

# A Taste of ITALY

ALMA

THE SCHOOL OF ITALIAN CULINARY ARTS



ALMA

"L'esempio è la più alta forma di insegnamento"

*"Example is the highest form of teaching"*

*Giulio Iannelli*







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# TURN YOUR PASSION INTO A PROFESSION BECOME A MASTER OF *ITALIAN CUISINE AND HOSPITALITY*

ALMA is the world's leading international educational and training centre for Italian Cuisine and Hospitality.

ALMA educates chefs and pastry chefs, bakery chefs, assistants restaurant & bar managers, gelato and pizza artisans and food & beverage managers coming from all around the world with training programs performed at the highest level by the most renowned teachers.

ALMA has its Headquarters in the magnificent Palazzo Ducale of Colorno near Parma, equipped with the most up-to-date equipment for cuisine, pastry and sommellerie. We are convinced that, for those who choose to work in the fascinating world of food and beverage, ALMA represents a valuable investment for the future as well as an extraordinary educational experience.

## A SCHOOL IN THE HEART OF *ITALIAN FOOD VALLEY*

ALMA school is located in the heart of Italian Food Valley, an area where you can find the most important Made in Italy products, such as Parmigiano Reggiano and Prosciutto di Parma, which make Italian food renowned throughout the world.

*Parma is Creative City of Gastronomy since 2015 and has been elected Capital of Culture 2020.*





Gualtiero Marchesi has a vocation for cooking. His inspiration came from his parents, who owned the hotel restaurant Al Mercato, in Via Bezzecca, Milan. The passion for drawing and music, particularly opera, and the sensitive, professional approach adopted each day, set the restaurant apart from others in Milan. In 1977, Marchesi opened his first restaurant in Via Bonvesin della Riva. Twenty years later, Gualtiero Marchesi moved to Franciacorta, to Albereta di Erbusco. In 2008, he opened 'IL MARCHESINO' Restaurant at La Scala Theatre in Milan. He has earned countless awards and prizes over the course of a career spanning more than sixty years. From 2003 to 2017, he has been the Dean of ALMA.

## SCIENTIFIC COMMITTEE

Since 2004, ALMA has undergone a process of constant growth and innovation. Conceived as the “home of cooks”, the School has gradually become a home for pastry chefs, sommeliers, restaurant managers and bakery chefs as well. This is why ALMA has decided to collaborate with key figures in the profession, becoming a model for students, a benchmark for graduates and an inspiration for the gastronomy and hospitality sector. **Paolo Lopriore, Mariella Organi, Davide Comaschi, Ezio Marinato, Andrea Grignaffini, and Davide Rampello** represent the following sectors respectively: cuisine, hospitality, pastry, baking, wines and culture. The Scientific Committee is supported by General Manager Andrea Sinigaglia and Director of Education Matteo Berti.





## AN EXTRAORDINARY FACULTY

Students at ALMA will benefit from an outstanding team of experts in food services and food industry and academics.

# NEXT GENERATION CHEF

## FROM ALMA THE PROFESSIONALS OF THE FUTURE

ALMA trains the Next Generation of catering professionals: cooks, pastry chefs, sommeliers, restaurant staff, bakers and food & beverage managers.

Next Generation Chef is ALMA's daily commitment to create an education and culture around food and wine based on values such as **sustainability, food sovereignty and consumption habits**.

These themes are at the heart of our identity. ALMA has gathered hundreds of sector-specific experts such as cooks, historians, producers, journalists, critics and academics to research and develop more advanced teaching, via round table discussions, conferences and international surveys.

The result is a future generation of graduated professionals who are knowledgeable, responsible and able to immediately enter the working life, equipped with both technical skills and a value system that is increasingly in demand in this professional sector.





A  
Taste  
of  
**ITALY**

# CAPONATA DI MELANZANE

## INGREDIENTS

AUBERGINE	gr	1000,00
WHITE ONIONS	gr	250,00
CELERY	gr	400,00
TOMATOES	gr	200,00
GREEN OLIVES IN BRINE	gr	200,00
SALTED CAPPERS	gr	50,00
PINE NUTS	gr	50,00
CASTER SUGAR	gr	6,00
WHITE WINE VINEGAR	gr	60,00
BASIL	qb	
TOMATOES PASTE	gr	40,00
EXTRA VIRGIN OLIVE OIL	qb	
FINE SALT	qb	
SUN FLOWER SEEDS OIL	lt	5,00

## METHOD & PRESENTATION

### AUBERGINE CAPONATA

Cut the onion into julienne and the celery into rounds. Remove the stones from the olives and cut them in half. Cut the aubergines and tomatoes into pieces of about 2.5 cm 4. Toast the pine nuts until golden brown. Fry the aubergines in sunflower oil and place them on a tray lined with paper towels to remove excess oil, then set aside. Stew the onion in a pan with EVO oil. Then add the celery, allow this too to brown well and then add the capers, olives, toasted pine nuts and tomatoes. Brown for a few moments, then cover with a lid and cook over a gentle flame for 15-20 minutes. At the same time prepare the sweet and sour sauce: add the vinegar, tomato paste and sugar. Stir well and, once the 15-20 minutes have elapsed, add salt and pour the sauce into the pan. Stir, turn up the heat and cook until the hint of vinegar has evaporated. With the heat off, add the fried aubergines and plenty of basil.







