



ITALIAN FIELD TRIP FOR FIFTEEN CORNWALL APPRENTICES

Apprentice chefs from Fifteen Cornwall experienced the authentic taste of Italian food and culture last weekend when they swapped the beachside restaurant at Watergate Bay for the coastal province of Puglia, on the heel of Italy.

14 apprentices between the ages of 17 and 24 took part in the visit which forms an important part of their programme of sourcing trips designed to help them understand the provenance of the food that they serve in the restaurant and to help them make better informed decisions about purchasing produce in their future careers as professional chefs.

During their time in Puglia the team of apprentices, made up of 12 male and two female chefs, saw how three of the key ingredients used in Italian cooking; olive oil, pasta and mozzarella cheese, are produced, as well as tasting some of the region's speciality dishes which, like Fifteen Cornwall, showcase the best local ingredients.

The Puglia region is renowned for the quality of its olive oil and the group visited an independent olive oil press where local farmers bring their harvests to be pressed into oil. Although the pressing season had finished, some olives were kept back especially to show the Fifteen Cornwall apprentices the process involved in making olive oil.

Andrew Basso, 18 from St Blazey: *"Olive oil is such a big part of Italian cooking and we use many different olive oils in the restaurant for cooking and dressing our food. I've never really considered how it was made before visiting the press in Puglia and found it really fascinating. The taste of the oil straight from the press was unlike any olive oil I've tasted before"*

At Restaronti Antichi Sapori in Montegrosso a cooking demonstration revealed the secrets of two of the region's delicacies; taralli - baked dough rings - and orecchiette or 'little ears' pasta is made using recipes handed down through the generations.

TJ Rooney, 20 from Bodmin, said *"We've made orecchiette pasta in the restaurant before but seeing an elderly Italian woman who has been making it traditionally for decades was amazing. If you'd have told me a year ago that I'd be visiting Italy to learn how to make pasta from an*

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Italian 'nonna', visiting olive groves and seeing how mozzarella is made I wouldn't have believed you. Fifteen Cornwall's opened up a whole new life for me and I love it."

Keen to pack in as many Italian food experiences as possible during their weekend trip, the group visited the Sanguedolce cheese factory at midnight. The apprentices were impressed by the skill of the cheese makers who bring the curds up to a melting temperature of 65°C and stretch the cheese with bare hands over wooden paddles to give the mozzarella its stretchy texture.

Donna Weston, age 24 from Newquay said "Visiting the cheese factory was awesome. We've seen how cheese is made locally at Toppenrose Dairy but the process of making mozzarella and burrata cheese is completely different so it was great to see how it's made and understand why it tastes so different from cheddar and other soft cheeses. Visiting a cheese factory in Italy at midnight was a bit of a surreal experience but well worth the late night. It certainly gives me something to think about when I'm using mozzarella in dishes back at the restaurant."

The busy schedule also included a visit to a pasta factory, an olive grove and the wine cellar "Rivera" where the apprentices were given a talk and tour followed by a wine tasting.

The second intake of apprentices at the Jamie Oliver inspired enterprise have returned to work in the Fifteen Cornwall restaurant for another four months before they graduate early in the summer.

For further information on Fifteen Cornwall please visit www.fifteencornwall.co.uk

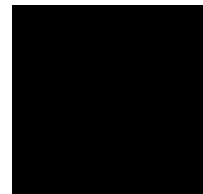
Ends
20 February 2008

Notes to editors

Fifteen Cornwall opened on 18th May 2006 with an innovative menu of the best seasonal and local produce, a relaxed atmosphere, talented chefs and an incredible view over a beautiful two-mile beach.

The restaurant is dedicated to the same inspirational social enterprise goals as set out by Jamie Oliver and the team at Fifteen London. Each year the restaurant gives up to 20 trainee-chefs the once in a lifetime opportunity to turn their lives around.

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All profits from Fifteen Cornwall go to the registered charity, The Cornwall Foundation of Promise. The charity's purpose is the creation of fantastic career opportunities for disadvantaged, local, young people, helping them every step of the way to achieve their potential. The restaurant also provides a valuable boost to Cornwall's tourism industry and makes use of the abundance of high quality local food producers in the region.

The project has received more than £1 million in grants from Objective One and the South West Regional Development Agency (SWRDA), with additional support from Jobcentre Plus, the Learning and Skills Council (LSC), Cornwall College, Cornwall County Council, Restormel Borough Council, St Austell Brewery, HSBC Bank, Barclays Bank and The Hotel and Extreme Academy, Watergate Bay.

For Fifteen Cornwall reservations and menu information visit www.fifteencornwall.co.uk or call 01637 861000 (lines open between 9.00am and 7.00pm seven days a week).

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