

La Foresteria – Cooking Class Experience 2018

Under the guidance of Chef Angelo Pumilia guests can learn how to cook the family dishes of Casa Planeta and discover the secrets of Sicilian culinary tradition, choosing from a range of demonstrations or hands-on classes.

The classes explore Sicily's rich culinary traditions, founded on the use of locally sourced ingredients, extra virgin olive oil, native vegetables and herbs. Each class ends with a communal lunch served with a selection of fine wines.

CASA PLANETA

An in-depth look at the kitchen of an historic Sicilian family, a four-hour workshop where you'll discover the classic dishes enjoyed by the island's nobility for centuries.

IN THE KITCHEN WITH THE CHEF

1 hour in the kitchen watching the chef prepare the day's menu. Participants will be able to observe and interact, learning the culinary secrets behind the courses which will be served in the restaurant.

- The lesson is free of charge, pre-booking is required.

THREE DISHES WITH THE CHEF

In a two-hour demonstration, the chef will take you through the preparation of three courses step by step, from the selection of ingredients to the final plating up. Participants will receive a glass of Planeta wine to accompany the tasting of one of the courses, and a recipe handout to keep.

- £34 per person based on a minimum of 4 participants
- OR £63 per person based on a minimum of 4 participants (including a copy of the recipe book 'Sicily, the cooking of Casa Planeta')

FIVE DISHES WITH THE CHEF

A three-hour demonstration watching the chef prepare five courses step by step, from the selection of ingredients to the final plating up. Participants will receive a glass of Planeta wine to accompany the tasting of one of the courses, and a recipe handout to keep.

- £51 per person based on a minimum of 4 participants
- OR £80 per person based on a minimum of 4 participants (including a copy of the recipe book 'Sicily, the cooking of Casa Planeta')

HANDS-ON

A three-hour class held from 9.30 am to 12.30 pm. The lesson will start with an introduction about ingredients, their availability and the history of each recipe. Then participants will prepare five courses under the guidance of the chef. Finally the participants will enjoy a sumptuous lunch of their own making and two wines chosen by the sommelier. All participants will receive an apron and a recipe to keep.

- £136 per person based on a minimum of 2 participants
- OR £165 per person based on a minimum of 4 participants (including a copy of the recipe book 'Sicily, the cooking of Casa Planeta')

IMPORTANT NOTES

- The number of participants will not exceed 20-24 persons for each class.
- The Hands-On classes will take place between Jun-Sept only.
- All courses are based on the recipe book "Sicily, the cooking of Casa Planeta" and on classic Sicilian cuisine.

CASA PLANETA

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SIX SICILIES

A journey exploring Sicily's many faces, from Menfi and Sambuca to the Etna region, from Capo Milazzo in Vittoria to Noto.

THE SEA

In this class participants will learn how to source the freshest seafood, how to clean and prepare fish getting familiar with many cooking techniques.

OLIVE OIL

Knowing the many properties of a versatile ingredient such as olive oil is an art: here, we use it as a seasoning, as a cooking oil or as an ingredient in sweet dishes.

WINE

Wine is a true ingredient of many food preparations. The class explores a wide range of traditional and contemporary uses of wine in the kitchen.

PATISSERIE

The world of Sicilian sweet delights, looking at their key ingredients such as almonds, ricotta cheese, chocolate, and learning how to make true Sicilian classics like Cassata

PASTA

How to make the perfect pasta, choose the best flour and dough mixes, how to hand-roll a delicious cous-cous and the magic of Sicilian Timballo and Arancine.

AROMATIC HERBS

The herbs we grow in our gardens are an important ingredient in our kitchen. Here we learn how to recognise, pick and use them, both fresh and in dried form.