

COOK
& TALK





Excellent day out. Excellent format *F Bendo, W.Sussex*

Very good, very hospitable
fun and educational

*M. Venning,
London*



Welcome

Spend an unforgettable day at a charming 16th century farmhouse in Surrey experiencing one of our unique **COOK & TALK** days.

Combining cookery and language, our experiences are a day out with a difference, giving you the chance to try your hand at some well-loved Italian classics and have a go at talking Italian in a relaxed and friendly environment.

*At fluentintuition we believe in celebrating the good things in life; this philosophy is at the heart of the **COOK & TALK** experience.*

So, you can enjoy making delicious pasta dishes the truly traditional way – hands on and machine free; baking pizza in our unique wood-fired oven; or even trying to roll out your own piadina. We'll share with you a few insider tips, guide you through a typical menu in Italian and show you how to order your favourite meal abroad. Then you'll be able to lunch on the fruits of your labour and chat over a glass of wine in the company of friends old and new; and weather permitting, al fresco.

Enjoy a day of great flavours, good company, accomplishing new skills and lots of laughter. And if you'd prefer us to create your very own day, we can do that too. Whichever experience appeals to you most, we very much look forward to welcoming you and your friends or colleagues to the farmhouse.

Our COOK & TALK experiences

At fluentintuition we've developed 8 brand new **COOK & TALK** experiences. Below you can find out more about each day and select the one that you like best. As each experience is unique, and all are interlinked, you can also do an entire course of experiences with us.

Whether you're a food lover, language enthusiast or a novice at both, you'll get to enjoy a great day out cooking and talking at Little Gorsewood. So, for more information about dates, times and prices please refer to our enclosed calendar of events.

Pasta-making Marche style

Home-made pasta basics

Always wanted to make pasta from scratch? Learn to make pasta by hand the traditional way: try rolling out your own pasta sheets, creating tagliatelle, and cappelletti or 'little hat pasta', favourite dishes from the Marche region, in an informal, hands-on environment. Learn some Beginners' Italian: how to order 'At the restaurant,' join in our quiz and discover more about the region's culinary heritage, then sit down to enjoy a two course lunch with wine.

Pasta al forno: Vincisgrassi

Home-made oven-baked pasta

Come and discover how to make home-made baked pasta dishes like cannelloni, mille foglie and the Marche's famous signature dish Vincigrassi, rich with produce from the rolling hills and valleys. In this intimate farmhouse setting, you can find out about the culinary traditions of the great festivities that continue to be passed down from generation to generation today. Make the most of some personalised language training 'Shopping for fresh ingredients and eating out' and gain insights into regional culinary heritage. Then enjoy the lunch you've prepared, together with a glass of Verdicchio and practise your Italian!

Cucina delle feste: Passatelli

Alternative pasta doughs

Find out the myth behind the famous priest-stranglers: yes, learn to make Strozzapreti and potato Gnocchi: home-made pasta with a twist! You'll discover the variations, traditional accompaniments and how to marry them with the perfect partners. You'll also have a go at making Passatelli, one of the many gastronomic jewels in Urbino's renaissance crown. As always, you'll look at a different regional menu, local produce, and a traditional meal. Learn to decipher the menu, order and cope when lunching at a trattoria or restaurant. Then you'll sit down to a two course lunch with wine to enjoy the fruits of your morning's work.

Piatti classici

The basics: soup, sauce, ragu

Take on board the basics with some fun regional classics such as Spaghetti alla carbonara, pomodoro e basilico, minestra in brodo, pasta con rosmarino e ceci and other time-honoured favourites. We'll let you into the secrets behind these traditional pasta dishes, and explain the sauces, ragouts, broths and the real ingredients featured in the original versions. Learn about the recipes, how to buy and say the main ingredients in Italian, try our quiz, and practise some Italian over a glass of wine and lunch.



Pizza al forno a legna

Home-made oven-baked pasta

What really makes for a perfect pizza? Create the dough for a great base, source fresh local ingredients, cook in a wood-fired oven and serve on a wooden trencher! Come and see how easily it's done: make your own pizza, learn about the traditional pizza recipes, regional variations like pizza Rossini, how to decipher a pizza menu and ask for ingredients you love to eat. Then sit down to a two course meal, including the pizza you prepared, with a glass of local wine.



