

COOKING CLASS EXPERIENCE



LA FORESTERIA
RISTORANTE
MENFI

The Planeta family opens the doors of La Foresteria's kitchen to share the exhilarating experience of the new cooking classes.

Themed lessons are planned in micro-units to reveal how the historic and the contemporary mingle in the kitchen with unexpected harmony. These little tasting adventures will be explored in a professional context and guided by Chef Angelo Pumilia.

The topics and processes presented will represent and include a profound feeling for the Planeta family's gastronomic history, thanks to your active participation.

In each course of lessons we will describe the history of the dishes with their numerous influences, we will pursue the study and selection of every single ingredient, the more complicated

techniques and the artistry of the mise en place.

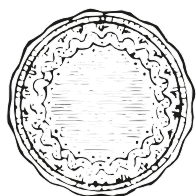
We will learn while being entertained, from preparation to tasting, while we sip a fine glass of wine.

The space will be that of our on-view light-filled kitchen, pleasantly decorated in blue and white which recalls the atmosphere and the warmth of a Sicilian dwelling, and with a breathtaking view over the herb gardens and the green of the vines as far as the blue of the sea.

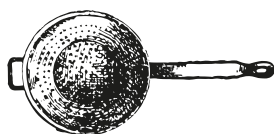
This is the very best way to describe and experience together the culture behind the dishes and the cultivation of the seasonal ingredients, while immersed in the authentic simplicity of nature.

For us this is an enormous pleasure.

Cooking classes are available upon request from Monday to Friday.



THE COOKERY OF CASA PLANETA



STREET FOOD



THE PASTA

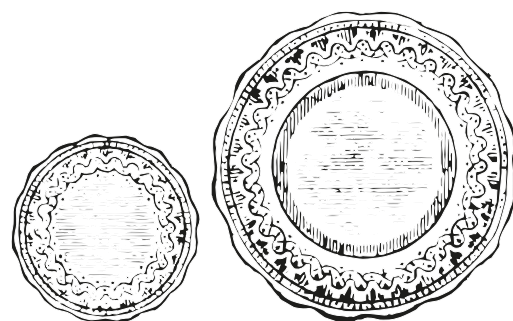


FROM THE VEGETABLE GARDEN TO THE TABLE



CASA PLANETA'S HERB GARDEN

THE COOKERY OF CASA PLANETA



Food always finds those who love to cook - Gusteu

This is a special lesson about our profound love of food and the art of hospitality. Every family maintains and preserves their own recipes, handing them down through the generations and protecting them jealously. The reason lies in their uniqueness, in the passing on, in the notes made, in the different handwritings which appear in the recipe books concealing the secrets and the spirit of family tradition. During these two hours, the most detailed and constructive, we will recount the Planeta history in four courses, from antipasto to dessert.

These are dishes which are symbolic in their preparation and constantly present on our table. For every meal encountered we will describe the historic Arab, Norman and Spanish influences and the great French masters named 'monsù', finally coming to our aunts, ambassadors and custodians of today's taste.

This is a short extract from a gastronomic atlas consisting of stories of great dishes, of great men and women effectively described in the book 'Sicilia – la cucina di casa Planeta'.

TIME

2 H - from 10.30 to 12.30

RECIPES suitable for 2/4 people

Caponata, busiate con pesto alla trapanese, wheel of Scabbardfish with herbs, cannoli

RECIPES suitable for groups

Caponata, timballo of capellini, wheel of Scabbardfish with herbs, cassata

PAIRING

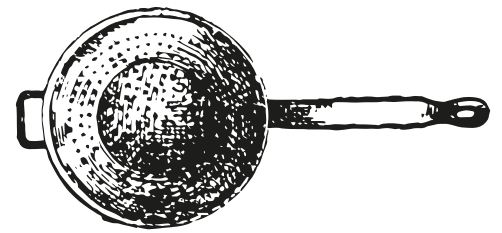
2 glasses wine (lunch)

EQUIPMENT

Apron, menu, pencil, Planeta folder

NOTE

STREET FOOD



*I have the simplest of tastes;
I am always happy with the very best – Oscar Wilde*

Street food, characteristic of a stroll around the markets, and rendering its essence in the concept of ‘less is more’.

