

# LEADERS

*...with a life*

COVER STORY

**TIM COSTELLO**

ON ETHICAL  
LEADERSHIP

INSIDE

**SMART COVER GIRLS**

MEET FOUR OF ADELAIDE'S YOUNG  
WOMEN IN BUSINESS

DISCOVER HISTORIC **HOBART**

IS **ARTHRITIS** SLOWING YOU DOWN?

THE COLOURFUL WORLD OF **DAVID  
EDWARD CONOLAN**

\$7.95 (incl GST)

ISSN 1448-630X



9 771448 630043

# Agata's

## Cooking School in Ravello

Mamma Agata is a quiet, unassuming lady, who welcomes you into her home. Her life also makes fascinating reading! She began her cooking career at 13 years when a wealthy American lady employed her to work in the kitchen of her summer villa in Ravello. Mamma - then known as 'Baby Agata' - proved herself a natural in the kitchen and within a few months the creations had moved from American influenced dishes to regional specialties of Amalfi.

During that time she cooked for the likes of Fred Astaire, Humphrey Bogart, Anita Eckberg, Richard Burton and Elizabeth Taylor, and Federico Fellini, amongst the many guests.

One of her many cherished memories is of Jacqueline Kennedy's visit to Ravello in 1962 when she was impressed by *un'eleganza molto semplice* - an elegant simplicity - enjoying a mozzarella and tomato salad by the pool.

The idea of a Cooking School - The Farmhouse, was born in 1997 with her husband of 45 years, Salvatore. Daughter Chiara is the Business Manager and son-in-law Gennaro is the Sommelier, completing the family team.

The Farmhouse is set on a steep slope, which has been meticulously terraced. Here Salvatore grows all the vegetables, herbs and fruit organically for Mamma's kitchen. There are also chickens, rabbits, turkeys and ducks happily wandering around. Talk about fresh!

So down the steps my group went, onto the terrace overlooking the gardens and majestic coastline, framed by bougainvillea, to meet Mamma and begin a lovely day.

Our menu for the class was a feast! Eggplant parmigiana, pizza, gnocchi, lemon

chicken, zucchini flowers stuffed with smoked cheese and a panzanella salad.

We sat in awe at Mamma Agata effortlessly showed us how it was all done. And it was all so delicious!

Throughout the day there were lots of great hints, plus recipes for easy sauces and side dishes.

You can't go wrong with the basis of simple, elegant, Italian cooking: it always begins with a base of ripe red tomatoes, basil, eggplant, oregano, garlic and olive oil.

Having said that, one hint Mamma had was to fry only in sunflower oil, not olive oil, as sunflower oil does not change the flavour of what you are cooking.

After studying her intently, asking many questions and writing pages of notes, we took off our aprons and retired back to the sun-dappled terrace to enjoy our feast, complemented by delicious wines of the Campania region personally chosen by Gennaro.

As we relaxed, content from our superb lunch, we sampled the local home-made liquors, which were really delicious - tangerine, apricot and fennel!

My favourite is the famous southern Italian digestive Limoncello, which I have had great fun making since my return. I have included the recipe because it's so good.

Try it!

### LIMONCELLO

1 litre of alcohol spirit - ask your friendly Chemist for this.

Put this in a large jar with the rind of 10-15 lemons, depending on size.

Screw on the lid and leave it for 15 days.

(Regular opening of the jar to smell and swoon at the wonderful aroma is recommended!)

Bring 1 litre of water and 1 kilo of sugar to the boil whilst stirring until slightly thick, cool and then combine with the strained lemon mixture. Put in bottles with fresh corks and keep in the freezer.

Wonderful on a warm summer day!

