

SAN FANTINO

Azienda Agricola e Locanda
San Giovanni a Piro (SA)

NEAPOLITAN COOKING COURSE

(and much more)



Naples' cuisine is world famous because it combines the richness of its dishes with the affordability of the recipes. Neapolitans can make a fantastic meal out of the cheapest ingredients and out of leftovers but that is not enough; they would also make dishes of the appropriate colour and taste to perfectly match the character and frame of mind of the diners.

If your guests are stressed out you serve them something orange (relaxation) or blue (light) or yellow (gentleness); if they are aggressive don't give them anything red (love, excitement) but white (purity) and yellow. If they are depressed give them something red or green (vitality) or purple (energy).

Naples is an extra-ordinary place, it has always been. In the 18th and 19th Century it was one of most important cities of the world (believe it or not), now it is at the opposite end. So never ordinary... But its great traditions still survive.

Its main characteristics are wittiness, joy, warmth, improvisation, superstition, musicality, romanticism; all those are present in its food, the way it is cooked, it is presented and it tastes.

Thanks to Rosa, a genuine Neapolitana, this course will enable you to master some Neapolitan recipes but also give you an insight on how to reproduce the unbeatable atmosphere of Naples.

Programme:

Day 1

Late afternoon: Arrival at the Locanda
19 - 21: Preparing dinner
21 - 23: Dinner

Day 2,3,(4,5,6)

9 - 10: Breakfast
10 - 11.30: Leisure time
11.30 - 13.00: Preparing lunch
14.30 - 18: Leisure time
18 - 21: Preparing dinner
21 - 24: Dinner and dancing

Last Day

7 - 9: Breakfast
8 - 12: Departure from Locanda

Prices:

The price is 100 euros per person per day plus 50 euros one off payment to cover for the bedroom preparation. This is sharing a large room with another person, single room supplement is 50 euros per day.

The price includes accommodation, meals and reasonable drinks.

Leisure time:

There are many ways to spend your leisure time, from relaxing by the pool or at the farm to visiting the enchanting villages, to taking a breathtaking walk under the mountain or above the sea, to going to a beach or the river for a swim. Relaxing massages will also be available.

Contacts and info:

Email: seba@sanfantino.com

For more information about the venue please look on www.sanfantino.com

MENU

Entries:

Stuffed aubergine peppers and courgette
Potato croquettes
Roast peppers with capers and olives
Cauliflower pizzelle
Mozzarella in carrozza (carriage)
Aubergine parmigiana
Aubergine a scarpetta (small shoe)
Seafood salad

First courses:

Pasta with ragu` (meat sauce)
Pasta with white bolognese sauce
Spaghetti with clams or mussels
Lasagne
Spaghetti with courgettes
Rice Sartu`
Easter soup
Spaghetti with garlic, oil and chilli
Penne alla puttanesca (tomato, olives and capers)

Main courses:

Casatielli (Easter meat cake)
Meat loaf
Chicken Cacciatora
Meat "pizzaiola"
Veal or pork roast
Chicken breast roulade
Fish "acqua pazza" (crazy water)
Fried fish
Octopus Luciana

Side dishes:

Bread biscuit with mint
Sautee greens
Roast aubergine
Fried mushroom
Tomato salad
Fried courgette flowers

Puddings:

Torta caprese
Struffoli
Pastiera
Ciambella (donut)
Ricotta and almond cake

Using leftovers:

Pasta omelette
Baked pasta
Pane in carrozza (bread on carriage)
Gatto` di patate (potato cake)
Arancini di riso (rice croquettes)