

# Traditional Italian Meatballs

## Learn to make and taste

## Authentic Italian Meatballs with crusty bread

Hilda and Laurie Inglese of Yarra Valley, first generation Italians are passionate about their recipes and would love to share them with you; authors of **Wow! It's Italian Gourmet Cook Book**. (Cook books will be available for purchase on the day).

- Venue:** Dunkeld Consolidated School, 93 Victoria Valley Road  
**Date:** Friday 17 April 2015  
**Time:** 12:00 noon – 1:30pm  
**Cost:** \$10.00 per person (cooking demonstration and tasting)  
*\*Proceeds to the school's SAKG Program*  
**Bookings:** nicholson.terrie.f@edumail.vic.gov.au or phone: 5577 2384  
(bookings essential).



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### WOW! IT'S ITALIAN – COOKING DEMONSTRATION AND TASTING FRIDAY 17 APRIL 2015

**Form and payment to be returned to school by Tuesday 14 April 2015**

I would like to attend Hilda and Laurie Inglese's cooking demonstration and tasting on Friday 17 April 2015 from 12.00 noon to 1.30pm in the school hall. Cost \$10.00 per person (proceeds to the school's SAKG Program). **Please indicate the number of people attending:**

Number of people attending @ \$10.00 per person

Amount enclosed: \$ \_\_\_\_\_

*(Cash or Cheques accepted – please make cheques payable to the "Dunkeld Consolidated School")*

Name/s: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

## About Us (Hilda and Laurie Inglese)

<http://wowitsitalian.com.au/about.html>

Living in the Yarra Valley all of our lives we appreciated the fresh produce available to us direct from the farms. As first generation Italians, we grew up surrounded with Nonna, Mum, Zia and cousins all with their traditional recipes to share.

Their passion for cooking was instilled in us from a very young age and their traditional cooking style makes their food truly mouth-watering.

Our fascination for food continued to grow as we matured, but when I met my mother-in-law, she took food to the next level. She cooked and we ate genuine regional Italian food. Her simple pasta dishes with wonderful home-style sauces consistently attracted praise from her family. Her generosity to share her recipes and the delight she got from feeding us was overwhelming.

Our love for food and sharing that knowledge led us to commence cooking classes. The pleasures received from our clients when they feasted on the meal, transported us back to the days when mum served us her wonderful rustic traditional food.

These recipes are from our ancestors who migrated to the Yarra Valley from the Abruzzi Region, in a remote village high in the mountains, east of Rome.

Our passion for food led us to record our traditional recipes to share with everyone. We believe in remaining loyal to the simple ingredients and cooking traditions of our ancestors. Nonna's baked ricotta cake is one of our favourites.

I dedicate this book to my family for their genuine love of the food passed down from their ancestors. Enjoy!



Hilda demonstrates one of the many recipes that is included in the cook book