# SPAGHETTI CACIO E PEPE

## INGREDIENTS

SPAGHETTI	<i>gr</i>	<b>320,00</b>	
PEPE NERO IN GRANI	<i>gr</i>	<b>5,00</b>	
PECORINO ROMANO	<i>gr</i>	<b>200,00</b>	Medium seasoning, for grating

## METHOD & PRESENTATION

To prepare the spaghetti cacio e pepe, first put a pot with water for cooking the pasta on the stove: fill it with about half the water you usually use, so it will be richer in starch. In the meantime grate the Pecorino Romano cheese and transfer almost all of it into a bowl, keeping some aside for serving. When the water has come to the boil, salt moderately and plunge the spaghetti in. In the meantime, pound the peppercorns with a meat tenderizer (or use a grinder, leaving it rather slow so that you have even larger chunks of pepper. Pour the pepper into a large frying pan and toast it over a gentle heat, stirring with a wooden spoon. Deglaze with a couple ladlefuls of the pasta cooking water. Drain the spaghetti 2-3 minutes before the time indicated



# TORTELLI DI ERBETTE

## INGREDIENTS

BABY CHARD	g	500,00	
RICOTTA	g	300,00	
PARMIGIANO REGGIANO	g	100,00	Grated
NUTMEG	g	0,00	To taste
FLOUR "00"	g	300,00	
EGGS	n	3,00	
BUTTER	g	80,00	
SAGE LEAVES	n	24,00	
PARMIGIANO REGGIANO	g	100,00	Grated

## METHOD & PRESENTATION

Make the pasta dough by mixing the four and egg together  
Knead until a smooth dough is obtained  
Cover and rest for at least 1 hour

Clean and blanch the chard in abundant boiling salted water  
Drain well then squeeze out any excess water  
Finely dice and reserve  
In a large bowl, mix the ricotta and parmigiano reggiano together,  
combining well  
Add the chopped chard and nutmeg  
Mix thoroughly, then taste, add nutmeg if desired and season to taste

Sheet the pasta and shape as tortelli  
Cook in abundant boiling salted water

Melt the butter without allowing it to separate  
Infuse with sage leaves  
Add the cooked tortelli and emulsify

Serve, garnished with abundant grated Parmigiano Reggiano



# TROFIE AL PESTO, PATATE

## INGREDIENTS

### PESTO

PARMIGIANO REGGIANO	gr	30,00	24 Months
PECORINO ROMANO	gr	30,00	Young
EVOO	gr	60,00	
PINE NUTS	gr	40,00	
GARLIC	gr	0,50	
SALT MALDON	gr	1,50	
BASILICO GENOVESE DOP	gr	50,00	Leaves

### GARNISH

POTATOES	gr	200,00
GREEN BEANS	gr	120,00
EVOO	gr	20,00

### TROFIE

DURUM WHEAT SEMOLINA	gr	400,00
WATER	gr	200,00 Room temperature

EQUIPMENT NEEDED	n	1,00
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Nutribullet or Pestle & mortar

## METHOD & PRESENTATION

1. Pick and wash the basil then, refrigerate all the ingredients, including the blender's cup and blade, until cold
2. With the exception of the basil leaves, blend all ingredients to a smooth paste
3. Add the basil and bring to the desired consistency; reserve
4. Peel the potatoes and cut in 3cm cubes
5. Trim the beans and cut them into 5 cm long pieces or, if desired, cut them diagonally
6. In abundant salted water blanch the potatoes till done; do the same for the beans
7. Dress them with abundant EVOO and keep warm
8. In a separate pot of abundant salted water, cook the pasta "al dente"
9. Drain and toss with most of the pesto
10. Toss the potatoes and beans with the remaining pesto
11. Plate the pasta and dress with the vegetables
12. Serve immediately





