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How to surprise your guests? Cook a tasty no-sugar, no-salt, no-fat dinner.



Venice, Italy

The magnificent **Scuola Grande San Giovanni Evangelista**, hosted **Gusto in Scena**, a bonanza of Chefs and food and wine Producers and hosted by **Marcello Coronini**, author of **La Cucina del Senza** (cooking without)



The mission was to serve tasty dishes in which you do not notice the lack of fat, salt or sugar. 14 Chefs covered the challenge literally surprising the audience with their inventions cooked without all those three forbidden ingredients. I was particularly impressed by the juicy vegetal broth created by Chef **Alessandro Gilmozzi**, and used to make an excellent risotto. Alessandro for over 20 years, has been experimenting unusual ingredients from his mountains giving life to new gastronomic expressions able to leave an incisive mark on anyone who tries them. Among all the Chefs, I like to mention **Oliver Glowing**, from 'La



Tavola, Il Vino e la Dispensa' in Rome, **Luca Marchini**, from 'L'erba del Re' in Modena, **Luca Veritti** from Met Restaurant at Metropole Hotel in Venice, creator a really original menu called *Tra Contemporary Cuisine*, combining two philosophies: the traditional Italian and Veneto recipes, and a futurist style through which the same

recipes are elaborated and proposed in a creative way. I should mention all of them, but I like to keep some secrets, teasing you to attend to the next edition of **Gusto in Scena**.



Remember. the **Cuisine of the Senza** is good, tasty, attentive to health, but also very attentive to flavors, as was proved by **Ristorante Vecio Fritolin** who prepared an entire 'without' dinner

The highlight of the evening?

An amazine *gallinella* with vegetable bisque and spiced bread.

Delicious!



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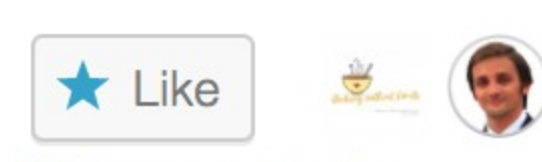
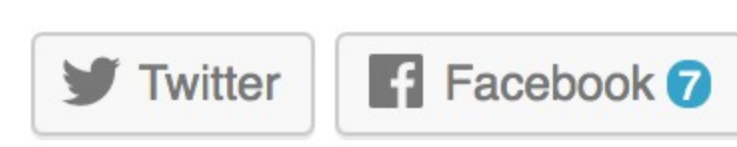
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