

# 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 18<sup>th</sup> and 19<sup>th</sup> 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](mailto:seba@sanfantino.com)

For more information about the venue please look on [www.sanfantino.com](http://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)