

Food, Wine, art!



Beat the winter blues by coming to our events!

Special Activities

Mirella I Dicancro



"Italian home cooking for friends"
2nd class on Monday 16th February 2015

Where: Via Pinamonte di Vimercate 6, 20121 Milano (MM Moscova)

When: (1st class was on Monday 19th January 2015, "All about Rice!")

Time: 9:30 am till 12:30 (we will have a tasting session at the end of the class)

Subject: *"Italian Homecooking for friends": will present some of the Italian cooking favourites with fool proof recipes that will allow you to entertain in the Italian style! "Cotteleta alla Milanese, the use of typical veggies such as artichokes will also be included in the menu. To celebrate the upcoming of Carnival we will finish off with "Tortelli di Carnevali",*

A typical seasonal sweet found in Italy, with geographical variations.

The teachers of Atelier dei Saporì belong to the Association of Amateur Cooks and Cooking teachers of Italy. An association created by a group of people passionate about Gastronomy and authenticity of Italian regional recipes. They intend to transmit to their

students not only the "know-how" to be able to duplicate a recipe in their own kitchen; but also to convey the cooking techniques needed to succeed on future cooking experiences.

Atelier dei Saporì, describes itself as an "cooking ideas laboratory", they welcome initiatives connected to cooking, food styling and presentation and the study of gastronomy. Located in the center of Milan (near subway station of Moscova), it has all the facilities of a well equipped domestic kitchen and all recipes are achieved without any electronic gimmicks.

The Atelier dei Saporì presents on a modern kitchen environment and shared working tables, the best of real Milanese cooking, and is lead by Italian ladies with a different regional family cooking background. The cooking teachers of Atelier dei Saporì are all members of AICI (Associazione Insegnanti di Cucina Italiana), an association founded by Honorary member of Atelier dei Saporì, Mrs Ada Parasiliti, who created years ago the first private Cooking Academy in Milan.

Its purpose at the time was to help and train young spouses to be knowledgeable on the main Italian regional cuisines. Her well known Cuisine Academy was situated first in Via Borgospesso, then later in Piazza del Carmine. Mrs Ada put particular emphasis on Milanese homebaking and seasonal produce, to incorporate into a family's menu. Her classes were popular with young

brides--to-be at the time. Her 18 year leadership at the Associazione of Italian Homebaking Association, led later to meet and train Paola and Cristina, both



interested in regional Italian homecooking. It was under Mrs Ada's leadership and incentive, that Paola and Cristina had the idea of opening Cooking and Gastronomy discussion workshops in Milan.

"Atelier dei Saponi" was born from Mrs Ada--'s cooking experience and Paola and Cristina's new outlook on Regional produce and their common interest in Gastronomy subjects.

Our Italian Homecooking Calendar was fixed on a Monday monthly, to allow members to attend the class, have time to do their shopping in the week and eventually try the new recipes for family and friends over the weekend!

On our first class with Cristina and Paola, we had an historical introduction on how rice reached Italy, and the different types of rice found in Italy today. We were able to see different types of rice, labelled for us to distinguish them one from another. We were also given notes on how to use the different types of rice, as well as the recipes demonstrated on the day. Our teachers were available at all times for questions and tips on how to reproduce the recipe at home....and the generous "tasting" became our lunch! If any of you is sorry to have missed this class, send me a mail and we can arrange a "repeat" session for the fascinating subject of Rice in Italian cooking.

Among other subjects for future classes: "Its Excellency, the Artichoke", "Introduction to Mediterranean vegetables", "Fun aperitivos and mini bites", "Food presentation & decoration". The cost of the classes depend on the ingredients used, when fish or meat is used, the cost will vary. To benefit from a special fee offered by the Atelier dei Saponi to the Benvenuto Club, we must assure a presence of 12 to 15 participants. If you would like to be part of the group, please sign up as soon as you see the course of your interest announced to avoid disappointments.

"Atelier dei Saponi" is also well known for their catering and personalized buffet services. Many of their colourful buffets have been featured in official publications, for their originality. If you would like to

have more information about their work and personal backgrounds, please see their website: www.atelierdeisaponi.it.

We take the opportunity to thank the ladies at the "Atelier dei Saponi" for their warm welcome, their organisation in presenting to us the recipes of the day, and their patience to the group of enthusiastic ladies who attended their first class of Italian homecooking....Grazie mille!!

Mirella I. Dicancro
Special Activities Director



The Pinacoteca Ambrosiana

Mirella Dicancro & Anne Marie Ellis
Come join us for a tour of an often overlooked jewel right in the center of Milan.

From their website: The Pinacoteca Ambrosiana was established in April 1618. Inside the Pinacoteca we can admire some of the greatest masterpieces of all times, like *The Musician* by Leonardo, *The Basket of Fruit* by Caravaggio, *The Cartoon of the School of Athens* by Raphael, the *Adoration of the Magi* by Titian, the *Madonna del Padiglione* by Sandro Botticelli and the magnificent *Vases of Flowers* by Jan Brueghel. In addition to Renaissance artworks, the museum's collections include paintings by important 17th century Lombard artists, as well as 18th century artists. Walking from a room to another you can also discover a series of genuine curiosities, like the gloves that Napoleon wore at Waterloo, the armillary spheres from the Settala Collections, and the cast that keeps a lock of Luciezia Borgia's hair in front of which many famous poets like Gabriele D'Annunzio and Lord Byron came to take inspiration.