

ROMA FIRENZE BOLOGNA PALERMO CATANIA NAPOLI MILANO TORINO

## SPECIALISTIC COURSE IN MEATBALLS AND MEAT ROLLS

The specialized course in "Meatballs & Meat rolls" organized by ANPA with the High Patronage of the APCI (Italian Professional Chefs Association) and held by Executive Chef, aims to teach the professional techniques and methodologies for the preparation and the presentation of one of the most popular dishes in the Italian popular cuisine, usually served as a second course.

Targeted to Chefs, Kitchen staff, Operators of fast food, takeaways, Restaurants, as well as to students that have attended the training courses of Chef of 1st and 2nd level, the course will present the different techniques of dough, stuffing and cooking meatballs according to the recipes of the various Italian regional craft traditions (cooking stewed, baked, fried, grilled ...), as well as the processing of the meat loaf (as a variant of dumpling in one piece).

The course in "Meatballs & Meat Rolls", is divided into 5 classes of three hours for a total of 15 hours of practical training, divided on the following issues: *traditional meatballs and meatloaf, meatballs and boiled regional preparations, meat loaf and meatballs stuffed, meatballs and meatloaf with fish, with shellfish and with vegetables and a last lesson on the finger meatballs and the meatballs made with ethnic recipes.*

The raw materials that will be processed during the course, will be red and white meat, fish, shellfish, vegetables and legumes, eggs, cheese, ham, sausage, bread crumbs, flour with the addition of various ingredients, such as herbs and spices. The course will permit to create, according to the classical tradition recipes, but also through the personal creativity, a wide variety of meatballs and meatloaf to be consumed as "unique dishes", as main courses, as delicious finger food or as original cocktails.

### DIDACTICAL SCHEDULE

- **Traditional Meatballs and Meatloaf**  
Neapolitan meatballs (beef, veal, pork) with noodles  
Meatloaf stew stuffed (beef)  
Meatloaf on the network (beef, pork)  
Pork meatballs with peas
- **Boiled meat balls and regional preparations**  
Picchiapò meatloaf (beef)  
Boiled meatballs "alla romana" (beef, veal, chicken)  
Meatballs at "the Giudia" (beef)  
Meatloaf in savoy cabbage (beef)
- **Stuffed Meatloaf and meatballs**  
Meatballs (hamburgers) aromatic (beef and sausage)  
Chicken nuggets and veal nuggets with lemon or curry  
Salad and sweet and sour meatballs  
Beef meatloaf stuffed with white meat (chicken) and pistachio

- **Meatballs and meatloaf with fish, shellfish and vegetables**

Meatballs with Portuguese saltcod  
Veggie burger (lentils)  
Tuna Meatloaf  
Calabrese eggplant Meatballs  
White fish balls with with shrimp sauce

- **Meatballs finger and ethnic recipes**

Acras shrimp  
Kofta veal  
Chicken Croccole with spicy Mexican sauce  
Jordanian stuffed buns (mutton)

<b>START COURSES</b>	Every month
<b>DURATION</b>	15 hours (5 lessons of 3 hours)
<b>N° STUDENTS</b>	Course delivered only in individual formula
<b>TARGET</b>	Chefs, restaurants operators, fast food and takeaways operators, trainees of the first and second level of the Chef course, amateurs
<b>FREQUENCY</b>	Customizable to the needs of the participant
<b>HOURS OF LESSONS</b>	Customizable to the needs of the participant
<b>COST</b>	€ 1.000,00 + VAT 22%
<b>INSTALLMENTS</b>	€ 220,00 VAT included at the registration + n. 2 installments of € 500,00 VAT included

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