# POLLO ALLA CACCIATORA

## INGREDIENTS

WHOLE CHICKEN	gr	1300,00	
SKINLESS TOMATOES	gr	400,00	
GOLDEN ONION	pz	1,00	
CARROTS	pz	1,00	
CELERY	pz	1,00	
GARLIC	pz	1,00	Cloves
RED WINE	gr	100,00	
EXTRAVIRGIN OLIVE OIL	qb		
ROSMARY	pz	1,00	Stalk
PARSLEY	qb		
FINE SALT	qb		
BLACK PEPPERCORN	qb		

## METHOD & PRESENTATION

To prepare the cacciatora chicken, start by chopping the vegetables. After peeling the onion, peel and trim the carrot, then remove the celery stick and chop the vegetables into 2-3 mm cubes. Cut it into pieces separating thighs, breast and wings. Now you have everything you need, move to the cooker. In a saucepan, heat a drop of oil, not too much because the chicken skin will release a lot of fat. Turn on the flame and let it heat up for a few moments, then pour in the chicken pieces, always starting with the skin side.

When the chicken is well browned, add the chopped celery, carrot and onion and then the peeled clove of garlic. Then salt, pepper and rosemary, stir and leave to season for a further 5 minutes.

Deglaze with the red wine and allow the alcohol to evaporate completely. Remove the rosemary and garlic clove and then add the peeled chopped tomatoes.

Stir everything and cover with a lid, leave to cook over a moderate heat for 30-35 minutes. Remember that if the chicken is larger then you will need to increase the cooking time a little more, conversely if it is smaller. In any case, the chicken is considered ready as soon as the meat separates from the bones.

At the end of cooking, make sure it is just the right amount of salt and finally sprinkle with parsley. One last stir and your chicken cacciatora is ready.



# TIRAMISÙ

## INGREDIENTS

MASCARPONE CHEESE	<i>gr</i>	<b>750,00</b>
EGGS WHITE	<i>gr</i>	<b>170,00</b>
EGGS YOLK	<i>gr</i>	<b>90,00</b>
SAVOIARDI BISCUIT	<i>gr</i>	<b>250,00</b>
SUGAR	<i>gr</i>	<b>120,00</b>
COFFEE	<i>gr</i>	<b>300,00</b>
COCAO POWDER	<i>qb</i>	

## METHOD & PRESENTATION

To prepare the tiramisù, prepare the coffee with a mocha pot to obtain 300 g. Whip the yolks with an electric whisk, pouring in only half the sugar. As soon as the mixture becomes light and frothy, and with the whisk still running, you can add the mascarpone cheese, a little at a time. Once all the cheese is incorporated, you will have obtained a dense and compact cream; keep it aside. Clean the whisks very well and whip the egg whites. When they are foamy, pour in the remaining sugar a little at a time. You will have to whip them until they are stiff; you will get this result when you turn the bowl upside down and the mass will not move. Take a spoonful of the egg whites and pour it into the bowl with the mascarpone cream and stir vigorously with a spatula, so that you dissolve the mixture. Then proceed to add the remaining egg whites, a little at a time, stirring very gently from the bottom upwards. The mascarpone cream is now ready. Spread a generous spoonful onto the bottom of a glass baking dish, 30x19.5cm in size, and spread well over the entire base. Dip the ladyfingers in the cold coffee for a few moments, first on one side and then on the other. Gradually distribute the soaked ladyfingers in the baking dish, trying to arrange them all in one direction, so as to obtain a first layer of biscuits. Add more mascarpone cream and level it to cover them completely. And continue to distribute the ladyfingers soaked in coffee, then make another layer of cream and level the surface well. Transfer the remaining cream into a piping bag with a smooth 12 mm diameter nozzle and make little tufts throughout the size of the baking tin. Sprinkle with bitter cocoa powder and leave to set in the fridge for a couple of hours.





# SPICES GELATO

## INGREDIENTS

MILK	<i>gr</i>	<b>150,00</b>
SUGAR	<i>gr</i>	<b>200,00</b>
CREAM	<i>gr</i>	<b>350,00</b>
PASTORIZED EGGS YOLK	<i>gr</i>	<b>160,00</b>
CARDAMOM	<i>gr</i>	<b>25,00</b>
STAR ANISE	<i>pc</i>	<b>1,00</b>
JUNIPER BERRIES	<i>pc</i>	<b>10,00</b>
CLOVES	<i>pc</i>	<b>4,00</b>
CINNAMON	<i>pc</i>	<b>0,50</b>

## METHOD & PRESENTATION

Place milk and cream in a saucepan with the all the spices.  
Bring to the boil and leave to infuse until room temperature is reached.  
In a planetary mixer whip the egg yolks with the sugar.  
Strain the milk and cream mixture over the yolk and sugar; then bring everything back to the boil.  
Strain again and leave to ripen in the fridge at +4°C for 12 hours.  
Then whip the mixture in an ice cream maker.







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