



Maria D'Aquino

This self-described foodie and passionate cook says she “was born with a wooden spoon in my mouth.” Maria DiVita D'Aquino grew up in a large, Italian family in Queens, New York, spent a good deal of her childhood in her grandmother's kitchen, and has been cooking since she could see over the stove. A lifelong New Yorker, she has a background in international business, working for a ship management company and a large investment bank. She spent vacations in Italy as a child and is an avid Italophile. She has two grown children, one of whom lives in Wilmot, and three grandchildren. She retired to New London in 2016. Among her hobbies are writing, painting, interior design and, of course, cooking.

Italian Food: There's No Such Thing III

Study Leader: Maria D'Aquino

Wednesdays, 1:30 - 3:30 p.m.

4 weeks beginning Sept. 18

AIL Classroom, Lethbridge Lodge, Colby-Sawyer College

Maximum number of participants: 20

The story of food is always a story of people and culture. We will explore Italy's history, humanity and culture through the lens of its food. We will look at Italian cuisine and its Italian-American counterpart. This will not be a hands-on cooking class, but food will be incorporated into each session. We will learn how to cook pasta like an Italian and how to make good pizza at home. Recipes will be provided.

First Week

Old culture, young country. A short history of how the cuisine developed from the time Italy morphed from a feudal state to the Kingdom of Italy (The Risorgimento) and beyond to a Parliamentary Republic in 1946. There are now **20 regions** in Italy, each with its own identity and food profile.

Second Week

Immigration. How Italian-American cuisine evolved. Why what Americans call “Italian food” is very different from Italy's food and why Italians don't like it.

Third Week

Why is food in Italy so different? A 736-mile-long peninsula, it spans seven climate zones. Geography, climate and economic status drive the food. This week we will delve into **PASTA**. Different kinds, how to buy it, what to look for and, most importantly, how to make pasta like an Italian.

Fourth Week

How has the cuisine changed since Italy joined the European Union? **Pizza!** Learn how to make it at home without any fancy equipment.

PLEASE NOTE:

The spots in this course will be assigned by lottery and preference will be given to those who have not taken this course in the past.

Please visit the registration page on the AIL website to register for the course lottery.