

Gia's

Italian Kitchen



<https://giasitaliankitchen.biz/>

<https://linktr.ee/giasitaliankitchen>

Forward

My name is Kelley Cole, owner of Gia's Italian Kitchen. The idea for GIK started many years ago in my kitchen at home and I am so excited today with the launch of our first cookbook. I teach in-person and online cooking classes to bring people together over food. I love to see the joy on their faces when they think that I cooked something so delicious that makes them smile and talk about it the next day. My happy place is in the kitchen.

One of my goals is to show you how easy it really is to cook Italian, which I have heard is intimidating to some. When I do my cooking classes and write recipes, I try to find tips and tricks to show any make-ahead tricks or shortcuts to a dish. There are instances, however, you just need to take the time to make the real deal, like making *Nonoini's (my grandmother)* marinara, which is included at the back of this book, page 30.

I am showcasing some of the easiest recipes for you, but still deliver mouthwatering results. I hope you will love them and spread the word about Gia's Italian Kitchen to help us grow!

Where did the name come from? My daughter is Gia, short for Giovanna, named after my great-great-grandfather, Giovanni, from the Tuscany region of Italy. My inspiration for this cookbook, for Gia's Italian Kitchen, and all family dinners comes from my heritage, in Italy. Gia's Italian Kitchen is a much more suitable name than "Kelley's Italian Kitchen"; don't you think!?!

You can read more about us in the back of this book, and on [our website](#) & social media. Please follow us, like us, and share us! Please and thank you!

Coming up - I am also working on another cookbook, hopefully to be released in the next year. It will be a much larger cookbook, with beautiful pictures and YouTube video links. It will have more recipes from Nonoini, as well as all of the cooking episodes that we have recorded over the past few years. The book is also a memoir...it's going to be so incredible! Be on the lookout!

Check out our website:

<https://giasitaliankitchen.biz/>

All of our social media:

<https://linktr.ee/giasitaliankitchen>





Authentic homemade Italian with your friends, family & coworkers!

Gia's Italian Kitchen connects people who love Italian food to authentic roots & traditions, who love to spend fun quality time with their friends, family & coworkers, and want to create delicious food together from the most amazing Italian recipes of Northern Italy.

We bring you together through a beautiful Italian dinner party, with a generous helping of Amore!

We create a custom menu, cooking together while you connect with friends, family & coworkers. You pick the menu. I provide the instruction.

Appetizers:

- Baked Caprese Appetizer
- Prosciutto & Fig Baguettes
- Mushroom Bruschetta
- Asparagus and Pancetta Bruschetta
- Baked Brie with Lemon Basil Pesto
- Eggplant Meatballs
- The Best Meat Meatballs Ever!
- Pinwheels (Pesto and Prosciutto OR Italian Olives OR Caramelized Onions)
- Rosemary Focaccia
- Eggplant Rolls with Pesto & Burrata
- Figs with Goat Cheese & Fresh Thyme





Sides, Salads & Soups:

Italian Veggie & Bread Salad with Balsamic Vinaigrette with Homemade Croutons
Blood Orange and Basil Salad with Pickled Red Onions
Kale Salad with Lemon Vinaigrette and Pecorino Romano
Corn and Bean Salad with Cilantro Vinaigrette
Fennel Salad with Mint
Arugula & Green Salad with Pesto Vinaigrette



Stuffed Portobella Mushrooms with Quinoa & Feta
Green Cilantro Rice with Spinach
Italian Sausage & Green Apple Stuffing Bites
Frittata with Veggies & Pancetta
Sauteed Green Beans, Fennel and Tomatoes
Simmering Green Peas with Roasted Tomato Sauce
Asparagus & Red Bell Pepper Tart with Italian Herbs
Roasted Tomato Crostata with Italian Olives & Pecorino
Butternut Squash with Walnut Maple Pesto
Italian Chicken Noodle Soup
Chicken Tortilla Soup
Beef Chili with Italian Sausage





Entrees:



- Thin Crust Pizza from Tuscany
- Ratatouille = Tomatoes + Zucchini + Eggplant + Herbs
- Rosemary Chicken Skewers on fresh twigs
- Peanut Chicken with Roasted Vegetables
- Tuscan Herb Roasted Chicken
- Baked Lemon Chicken
- Pan Roasted Chicken with Italian Cured Black Olives
- Chicken Piccata
- Chicken Scarpariello with Italian Sausage and Peppadew Peppers
- Stuffed Shells with Marinara and Italian Sausage (similar to a Ravioli)
- Angel hair pasta with Homemade Basil & Lemon Pesto
- Angel Hair Pasta with Pan Seared Eggplant & Burrata
- Roasted Vegetable Lasagna
- Spaghetti Carbonara with Pancetta
- Eggplant Lasagna

Premium Menu Items:

- Mushroom Ravioli (Homemade) in a Sage Butter Sauce*
- Salmon with Homemade Basil & Lemon Pesto*
- Beef Saltimbocca Romana in a Sage Butter Sauce*
- Roasted Salmon with Fresh Thyme & Lemon*
- Linguini with Red Clam Sauce & Mussels*
- Risotto with Lobster and Butternut Squash*
- Homemade Fettuccini or Spaghetti*
- Nonoini's Marinara Sauce*





Desserts:

