

## Diary Italy

First and second day.

Yesterday was a long day, we started in Copenhagen airport, we should meet up with everyone at Terminal 3 under the big watch. When we all was there, we walked together to Terminal 2, and checked in. Us from Slagelse had a little challenge because Lasse, had never tried flying before, so we had to take care of him. When we landed in Rome, we bought something to drink, and sat down to eat our lunch box and then we waited for the bus. It was a long bus trip, from Rome to Perugia, it took about 3, 3 and a half hour. When we arrived at the hotel, we took a walk in the city, and bought the things we needed, then we ate at a very nice restaurant, very delicious food. At night we went to a sports bar, where we saw Roma vs Juventus, it was a nice experience, to watch soccer with the italians.

Today we was at school, we got a look into the italian food culture, and it is very interesting, their food culture is completely different compared with the danish ones. They have a classroom, only for students who wants to learn to make gelato. Gelato is a very famous italian ice cream, the whole world love the ice cream, it is very delicious, and completely different than the icecream we have in Denmark. They make all their ice cream with real flavours, and they let the flavour from the material get in to the cream. And they do that by let i stand in the fridge, for at least 24 hours. Then we ate lunch at the school restaurant, also very delicious food. Then we walked to the bus, and took that home to the hotel. Tonight we are going to a restaurant, and maybe a bar to watch soccer.



Third and fourth

day

The third day we were in school, our teacher showed us how to make a lot of classic italian dishes. The most important thing for him, is that you know the basics of Italian food, before you do any advanced dishes, and italian cooking methods. He showed us how to cook dishes with polenta, pasta and pesto and risotto with safron. For the pasta and pesto, it is very important not to heat up the pesto because then it's going to be black, and a awful color. He is a very good teacher, he is not that good at english, but we can understand him, and I learn a lot. The best thing i know about italian food culture, is the way they love to make food, they put a lot of heart in their cooking. Food means a lot to italians. We ate at a nice restaurant at night, they served delicious food. I ate a pizza and drank a glass of wine.

#### Fourth day

We were at school, we made pasta, and lasagna, a very good day in school. When we were done at school, we made a deal with our teacher to get a bus for us, so we could go to Gubbio and see a race, it was a very big day for a lot of Italians, i talked to an italian guy, who told me that this is a very big day, for him and his family, because they all come together and have a nice time. There was 3 teams to the race, the yellow team always win, we don't know why, but our teachers wife told us they always win. Gubbio was insanely crowded, and there was wine and food everywhere. It was a really nice day, despite the bad weather.



Fifth and sixth day

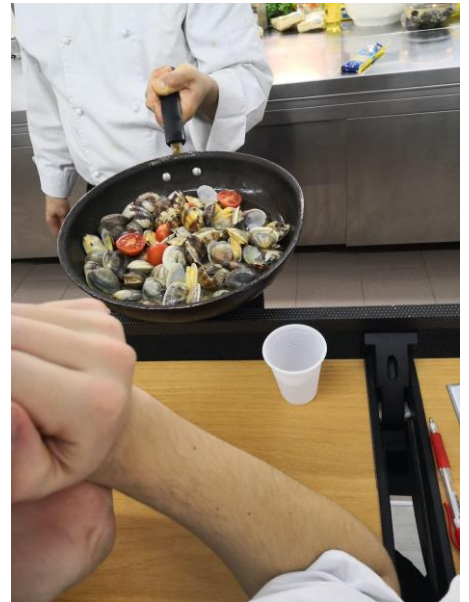
Fifth day

We were at school, we learned how to make more advanced pasta forms, we learned to make handmade gnocchi, that was quite difficult, we had to roll it like a long worm, when you do that, you have to cut it very precisely, into some small cubes. Our teacher told us today, when he cooked a meal for us, that there is a lot of different recipes for every dish in Italy, because often it is a family recipe the Italians are using, and that is different from family to family. He made a dish for us, with pork loin, that was very delicious, he used a lot of garlic, he told us that garlic is very important for Italian food. This was the northern people's traditions and dishes, they use mostly fresh pasta. When we

