



**London Wine Academy**

## *Italian Wine and Food Workshop*

### **Who is this course aimed at?**

Our Italian Wine and Food Matching Workshops are aimed at those wishing to discover more about the gastronomic and vinous delights of this passionate country. The course requires no prior knowledge, but a passion per la Dolce Vita is essential!

### **Our goal**

Italian wines are often feared and misunderstood due to its intrinsic grape varieties that are rarely seen elsewhere in the world. We will guide you, grape-by-grape, region-by-region, through this amazing culinary landscape with a selection of dishes and wines that will delight your taste-buds. Don't worry if you don't know your Barbera from your Barbaresco: by the end of the day you will be speaking fluent Italian –buon appetito!

### **Course Content**

Our Italian Wine and Food Matching Workshop is a gastronomic tour from the southern heel to the mountainous north. La cucina italiana is a melting pot of influences: dishes vary from season to season, between regions and villages, with recipes handed down through generations.

Italy is one of the oldest as well as largest producers of wine in the world, with huge regional variation to match its cuisine. In this one-day workshop we will guide you through some old favourites such as Soave, Chianti and Barolo and will also introduce you to some exciting new wines that are emerging (mainly) from the deepest, darkest south. We will show you how the introduction of modern winemaking techniques has taken Italy's once hit-and-miss wines to another level. We will showcase all Italy's main wine zones and each wine will be explained with reference to history, grapes, climate, wine-making methods. We will discuss the fundamentals of food and wine matching in depth and will demonstrate why Italian wines are amongst the greatest food wines in the world.

The following topics will be covered during the course of the day.

- Overview and history of Italian wine
- Key grape varieties and ageing potential
- Geography, climate and regions of Italy
- Viticulture and winemaking practices
- Wine classification system
- Wine and food matching
- The traditional Italian meal
- New trends and regions to watch

### **Agenda**

11.00 - 11.15	Student introductions and summary of day's activities
11.15 - 11.45	Overview of the history of wine in Italy (prosecco as an aperitif)
11.45 - 12.30	First course – focus on Northeast Italy (Veneto, Friuli Venezia Giulia, Trentino-Alto Adige)2 wines
12.30 - 13.15	Second course – focus on Central Italy (Tuscany, Lazio, Umbria, Marche, Abruzzi) 2 wines
13.15 - 14.00	Third course – focus on Southern Italy (Sardinia, Campania, Puglia, Calabria, Sicily, Basilicata)2 wines
14.00 – 14.45	Fourth course – focus on Northwest and North Central Italy (Piedmont, Lombardy, Emilia-Romagna)2 wines
14.45 – 15.30	Fifth course – focus on Central Italy 1 wine
15.30 – 16.00	Question Time

*Sample Menu*

*Risotto alla boscaiola –with porcini mushrooms, prosciutto and parmesan.*

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*Agnello Scottadito – grilled lamb marinated in garlic and rosemary served with salad leaves.*

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*Melanzane alla Parmigiana – baked aubergine with mozzarella, tomato and parmesan served with fresh tomato and basil sala.*

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*Gorgonzola and Toma with fresh bread and fruit*

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*Cantucci biscotti*

**Time**

11am - 4pm

**Equipment.**

Your tasting glasses will be provided. Please bring a pen and paper

<b>Venues</b>		
<b>Bunhill Row</b> 15 Bunhill Row, London EC1Y 8LP	<b>Atlas PH</b> 16 Seagrave Road, London SW6	<b>The Peasant</b> 240 St John Street, London EC1V 4PH
<b>Please check the diary dates to see which venue applies to your chosen workshop</b>		