE

All programs are conducted in English or with English translators where necessary

ARRIVAL INFORMATION

Bari or Brindisi is your most suitable international arrival airport for this Manuelina Culinary Programs. We can also organise transfers from the train station. Once your enrolment has been accepted, you will receive an information pack with details about how to get to the school and information of the area to help you settle in. Once we have your arrival flight we will be able to help you to organise travel arrangements. Once you know your travel details, please send us a confirmation of your arrival time and a phone number, email or facebook link that we can contact you on. For those students choosing an accommodation inclusive option, you will also receive details of your hotel with your acceptance letter

GETTING TO YOUR HOTEL

Included in your package will be transfers from either Bari or Monopoli train station

HOTELS

All our hotels are 3 star or higher and chosen for the unique locations and cleanliness.

Hotels are chosen once class enrolments have closed and class numbers are confirmed. Evening meals are eaten at the hotel or at a restaurant close by. You will be advised of your hotel with your information pack via email.

For those choosing to choose their own accommodation, we are happy to offer suggestions

One of our staff will meet you on Sunday evening at the hotel lobby at 8pm for an introductory dinner.

GETTING TO THE SCHOOL

travel to and from the school each day will be organised by us.





Contact us



info@manuelinaculinary.com



www.mmanuelinaculinary.com

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Manuelina Culinary

"FROM PASSIONATE TO PROFESSIONAL"

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