Sixth day

We started the day in school, today we have to learn about the southern traditions and dishes in Italy. The southern Italy uses mostly dry pasta for their dishes. Today we made spaghetti carbonara, and 4 other Italian dishes. Carbonara is very different in Italy than in Denmark, here you don't use cream, and you don't heat the eggs so they start to be scrambled eggs. The eggs are still juicy, that is very delicious in my opinion. Our teacher told us in the south they use chili for almost every pasta dish. When they cook pasta in Italy, they always put salt in the water, so the pasta can get more flavour. We will eat home tonight, and when we ate we are going to hit the city, and have some beers.





## Day nine and ten

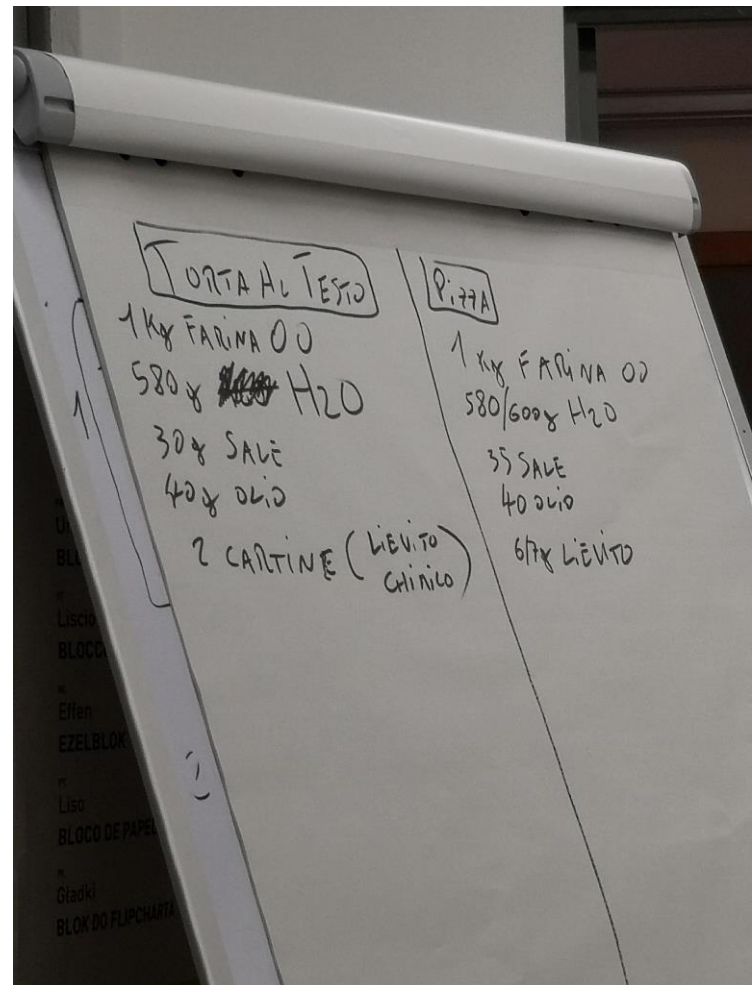
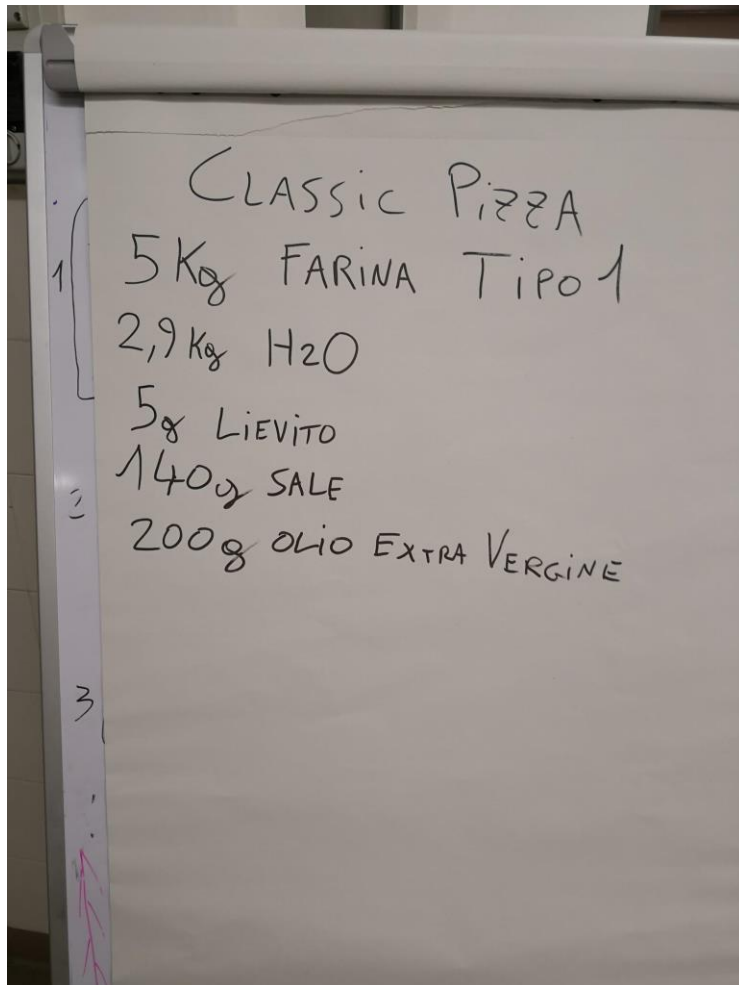
Monday, our day number nine in Italy, Mateo gave us some information about pizza in the south, and north. He told us that there is a lot of different recipes, in Italy on how to make a pizza dough. He showed us how to make a good dough, for a classic crunchy Italian pizza. He cut the pieces out in exactly 230 gram, that is very important for result of the pizza. He showed us how to make a heavy dough called, torta al testo. He made our lunch. It was very delicious, he showed us how good a pizza can taste with only 3 ingredients. If you put too much ingredients on a pizza, you can not taste all the flavours.

