



• KITCHEN TO KITCHEN. •



# THE CHEF & THE DISH



• CULINARY EXPERIENCE. •

MULTI LOCATION CLASS  
CANNELLONI DI CRESPELLE ALLA FIORENTINA

# WELCOME TO THE CHEF & THE DISH

## How it works.

Get ready for a cooking experience you'll never forget! In your Multi-Location Cooking Class with The Chef & The Dish, you and your team will be joined by your Chef who will guide you through mastering a dish, native to their region. Your class will also be co-hosted by a Host from The Chef & The Dish.

During your Cooking Experience, you'll get to know your chef and teammates. Then, you'll begin to do work together. Just follow your chef's lead. Ask questions, share stories, and have some fun together as you whip up an amazing traditional dish. Watch your chef, and get personalized coaching as you learn the fundamentals of their nation's most important dishes.

At the end of the class, enjoy your first few bites, and then say goodbye to your chef and classmates so you can enjoy an epic meal.

## TRANSPORT YOUR KITCHEN FOR THE DAY™



# CHEF CARLOTTA MARTINELLI

BARI | ITALY



Chef Carlotta Martinelli lives in the south of Italy in the town of Bari. She began cooking at a young age with her nonna and fell in love with the rich traditions of pasta-making on the streets of her historic town.

Since then, she graduated top of her class from what's consider the world's most prestigious Italian culinary university - ALMA, the International School of Italian Cuisine located in Parma, Italy. She went on to work for several Michelin Star chefs in Rimini, Padua, Milan, Rome, London - and her native region, Puglia. She was most recently responsible for all seafood at the famed Due Camini. After 4 years of working towards the prized Michelin Star, they won it in 2018.

Carlotta is now excited to be working at The Chef & The Dish as part of the Italian team. She can't wait to come into your kitchen to teach you about her Italian traditions.



# GETTING READY CHECKLIST

- Watch your Kitchen Prep Video to get you ready!
- Review your Shopping List. If you have any questions, just email us!
- A few days before your cooking class, head to the grocery store, or arrange for delivery.
- 30 minutes before your cooking class**, organize your ingredients and equipment on your countertop
- Make sure your computer is charging!
- 10 minutes before your class, click on the link in your email or calendar to join your group conference.** Please be prompt, so we can ensure a great experience for you and your teammates! Please know, we admit everyone individually to check for audio and video, so if your class starts a few minutes late, we're helping your teammates!
- You will see you're one a few people! Say hello!
- Once everyone joins, your Host will get everyone ready to have some fun, and then your Chef will transport you into their kitchen to make something delicious.
- If you run into any problems at all, just email us! We're in front of our computer and ready to help.

[KitchenAssistant@TheChefandTheDish.com](mailto:KitchenAssistant@TheChefandTheDish.com)



# CANNELLONI DI CREPELLE ALLA FIORENTINA

## SHOPPING LIST



## CLASS MENU

Cannelloni di Crespelle alla Fiorentina  
| *Florentine Ricotta & Spinach*  
Cannelloni Crepes

INGREDIENTS	HAVE IT
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PRODUCE

Raw Spinach - 500 grams	<input type="checkbox"/>
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DAIRY

Milk - 300 ml (1 1/4 cup)	<input type="checkbox"/>
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Eggs - 2 fresh	<input type="checkbox"/>
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Ricotta Cheese - 500 grams (2 cups)	<input type="checkbox"/>
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Heavy Cream (35%) - 250 ml (1 cup)	<input type="checkbox"/>
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Parmigiano Reggiano - 75 grams (3/4 cup) (Purchased in a wedge)	<input type="checkbox"/>
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Butter - 1 stick	<input type="checkbox"/>
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INGREDIENTS	HAVE IT
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PANTRY

All-Purpose Flour - 150 grams (1 cup)	<input type="checkbox"/>
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Walnut Halves - 125 grams (1 cup)	<input type="checkbox"/>
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Brandy - 1/4 cup (optional)	<input type="checkbox"/>
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Nutmeg - (a pinch)	<input type="checkbox"/>
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Salt (to taste)	<input type="checkbox"/>
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SUGGESTED WINE PAIRING

A dry, medium bodied, white wine such as a classical Chardonnay.

# CANNELLONI DI CREPPELLE ALLA FIORENTINA



## EQUIPMENT LIST

As with a chef, it's important to have your workstation in order in advance of cooking. This means having your ingredients wash and cooking equipment on your countertop ready to go.

