

VIA MEDINA

Eat. Experience. Explore.



**Culinary
Experiences
Cooking Courses**

ViaMedina is a culinary project, exploring ideas inside and out of the kitchen.

Private chefs Mark and Ginger Medina Rios settled in Tuscania five years ago after working in Michelin starred restaurants all over the world.

Since then, they have fallen in love with the recipes, the stories, and the people that make this one of the most authentic regions of Italy.

ViaMedina offers private dining, cooking classes, and bespoke travel arrangements to create unforgettable experiences for families and groups.

They combine years of experience in global kitchens with their knowledge of Italian culture and cuisine to give you an inside look at one of the world's most exciting culinary treasures.

Don't just tour. Explore.



**"One cannot think well, love well,
sleep well, if one has not dined well".**

- Virginia Woolf

VIAMEDINA COOKING CLASSES

The only way to fully appreciate Italian cuisine is to experience the joy of cooking it, and ViaMedina offers a range of cooking classes for couples, families and groups. As culinary director of the Istituto Lorenzo di Medici and with almost 2 decades of experience in kitchens around the world, Chef Mark can accommodate any skill level. Guests can choose to practice making fresh pasta, experiment with classic Italian recipes, or request a custom course.

After the course, you'll sit down for a meal to sample your hard work!

Cooking classes start at 100€ per person.

Classes begin in the late morning or afternoon and last approximately 2.5 hours, with lunch or dinner to follow.

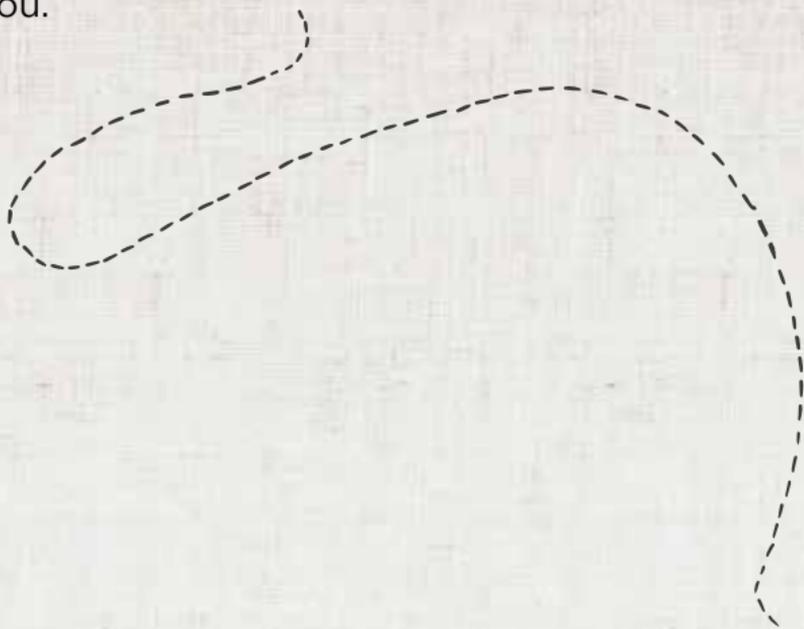


THE FUNDAMENTALS OF PASTA

As iconic as pasta is to the Italian culinary canon, it is an incredibly nuanced subject that takes a lifetime to master.

We'll start you off on the right track with a range of pasta doughs and shapes and show you how different dishes have evolved around Italy. You'll learn the difference an egg makes, and how you can add ingredients to pasta to make different colors, flavours and dishes.

Afterwards, you'll sit down for a pasta tasting with your work served alongside ours, and we'll give you a special gift to take home with you.





GLUTEN FREE ITALY

If you're celiac or gluten intolerant, you may feel like there aren't many options for you when you visit Italy. However, gluten free foods play a huge role in the Italian tradition, and in this class we'll show you how to make some of the classics. You'll learn how to make risotto and gnocchi alla Romana, and finish off with a panna cotta for dessert, all of which are gluten free.

**please note that we do not have access to a 'clean' kitchen that is entirely free of gluten, so we cannot accommodate severe allergies.*

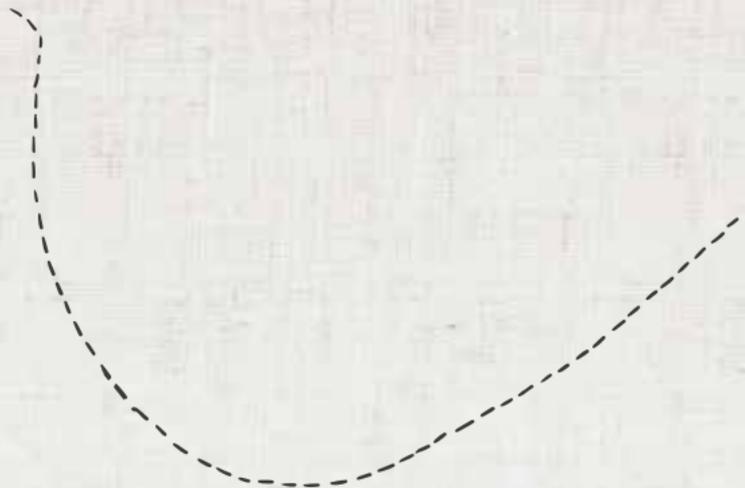
We apologize, but your health is more important than anything!



KNIFE SKILLS AND BASES

Have you ever watched a cooking show or a famous chef and wondered why it is that your recipes never seem to look like theirs, even though you followed the instructions word for word? It might be all in the technique. All good cooks start with good knife skills. You'll learn how to not only use that knife but also how to take care of it. Get the tricks of the trade from a chef who spent almost 20 years in the kitchen working on his skills.

In the process, we'll learn about some of the most important staples in the *cucina povera*, and teach you how to prepare some things in advance that will take your cooking to the next level.



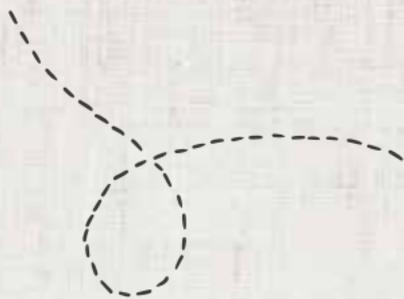


THE INCREDIBLE EGG

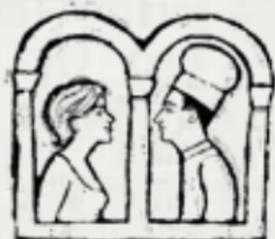
The humble egg is perhaps one of the most essential elements of modern cuisine, and almost anywhere in the world you'll find it at the heart of culinary traditions.

The story of this ingredient is as fascinating as the dishes it creates, and throughout the class you'll hear about how eggs signaled wealth, and that before hen eggs became ubiquitous, duck and guinea fowl eggs were considered ideal for many types of cuisine.

We'll recreate some of the classic Italian dishes like *gnudi* and *zabaione* with different eggs to show you how they've evolved and how different they can taste.







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