Tuesday, our day number ten in Italy. We learned to make the classic perugia pizza dough, it is a very thin dough, and very crunchy all around, it is a very easy dough to make, it is very simple, but it taste delicious. It is incredible how fast he can make a bun, to a pizza. It takes him 25 seconds to make a bun to a pizza. We learned how to make the right form, of the pizza it is very easy to make a thin and delicious pizza. In Italy you don't have to put tomato sauce on, all pizzas. You can make pizza with

different cheese, or mozzarella, ham and tomatoes that is very delicious. At night we ate at home, with some of the girls from our hostel.

Day eleven

Wednesday, our day eleven in Italy. We made a pizza called Pizza Alla "Pala. Like the other days, we made the dough with Mateo our teacher. This is a very non traditional pizza form, it is a rectangle. And again it was very important to make a pizza with no more than 3 flavours. I made a pizza with buffalo mozzarella, potato



and sausage. It was a very common choice in Italy, Mateo said. It was very delicious, when we made our own pizza we ate it for lunch. Mateo told us he has his own pizza place, at the train station. We tried the place at the night, it is very different compared to the pizza places in the center. His pizzas are made with passion and love, it was the best pizza i ever tasted.

Our last day in Perugia.

We made torta al testo, and got a certificate from the school, we said goodbye to our teachers, and the school leader. It was a very good day at school. I got friends with

our teacher on instagram Mateo Peducci, he was a very good teacher, and a very good chef. My time in Perugia, was very exciting, and i learned a lot. I am very happy to have that opportunity, to go on a trip, and learn something from an other food culture.

Made by  
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