Another great, really quick recipe was Mamma's quick sauce - *molto bene!*

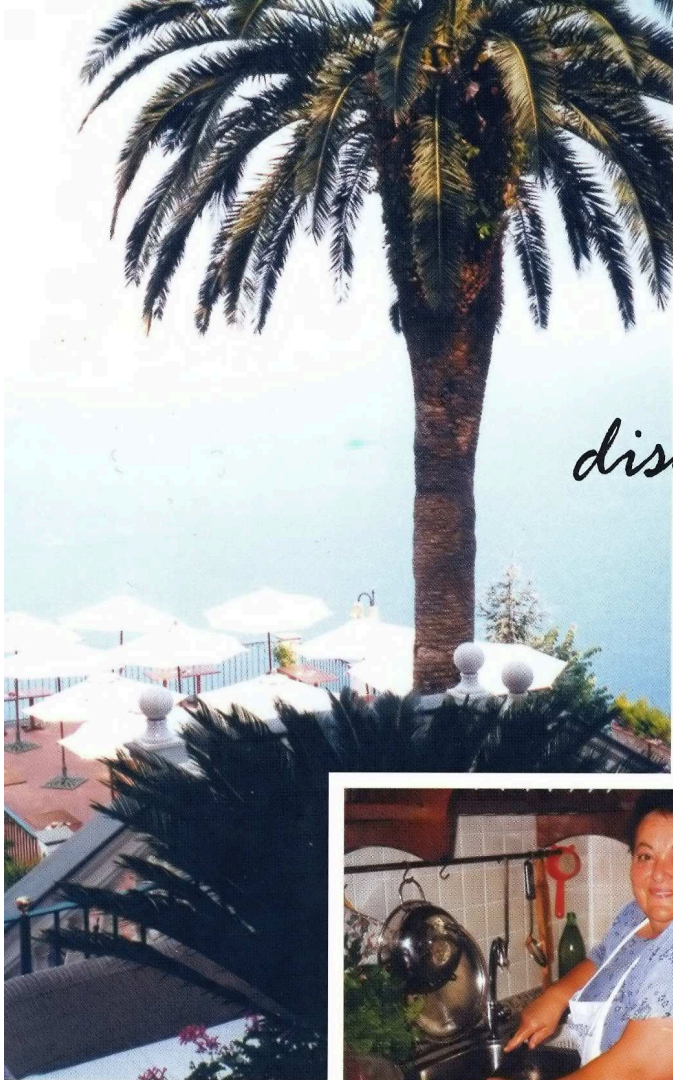
### MAMMA'S QUICK SAUCE

Chop 20 cherry tomatoes for 4 people. Use a big deep pan; add olive oil, chopped parsley, a whole large peeled garlic, the tomatoes, oregano, black olives with a little of their liquid, green olives, a cup of capers, then taste it. Add sea salt and black pepper then fresh rocket at the end.

Cooking with Mamma Agata was a beautiful experience, one that you are only likely to find in regional areas of bella Italy.

Email: [judy@tw.com.au](mailto:judy@tw.com.au)  
for further information or visit:  
[www.mammaagata.com](http://www.mammaagata.com)





*discover a hidden treasure*

# Mamma

When touring through the picturesque Italian countryside, you'll discover one beautiful town after another, each with their own attractions and beauty.

In stunning Ravello on the Amalfi Coast, discover a hidden treasure by the name of Mamma Agata, a beautiful Italian lady who imparts her recipes and knowledge of local dishes with others passionate about food.

Judy Gillard from Trans World Travel had the luxury of spending a day with Mamma Agata and shares her experience - and recipes.

*Italy has always been my most favourite place in Europe. This probably stems back to my arrival by ship as a 20-year-old, fresh from Melbourne, and I have been totally enchanted ever since.*

*The town of Ravello on the Amalfi Coast is just one of the many jewels in Italy.*

*Perched on a 350 ft cliff overlooking the deep blue sea, Ravello is a beautiful, tranquil place. Its cultural heritage and special, quiet loveliness engulf you as you wander through the tree-lined streets and the gardens of Villa Rufolo and Villa Cimbrone.*

*Everywhere you look the views are absolutely breathtaking. They stretch to Capri and beyond.*

*Ravello is also home to the opulent Palazzo Sasso, a grand hotel with a terrace overlooking the sun-drenched sea. As I enjoyed my breakfast and the view, I eagerly anticipated the day ahead.*

*I was bound for Mamma Agata's Cooking School, not far from the Palazzo Sasso, to experience cooking in a traditional rustic Italian home-style way, using ingredients grown in Mamma's backyard.*

