

# 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 in the company of La Foresteria's brigade.

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.

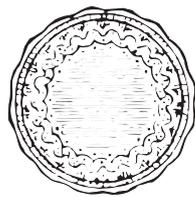
We will learn while being entertained, from preparation to tasting, while we sip a fine glass of wine.

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.

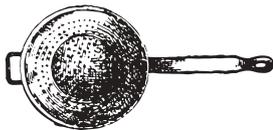
This is the very best way to describe and experience together the culture behind the dishes and the cultivation of the seasonal ingredients, while immersed in the authentic simplicity of nature.

For us this is an enormous pleasure.

Cooking classes are available upon request.



## THE COOKERY OF CASA PLANETA

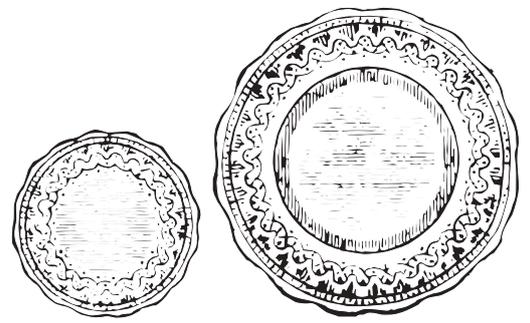


## STREET FOOD



## THE PASTA

# 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.

The Cookery of Casa Planeta is a culinary experience divided into three proposals, each designed to share and celebrate particular nuances of family tradition. In these routes, built on different levels of complexity, we will tell the story of Planeta in four courses, from appetizer to dessert.

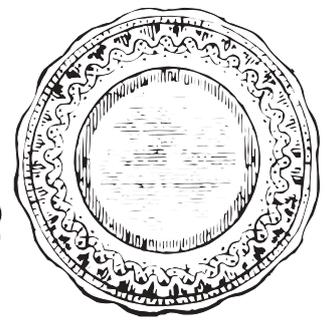
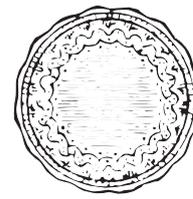
- **The Family Lunch:** an interactive cooking class that celebrates the simplicity of traditional Sicilian cuisine, which has animated the life of the Planeta family.
- **The Sunday Menu:** a structured journey, harmony of mixed flavors, which celebrates the value of conviviality in the Planeta family, combined with the passion for cooking, meetings and the different souls of the island.

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'.

# THE COOKERY OF CASA PLANETA

## The Family Lunch

LEVEL ● ○ ○



*Food always finds those who love to cook – Gusteu*

An interactive cooking class that celebrates the simplicity of traditional Sicilian cuisine,

which has animated the life of the Planeta family.

### TIME

2 H

### RECIPES

Caponata, fresh tomato sauce, fresh pasta, cannolo

### PAIRING

2 glasses wine (lunch)

### EQUIPMENT

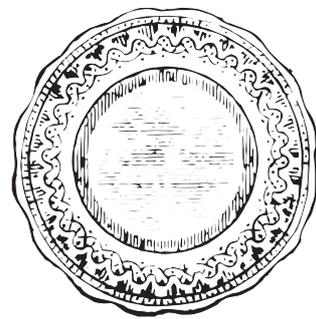
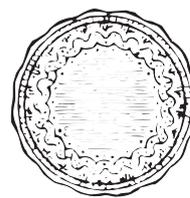
Apron, menu, pencil, Planeta folder

- You will be able to purchase the book 'Sicilia, la cucina di Casa Planeta', priced at €29
- All lessons must be booked, and will take place with a minimum of 2 people
- Information will be given on Planeta wines and olive oils in all lessons
- It is possible to request the cooking lesson with the Executive Chef Angelo Pumilia: availability and quotation on request.

# THE COOKERY OF CASA PLANETA

## The Sunday Menu

LEVEL ● ● ○



*Food always finds those who love to cook – Gusteu*

A structured journey, harmony of mixed flavors, which celebrates the value of conviviality in the Planeta family, combined

with the passion for cooking, meetings and the different souls of the island.

