

OLLI @Berkeley
June 2024
Course Syllabus

COURSE TITLE: Regional Italian Cookery

INSTRUCTOR: Linda Carucci (www.CookingSchoolSecrets.com)

DATES: Wednesdays, June 5, 12, and 26 (no class June 19 – make-up class Friday, June 21)

OVERVIEW: During each session of this four-part course, I'll present the cuisine of one of Italy's twenty regions. These four regions have been selected for their distinctive recipes, cultural influences, and cooking styles and techniques.

CLASS FORMAT (livestreamed and recorded): Several days prior to each class, the two or three recipes to be presented in the next class will be posted on the OLLI Member Dashboard. To prepare for each class, please print out and look over the recipes beforehand and be prepared to take notes during class. For each class you'll also receive a printable detailed list of the specialty ingredients and equipment used in that class as well as how to source these items.

On the morning of each class, you'll log on and Zoom into my home kitchen in Oakland, CA where I'll discuss the Italian region of the day and demonstrate the preparation of the chosen recipes. You'll have both overhead and head-on views of the stove and me, respectively. During each class I'll allow time for Q&A via the Zoom Chat feature. Please note that each of these classes will be recorded, so if you're unable to attend a class in "real time," you'll be able to watch the recording at your leisure anytime from the Friday after the actual class until Saturday, August 31, 2024.

For the most part, the recipes demonstrated in class will yield about 4 servings. I will discuss how to select the best ingredients, how to store any leftovers, etc. Given that many of the recipes demonstrated will be based on recipes I've learned from both professional chefs and home cooks in Italy, I'll explain any adjustments I've made to achieve excellent results using ingredients readily available in the U.S. My hope is that after each class you'll be inspired to prepare these recipes and add them to your own culinary repertoire.

The fine print:

- This course is suitable for advanced-beginner as well as experienced cooks.
- Please note: This is a demonstration (not "hands-on") cooking course.

FEATURED REGIONS:

WEEK 1: The pescatarian and vegetarian cookery of Liguria in the northwest, often referred to as the Italian Riviera

WEEK 2: The lusty cuisine and specialty pastas of the region of Lazio which includes the Eternal City of Rome

WEEK 3: The satisfying *cucina povera* (peasant food) of Puglia, the heel of Italy's boot

WEEK 4: The vibrant island cuisine of Sicily, Italy's largest region

ABOUT YOUR INSTRUCTOR: What I love about teaching culinary arts is passing on the kind of professional cooking techniques, secrets, and tips that enhance a home cook's enjoyment of preparing food. Of all the work I've done throughout my career, teaching cooking is what I love most. I'm honored to be invited back by OLLI to teach this course and I'm excited to share my craft with you.

As for my professional background, in a blurb he wrote for the cover of my cookbook, the French Laundry's Thomas Keller called me "the consummate teacher, cook, and coach all rolled into one." I swear I didn't pay him to say that.

I grew up in New England, the granddaughter of a Southern Italian cheesemaker. In 1983, embarking on a career change, I moved to San Francisco to go to culinary school, and for the past thirty-plus years I've been ensconced happily in the field of culinary arts education.

I'm the former dean of the California Culinary Academy (also my alma mater) and I've served as the inaugural Julia Child Curator of Food Arts at COPIA in Napa Valley. After these positions, in 2007 I was recruited to serve as the inaugural chef/director at the San Francisco campus of The Art Institute of California, where I launched and directed the operations of The International Culinary School's degree programs as well as the school's student-staffed restaurant Bistro 10UN. In my six years there, the school grew from a dean's dream and empty Civic Center office space to the largest department on campus with two professional teaching kitchens, nearly 300 students, and a faculty of 13 chef instructors.

Those of you who've been in the Berkeley area for a while may remember when Sur La Table opened on Fourth Street. Their manager hired me to conduct free cooking demonstrations to entice customers into the new store. Then she asked me to develop a four-week Basics of Cooking course, and as the company expanded to Maiden Lane in San Francisco, and then to Los Gatos, so did my teaching load. All of those technique-oriented classes begat a cookbook.

In 2005, Chronicle Books published my book *Cooking School Secrets for Real World Cooks* which was honored as a finalist for both James Beard and IACP Julia Child First Book Awards. The second edition of *Cooking School Secrets for Real World Cooks* was named a *Washington Post* Best Cookbook of 2016.

Before and among these various posts, I've also worked as a live-in private chef for a prominent San Francisco family and have cooked at and managed restaurants and culinary operations in several San Francisco Bay Area kitchens including Greens restaurant, UCSF Medical Center's Department of Nutrition and Dietetics, and Paula LeDuc Fine Catering.

Prior to graduating from culinary school, I earned a Bachelor's degree in psychology at Stonehill College in my home state of Massachusetts, and then a Master's degree in education at Colorado State University. I was serving as Associate Dean of Students at Occidental College in Los Angeles when the urge to work in the hospitality industry led me to enroll in the professional chef training program at the California Culinary Academy in San Francisco.

I hope you'll join me on this fun exploration of the cuisines of four distinctive regions of Italy. Thank you for your consideration.

BIBLIOGRAPHY: These are some of my favorite Italian cookbooks, as well as my preferred culinary reference books:

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Mendelsohn, Lotte, and Bea Lazzaro. *Italian Regional Cookery: A Culinary Travelogue*. Weston, MA: Font & Center Press, 1986, 1993.

Minchilli, Elizabeth. *Eating My Way Through Italy: Heading Off the Main Roads to Discover the Hidden Treasures of the Italian Table*. New York: St. Martin's Griffin, 2018.

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Russo, William Dello. *Puglia in Cucina: The Flavors of Apulia*. Palermo: Sime Books, 2011.

Schneider, Elizabeth. *Vegetables from Amaranth to Zucchini*. New York: William Morrow, 2001.
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