A few ingredients, often cheap, of enticing shape, and always eaten with hands only. We have selected 3 iconic dishes which more than some represent Sicily as an island within an island. Thus a single item can be changed, substituting a filling or some other ingredient, and making a grand tour of the three corners of Sicily. We will discuss the use of street food at table, a great attraction for both adults and children, when it is presented at great family lunches, during

holidays or becoming a tasty and delicious item for picnics and expeditions.

Where frying becomes an art, the skill being acquired over the years, and where every recipe involves contributions from many sources so near and so varied.

TIME

2 H - from 10.30 to 12.30

RECIPES

Planeta family’s arancine, panelle (chick pea fritters), the scaccia

PAIRING

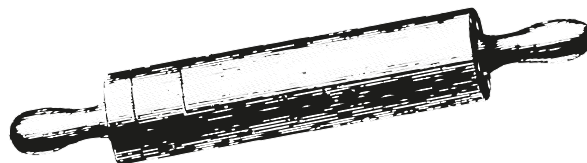
1 glass wine and olive oil to taste (during the lesson)

EQUIPMENT

Apron, menu, pencil, Planeta folder

NOTE

THE PASTA



Life is a combination of pasta and magic – Federico Fellini

Fresh pasta and its various forms. We have chosen to show you the everyday activities of our grandmothers who kneaded flour and water with their strong arms on the great wooden tables in country houses. We depart from tradition to reflect on how every shape of pasta has its appropriate sauce.

The correct planning of the work surface is important to prepare the egg dough which will, in its turn, become ravioli as made by generations of the Planeta family's women, famed for these fillings of sheep's milk ricotta and mint.

The working, the consistency, the

temperature and the choice of ingredients to be used will be the essential threads in a lesson which celebrates a moment of vocal participation.

TIME

2 H - from 10.30 to 12.30

RECIPES

Dough, shapes, ravioli with ricotta and mint, bottarga sauce, pesto, Kamarino sauce

PAIRING

1 glass wine (lunch)

EQUIPMENT

Apron, menu, pencil, Planeta folder

NOTE

FROM THE VEGETABLE GARDEN TO THE TABLE



*We need farmers, poets,
people who love trees and tell the winds apart - Franco Arminio*

The value of Sicilian cuisine is not given, most of the times, by the choice of expensive ingredients, but by freshness and seasonality.

We have created an organic vegetable garden at Gurra estate owned by the Planeta family.

This cooking class includes a walk in the vegetable garden to chose the freshest and tastiest seasonal ingredients, and a subsequent processing in the kitchen of La Foresteria, where vegetables will be prepared, transforming them in compliance with the tradition.

TIME

2 H - from 10.30 to 12.30

RECIPES

Salad, soup, sautéed vegetables

PAIRING

1 glass wine (lunch)

EQUIPMENT

Apron, menu, pencil, Planeta folder

NOTE

HERBS



In every aspect of nature there exists something marvellous – Aristotle

In choosing to create a herb garden facing the whole complex of La Foresteria, we have gone beyond an aesthetic idea and succeeded in instilling a distinctive character to this space. For the duration of each day and during successive seasons the herbs emit different scents which leave our guests with an indelible olfactory memory. So we have decided to keep you company and to gather together the many and exotic herbs here and demonstrate their use in our cookery. Providing input to the planning of La Foresteria's annual menus, the herb garden is a magical place, through

which our multi-sensory experience succeeds in discovering subtleties and flavours that one fails to recognise. From this arises the desire to experiment and approaches ever closer to the concept of nature at our fingertips.

