



COOKING VACATIONS TUSCANY

Mediterranean cookery course – Menu – Laura Giusti

*This is an example of dishes that you might prepare;
It can change subject to season and availability.*



Italian

Black Crostini
Cheese and Bresaola stuffed rolls
Tomato Bruchetta
Fennel Orange and Olive Salad



Potato Gnocchi
Trofie Pasta with fresh Spinach
Ribolita
Tagliatelle with meat sauce
Trofi Pasta with Pesto and Eggplant cheese sauce



Florentine T-Bone Steak
Roast Pork Loin – Arezzo Style
Veal Escalopes Alle Pizzaiola
Breaded Lamb
Ossobuco



Chocolate mousse
Grandma's Cake
Panna cotta with candied orange zest
Zabaione with strawberries





French

French Onion soup
Salade Nicoise
Quiche Lorraine



Chicken Provençale
Provençale Fish Stew
Ratatouille
Provençal Rabbit with Tapenade
Sea Bass baked in a crust of salt



Chocolate fondant
Seasonal Fruit Flan
Summer Peaches
Upside down Apple tart
Ice Cream



Spanish

Gazpacho
Meatballs with chopped almonds
Sangria
Tomato Anchovy Bread



Paella
Gilt head Bream baked in salt with Mediterranean herbs
Lamb shoulder with dried fruit

Salad of roasted red peppers



Crema Catalana





Moroccan

Eggplant Dip
Filo Pastry Egg Parcels
Laham Mishwi – Meat skewers
Tuna and Egg Brik
Falafel



Chicken Tajin with pickled lemons and olives
Lamb with Dates
Moroccan Lamb Stew



Almond Macaroons
Orange Fruit Salad
Mint tea



Other Mediterranean dishes:

Fava bean Soup
Harissa
Bulgar Wheat salad
Tzatziki – Yoghurt and cucumber salad
Turkish style baked eggplant

