



FOR IMMEDIATE RELEASE:  
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## