

ITALIAN STUDIES PRESENTS

A LECTURE BY DR. GAIA MASSAI

BREAD: AN OVERVIEW ON THE ITALIAN STAPLE FOOD



- Brief history of bread
- What is bread?
- Italian breads: a celebration of regional identities
- Bread pairings and cooking with bread

Bread is undoubtedly the Italian staple food and a key component of the Mediterranean diet. From the discovery of leavening to the countless Italian regional variations, bread has always been considered much more than mere food. Besides its philosophical and religious meaning, bread has been a symbol of hierarchy in the society and often determined the alternation of periods of tranquility to others of social unrest. What's behind bread? Is bread good or bad for our health? During the lecture you will learn about some general misconceptions related to bread and how to choose and consume it...the Italian way.

Dr. Gaia Massai is the manager of the Fattoria di San Quintino, her family's winery and olive oil producer, in Tuscany and has a PhD in Environmental Sciences from the University of Florence. She is also the founder of Gaia's Plate, a food import company through which she imports directly her family's olive oil. Gaia moved to Toronto in 2008 and is a frequent lecturer on Italian culture through food and wine.
www.gaiasplate.com

WHEN: Monday January 18, 2016 @ 11:30 am in ACCOLADE EAST 001

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FREE ADMISSION! EVERYONE WELCOME!