TIME

2 H - from 10.30 to 12.30

RECIPES

Flavoured salt, herb dressing, carpaccio with citronette and chili, herby eliche pasta, wheel of Scabbardfish with herbs

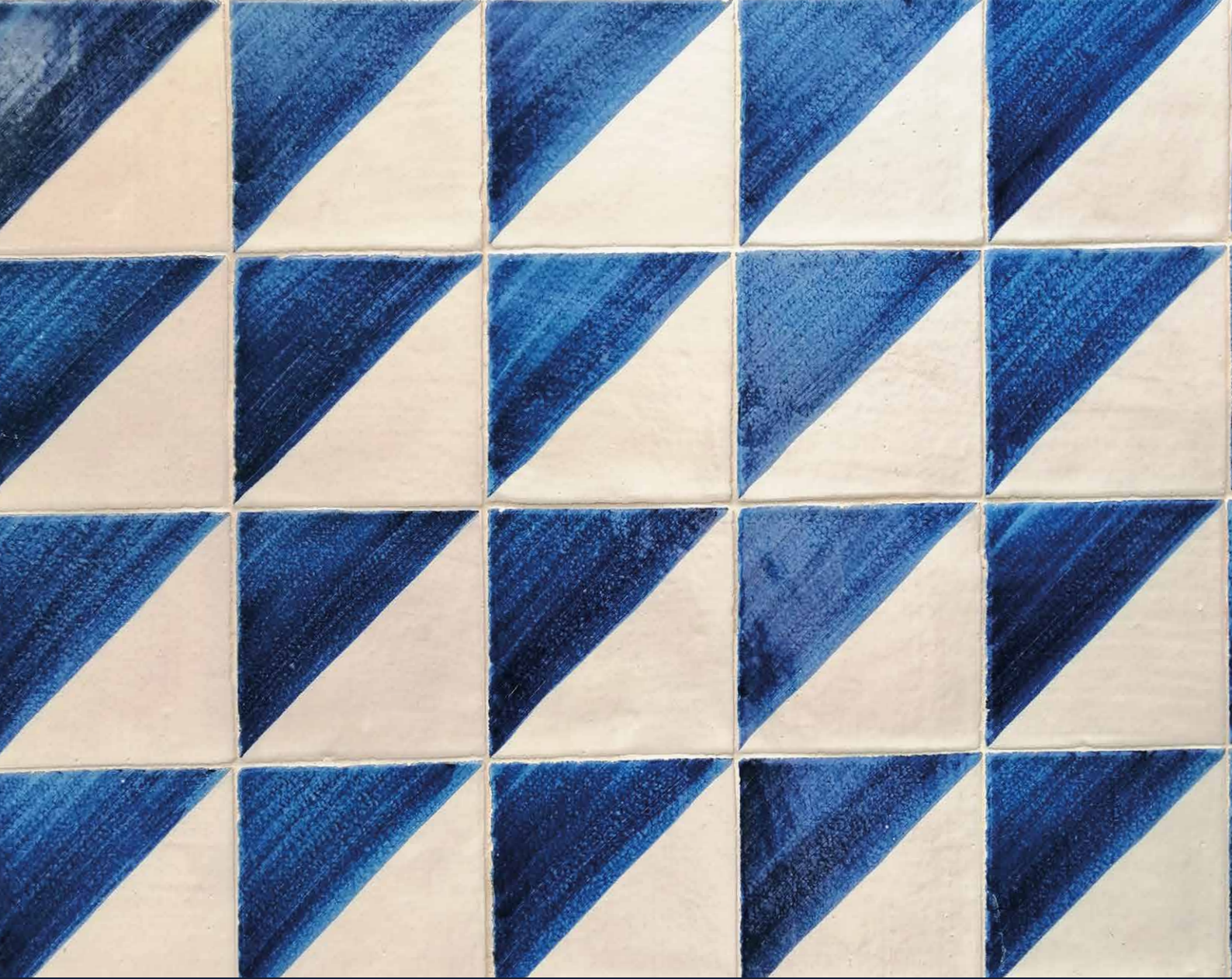
PAIRING

1 glass wine (lunch)

EQUIPMENT

Apron, menu, pencil, Planeta folder

NOTE



planeta.it