### TIME

2 H

### RECIPES

Seasonal salad, Casa Planeta's timbale, Casa Planeta's involtini, cassata

### PAIRING

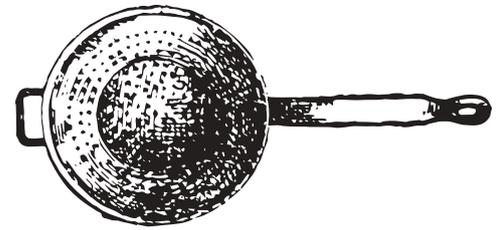
2 glasses wine (lunch)

### EQUIPMENT

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# STREET FOOD



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

LEVEL ● ○ ○

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

## RECIPES

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

## PAIRING

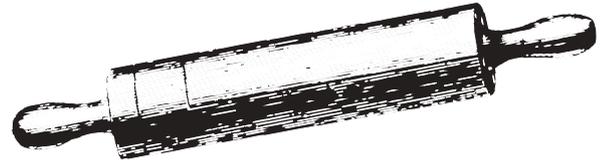
1 glass wine and olive oil to taste (during the lesson)

## EQUIPMENT

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# THE PASTA



LEVEL ● ○ ○

*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

## RECIPES

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

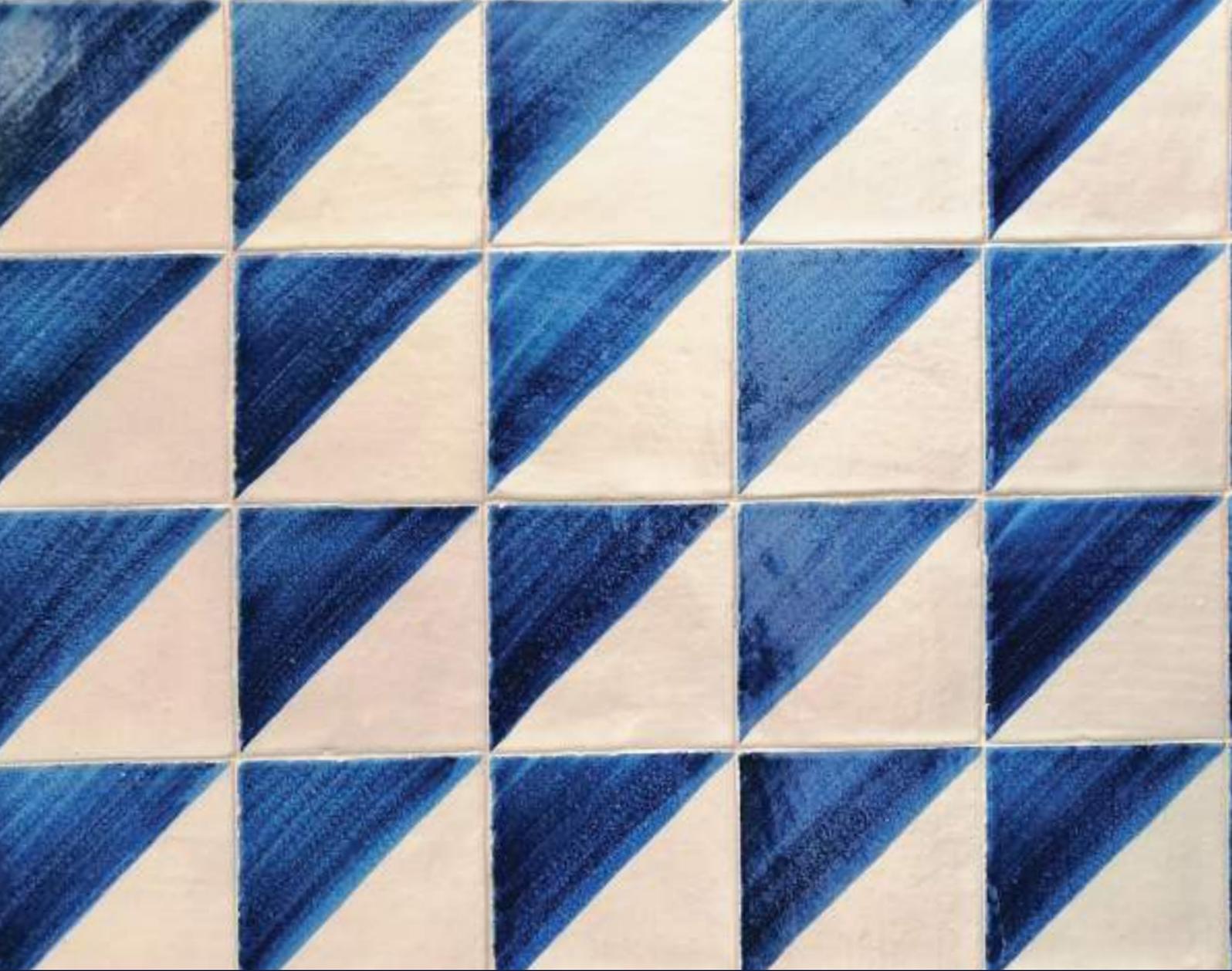
## PAIRING

1 glass wine (lunch)

## EQUIPMENT

Apron, menu, pencil, Planeta folder

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