If you don't have any of the equipment below, please contact your Kitchen Assistant with The Chef & The Dish so we can ensure you have the best results possible.

### **EQUIPMENT:**

- Hot Oven with Broiler
- Square or Rectangular Baking Trays
- Large Pot with Lid
- Medium Sauce Pan
- Mixing Bowls
- Colander
- Sharp Chef's Knife
- Chopping Board
- Cloth & Rolling Pin (to crush walnuts)
- Ladle
- Whisk
- Spatula

Make sure to wash any produce before your class.  
Before your class, please place your ingredients on your countertop, and  
put the equipment in a convenient place.

**If you need anything at all, just email us!**  
**[KitchenAssistant@TheChefandTheDish.com](mailto:KitchenAssistant@TheChefandTheDish.com)**

**We can't wait to see what you cook up.**



# CONVERSIONS

## IMPERIAL TO METRIC CONVERSIONS



### WEIGHT

Ounces (oz)	Exact Metric Conversion (g)	Standard Metric Conversion (g)
1 oz	28.3 g	30 g
2 oz	56.7 g	55 g
3 oz	85.0 g	85 g
4 oz	113.4 g	125 g
5 oz	141.7 g	140 g
6 oz	170.1 g	170 g
7 oz	198.4 g	200 g
8 oz	226.8 g	250 g
16 oz (1 lb)	453.6 g	500 g
32 oz	907.2 g	1000 g (1kg)

*As you start cooking dishes from around the world, you'll notice that the units of measurements can vary. We've put together this handy conversion chart of some of the common conversions you'll need.*

*Don't panic, if you still need help or are unclear of how much ingredients you'll need, your Kitchen Assistant is only an email away.*

~ The Chef & The Dish

### VOLUME

Conventional Measure	Exact Metric Conversion (mL)	Standard Metric Conversion (mL)
1/4 teaspoon	1.2 mL	1 mL
1/2 teaspoon	2.4 mL	2 mL
1 teaspoon	4.7 mL	5 mL
2 teaspoon	9.4 mL	10 mL
1 tablespoon	14.2 mL	15 mL
2 tablespoons	28.4 mL	30 mL
3 tablespoons	42.6 mL	45 mL
1/4 cup	56.8 mL	50 mL
1/3 cup	75.6 mL	75 mL
1/2 cup	113.7 mL	125 mL
2/3 cup	151.2 mL	150 mL
3/4 cup	170.5 mL	175 mL
1 cup	227.3 mL	250 mL
4 1/2 cups	1022.9 mL	1000 mL (1L)

### OVEN TEMPERATURES

Fahrenheit (°F)	Celsius (°C)
175°	80°
200°	95°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°



# WEIGHING YOUR INGREDIENTS

## WEIGHT TO VOLUME CONVERSIONS



Many of our Chef's at **The Chef & The Dish** use weight measurements as their primary unit of measurement. It's standard in a lot of commercial kitchens around the world, especially where accurate and scalable measurements are needed.

You don't have to worry, the team at **The Chef & The Dish** has converted most of these weights into easy to measure volume measurements for you. However, as you further your culinary journey and start reading recipes and cooking dishes from around the world, you may want to buy a weight scale to translate some of the recipes for yourself. Weighing your ingredients remains the most accurate way to measure food.

We've attached a chart of some of the standard weight to volume conversions. This is only a guide, depending on the ingredients and how its packed, the volume can vary greatly.

We encourage everyone to keep thinking about food and cooking, and most importantly, keep exploring.

~ For the Love of Food | The Chef & The Dish

### DRY INGREDIENTS

INGREDIENT	GRAMS	CUPS
All-Purpose Flour	120 grams	1 cup
Whole Wheat Flour	113 grams	1 cup
Baking Powder	4 grams	1 tsp
Baking Soda	3 grams	1/2 tsp
Brown Sugar (packed)	213 grams	1 cup
Confectioners' Sugar	113 grams	1 cup
Granulated Sugar	198 grams	1 cup
Chocolate Chips	170 grams	1 cup
Cocoa Powder	42 grams	1/2 cup

### WET INGREDIENTS

INGREDIENT	GRAMS	CUPS
Butter	113 grams	1/2 cup
Buttermilk	227 grams	1 cup
Corn Syrup	312 grams	1 cup
Heavy Cream	227 grams	1 cup
Milk	227 grams	1 cup
Vegetable Oil	198 grams	1 cup
Vegetable Shortening	46 grams	1/4 cup
Eggs	50 grams	1 large
Vanilla Extract	14 grams	1 tbsp