

GLUTEN-FREE ITALIAN CULINARY SCHOOL

January 15~17 2010



The Institute for Italian Studies is pleased to host its first Gluten Free Italian Culinary program at the beautiful Green Heron Inn, in Kennebunkport, Maine, scheduled for January 15-17, 2010.



The Green Heron Inn was built in the early 1900's as a boarding house that provides shelter and breakfast for weary travelers. Its location, which combines the beautiful surrounding of the Kennebunk River and the convenience of its proximity to all major Kennebunkport attractions, contributed to its popularity from its early days. That tradition continues today.







The Inn provides the perfect setting for our culinary school. Chef Reilly will guide you through the preparation of a variety of authentic gluten free Italian dishes.

Chef Rebecca Reilly is the author of the beautiful book *Gluten—Free Baking: More Than 125 Recipes for Delectable Sweet and Savory Baked Goods, Including Cakes, Pies, Quick Breads, Muffins, Cookies, and Other Delights* (NY: Simon and Schuster, 2002). She has devoted all her passion and knowledge to Gluten Free cooking. Chef Reilly's ability to transform traditional and original recipes into unique gluten free creations have made her cuisine renowned and distinguished for taste, presentation, and cooking techniques. A gluten-free diet is not only of fundamental importance in the treatment of celiac disease and wheat allergy, but it has become a conscientious choice for many people longing for a healthy and balanced living style.

PROGRAM SCHEDULE

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Sponsored by the *Institute for Italian Studies*

Friday, January 15			Late Afternoon Arrival	Welcome!	Dinner
Saturday, January 16	Morning Breakfast	Cooking Class and Lunch	Afternoon at leisure	Late Afternoon Cooking Class	Dinner
Sunday, January 17	Morning Cooking Class	Brunch	Afternoon Departure		

PROGRAM DESCRIPTION

On Friday January 15, around 5:00 p.m., meet your hosts Luisa De Luca and Chef Rebecca Reilly at the Green Heron Inn. After a short presentation of the program, we will invite you to enjoy a simple, yet exquisite, dinner. Wine will be served during each dinner.



The following day, after breakfast, you will be guided through your first Italian gluten free cooking class. After lunch, spend the afternoon enjoying yourself and engaging in your favorite activities. Go for a hike or relax, reading a book in front of the fireplace. Of course, you can also go shopping or browsing the many local art galleries. Kennebunkport is truly a year-round recreational and vacation destination. When the weather turns colder and the pace slows down, Kennebunkport is an entirely different place. In the late afternoon, get ready for another great Italian cooking class.



On Sunday January 17, we will meet around 10:00 for the preparation of a gluten free brunch. Departure time is early afternoon.

LODGING FEATURES AND ACCOMMODATIONS

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The Green Heron Inn Bed and Breakfast in Kennebunkport offers a cozy, informal atmosphere and warm hospitality in the finest New England tradition.

There are ten charming guest rooms in the main inn. Each room has a private bath, television, and all are air-conditioned.

A fireplace in some of our rooms provides a warm and cozy atmosphere to enhance your experience at the inn. Some of our rooms also have refrigerator, microwave, and in room coffee maker for your convenience.

Flat-screen TV and DVD players in some of our rooms help you wind down after a busy day enjoying everything Kennebunkport has to offer.

In addition, the Green Heron Inn also offers a cove-side cottage. The cottage has two bedrooms, each with its own bathroom, a kitchenette, porch and a balcony.



ABOUT THE *Institute for Italian Studies*

The Institute for Italian Studies was established in May of 2004 in Portland, Maine and is a lifelong dream realized by its two directors, Maria Luisa De Luca and Paola D'Amato. The Institute is dedicated to teaching Italian language and culture and offers a unique suite of programs. IIS provides cooking classes, language courses, immersion programs and more. Luisa is co-hosting this event and will be available for Italian tutoring during leisure time.



FEE AND POLICIES

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HOW TO REGISTER FOR OUR PROGRAM

To receive more information and to register for the Gluten—Free Italian Culinary Program, please contact Luisa De Luca, IIS Director and Program Coordinator. Phone: 207.939.5127 E-mail: info@iismaine.com www.iismaine.com

PROGRAM FEE

The cost for this program is \$505 per person, in US dollars.

Fee includes:

- Accommodations for 2 nights at the Green Heron Inn, in Kennebunk, Maine.
- Cooking classes
- Meals: dinner on Friday, all meals on Saturday, and brunch on Sunday

Fee does not include:

- Transportation to and from the Green Heron Inn, in Kennebunkport, Maine.
- Leisure activities
- Italian tutoring (\$50 for private tutoring, \$30 for semi-private)

POLICIES

Registration:

- We accept payments via check, money order or Visa/MasterCard. Please, make your check/MO out to: Institute for Italian Studies, and mail it to the following address: Institute for Italian Studies, PO. BOX 8092, Portland, Me 04101. Please call (207) 939-5127 if you wish to pay via credit card.
- Your registration will be complete only when payment is received.
- Registration deadline is January 11th, 2010.

Cancellations:

- No refunds for cancellations after December 30th, 2009.
- For cancellations up to December 30, 2009, a refund will be issued with the same form of payment. A non refundable fee of \$125 will be deducted from the original paid amount.

Accommodations:

- IIS will assign the rooms to the participants. Participants will share rooms and bathrooms. For special needs or requests, please contact us at info@iismaine.com. Special requests may result into an increase in the cost of the program.