

## **Salt Fat Acid Heat**

*Episode 1: FAT*

### **FAT**

What are the 3 characteristics of fat?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Fat makes food \_\_\_\_\_.

Where does she move to learn about food? \_\_\_\_\_

### **LIDIA LA NONNA**

For focaccia, how do you know when you've worked the dough enough?

\_\_\_\_\_

What ingredients do they add to the focaccia?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How long does the dough rest? \_\_\_\_\_

What does olive oil do for focaccia?

1. \_\_\_\_\_
2. \_\_\_\_\_

What is brine?

1. \_\_\_\_\_
2. \_\_\_\_\_

What ingredients make pesto?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**LORENZO THE BUTCHER**

Name types of meat possible from the pig?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

The milk from red cows is \_\_\_\_\_ and \_\_\_\_\_

How long does the cheese age before it is ready? \_\_\_\_\_

When is the "official test" for the cheese? \_\_\_\_\_

When they taste the cheese, what do they taste at:

24 months: \_\_\_\_\_ 36 months: \_\_\_\_\_ 40 months: \_\_\_\_\_

What are the 5 distinct textures of fat:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_

**BENEDETTA LA MAESTRA**

What do you do to the pan before you add the oil? \_\_\_\_\_

What ingredients make pasta? 1. \_\_\_\_\_ 2. \_\_\_\_\_

**SHOW NOTES**

*Write questions, comments, interesting points, or new things learned here:*

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## **Salt Fat Acid Heat**

*Episode 1: FAT*

### **FAT**

What are the 3 characteristics of fat?

1. flavor
2. texture
3. amplifies flavors

Fat makes food delicious.

Where does she move to learn about food? Italy

### **LIDIA LA NONNA**

For focaccia, how do you know when you've worked the dough enough?

when there are no bumps

What ingredients do they add to the focaccia?

5. Salt
6. Rosemary
7. Sage
8. Olive paste

How long does the dough rest? 15 minutes

What does olive oil do for focaccia?

3. Rich, Fruity flavor
4. Crisp crust

What is brine? 1. Water 2. Salt

What ingredients make pesto?

6. Pine nuts
7. Basil
8. Salt

9. Olive oil

10. Cheese (parmesan & pecorino)

**LORENZO THE BUTCHER**

Name types of meat possible from the pig?

1. Prosciutto      2. Salami      3. Bacon

The milk from red cows is sweeter and richer in fat than other cows.

How long does the cheese age before it is ready? 24 months

When is the “official test” for the cheese? 12 months

When they taste the cheese, what do they taste at:

24 months: milk    36 months: crystals    40 months: sweet, salty, bitter

What are the 5 distinct textures of fat:

1. Creamy 2. flaky 3. crisp 4. tender 5. light

**BENEDETTA LA MAESTRA**

What do you do to the pan before you add the oil? Heat the pan

What ingredients make pasta? 1. Flour 2. eggs

**SHOW NOTES**

*Write questions, comments, interesting points, or new things learned here:*

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