Piadina e fagioli

Country fare: flatbread and bean soup

Piadina is a traditional flat bread that dates back to Roman times, and its origins lie in the rustic country fare of local sharecroppers. This regional delight is to be found in the lands between the Appennini Mountains and the Adriatic Sea. A great alternative to bread, 'piada' makes a gutsy starter, complementing vegetables, cured hams and cheeses alike. In the Marche you'll also find it 'sfogliata': many-layered and flaky, oftentimes served with much-loved fagioli bean soup. Come along and try your hand at making this simple basic flat bread and its accompaniments. Take a look at a rustic trattoria-style menu; learn how to ask what dishes there are when there's no written menu, master some survival Italian, and check out our culinary dictionary of regional and Italian terms. Then sit down to a lunch, including the piada you made with a glass of local wine.



Dolcissimi

Just desserts!

Dolcissimi just desserts for the sweet-toothed! So if the best part of the meal for you is the final dish, or you simply want some inspiration for entertaining friends, then spend a morning finding out about zuccotto, bostrengo, crostata, ciambellone, pasta margherita, and many more Marche-style puds. Then learn about some mouth-watering pudding recipes from around Italy, their key ingredients and how you say them in Italian. Learn the names of different flavours and how to order your favourite ice-cream cone. Practise to your heart's content over a light lunch, with a selection of puds and a glass of local pudding wine.



Antipasti e cena fredda

Summer entertaining

Antipasti all'italiana: learn to prepare a magical combination of starters, and la cena fredda, some appetising savoury dishes served cold for perfect summer entertaining. Decode a typical menu, order from a regional menu, and work out how to interpret a simple recipe. Sit down to a cold lunch of dishes you've prepared, try our quiz and practise your newly learnt Italian over a glass of Verdicchio. Buon appetito!

And here's some more information..

What's included in your COOK & TALK experience

Your booking fee covers all ingredients, equipment, recipes, learning resources, refreshments on arrival and a two course lunch - this includes dishes participants have prepared during the day - with wine (two bottles per party of 6). We can also arrange a box or gift wrap if an experience is bought as a gift.

How to find us: COOK & TALK accessibility and location

*The venue for the **COOK & TALK** experience days is a 16th century farmhouse kitchen in Mayford, Surrey. Externally the venue is accessible by car, there is a stone path to the buildings access, no external steps. Due to the listed nature of the building, there are internal steps and limits on accessibility. Please ask for further details before booking.*

The farmhouse is located in the country but is in close reach of the A320, and is a 10 minute drive from Woking and Guildford train stations. These have direct links to London Waterloo, which is 25 minutes away, with frequent services on offer. There are also taxi ranks at both Woking and Guildford stations, and other attractions in the area should you wish to make a weekend of it. We do offer parking should you be travelling by car.

About the fluentintuition team

Experiences are run by professional language trainers and a home-economist. Our team is made up of committed and motivated people who are passionate about what they do. They have strong linguistic and teaching backgrounds and want to share their culture, language and expertise with you.

Special COOK & TALK experiences

*If you would like to arrange a private event for yourself or a group of people, or tailor a session to a specific level or content in terms of Italian language or regional cookery, we'd be more than happy to arrange a bespoke **COOK & TALK** experience especially for you.*

How to book

It's easy to book your place on one of our experience days, just choose from the following:

*Phone us on **01483 768500***

*Email us at **cookandtalk@fluentintuition.co.uk***

*Book online at **www.fluentintuition.co.uk***

Complete the booking form enclosed and return it to the address at the bottom of the form.



Terms and conditions

Bookings are non-refundable unless an event is cancelled by fluentintuition. fluentintuition Ltd reserves the right to cancel an event and in these circumstances participants will be notified and will be able to transfer to an alternative date or receive a full refund if cancelling the booking.

Data protection

When making a booking your details will be entered on our database and may be used to inform you of future events. Details will not be passed to third parties. If you do not wish to receive this information please inform us at the time of booking.


Our services

*fluentintuition is a language experience and course provider. If you would like to know more about our personal language training packages or our group programmes contact us on **01483 768500**, email **info@fluentintuition.co.uk**, or visit us at **www.fluentintuition.co.uk***

For more information

For more information about any of our courses or the experiences highlighted in this brochure, please don't hesitate to contact us, we'd be more than happy to help.

*Phone us on **01483 768500** or email us at **cookandtalk@fluentintuition.co.uk***



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