Italian Lemon Tea Cake
Barozzi dark chocolate torta (G)
Italian Lemon & Apple Cake
Pear Dessert Tart with Gorgonzola and Fig Jam
Apple Slice with Homemade Lemon Crust
Nighty Night Cookies (G)
Grilled Peaches with Homemade Granola
Tiramisu, Classic Chocolate or Decadent Limoncello
Italian Cream Puffs with Limoncello Mascarpone
Panforte di Siena



Craft Cocktails & Mocktails:

Limoncello & Prosecco Spritzer
33.12 Martini with Watermelon and Mint
Twisted Poinsettia Cocktail
Minty Mojito
Cranberry Moscow Mule
White or Red Sangria
Pomegranate Orange Old-Fashioned





Brunch:

Panetone French Toast
Silky Quiche with Italian Sausage & Mushrooms
Italian Cream Puffs with Walnut Cranberry Chicken Salad
Arugula & Green Salad with Lemon Vinaigrette
Fried Eggs with Homemade Basil Pesto
Italian Lemon & Apple Cake
Crepes with Cinnamon & Sugar or Fresh Berries & Mascarpone
Lemon Basil Water



Healthy Habits:

1. **Veggies** – add a salad to your meal to increase your veggies and improve digestion
2. **Time** – wait 10 minutes before heading for seconds, allow your brain to catch up with stomach signals.
3. **Move** – take a short 15 minute walk with your partner or pet after dinner, before falling into the couch.
4. **Sweets** – enjoy a dessert, but take just a ½ portion.
5. **Energy** – add these to your grocery list to boost your energy and overall health:
 - Eggs, meats, chicken, turkey, fish, dairy, tofu, beans
 - Blueberries, blackberries, raspberries, strawberries
 - Whole Nuts, Seeds & Beans
 - Extra Virgin Olive Oil and avocados
 - Leafy greens and colorful fresh vegetables & fruits
 - Whole grains such as brown rice, barley, wild rice, farro, quinoa





WHAT'S NEXT FOR YOU?

A Private Group Cooking Experience!



If you enjoyed the cooking course, you are going to LOVE a group class. Bring your 6 closest friends or family members together for a private virtual cooking class (or in person for locals). Create a unique experience that everyone will rave about! We will send grocery lists and recipes ahead of time, so everyone is ready at showtime, just like our online courses. We will select a date that works for both of us, and YOU pick the menu. The audio (and video if you want) will be on, so you can chat as we cook, and ask questions in real time!

Teambuilding at Work!

Culture is your competitive advantage! Take stock in how your culture is helping or hindering your ability to drive business outcomes. Team building activities, such as group cooking classes, are great options to add to your culture program! Show your employees that you value them, and you could improve your recruitment and retention! **Multiple locations make a fun progressive dinner!**

What do you get?

- Up to 20 participants in each employee class. More than 20, let's chat!
- A gift card can be sent to each participant to purchase their groceries
 - Kitchen options available or use your company location
- Time spent with coworkers in a casual and fun environment
 - *"Work teams that laugh together become resilient."*

Read more details on the [website](#) or [email us](#) to set up a time to talk about the possibilities:

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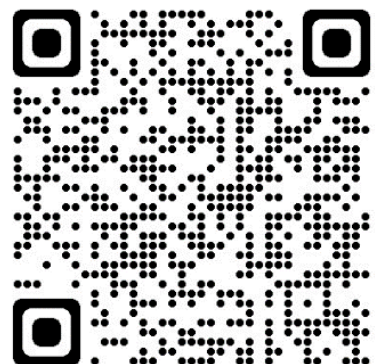


WE WERE ON TV!!!

<https://www.kcrg.com/video/2023/11/09/everyday-iowa-gias-italian-kitchen/>



“Learn more about how Gia's can help you make authentic Italian food with loved ones near and far”





DID YOU KNOW WE MADE THE NEWSPAPER AGAIN?

<https://www.thegazette.com/people-places/local-cook-brings-others-together-through-classes/>



“Business owner uses cooking as social tool in a world spread too thin”

When Kelley Cole wanted to learn how to cook, there was a waiting list. Not for a prestigious cooking school, but for her grandmother’s kitchen when she was a child. For years, the Chicago native watched and waited as the Italian woman commanded the six stations of making ravioli, slowly folding Cole’s many older cousins into the process.

“As a kid, you’re longing to be in the kitchen, because they tell you that you can’t,” said Cole, who has lived in Cedar Rapids for 16 years. “There was always this longing to be part of the ravioli making.”

Since 2021, her business, [Gia’s Italian Kitchen](https://www.giasitaliankitchen.biz), has transformed into a platform for cooking classes that doesn’t gatekeep cooking skills. Through several mediums, Cole has leveraged a basic life skill into more than making a bite to eat.

“There’s so many barriers to creating those bonds and connections. They’re important to me,” said Cole. “If I can help other people (bond), that makes me feel good — I’m impacting them and their lives.”

Want to get cooking? To learn more about Kelley Cole’s cooking classes, private sessions or corporate offerings for team building, visit Gia’s Italian Kitchen at <https://giasitaliankitchen.biz>

When it comes to cooking, showing the shortcuts is half the magic. Mincing pre-peeled garlic and keeping it in a jar with olive oil or chopping up vegetables to keep in a bag can mean all the difference between making cooking approachable or a hassle on a daily basis.

“When you talk to friends, they’re always running around. Their kids have got 10 million things to do. Families don’t live in the same communities anymore,” Cole said. “Bringing them back together to reconnect over food and tell stories is just very invigorating. I’ve always been that connector, so it feels natural to do it over food.”

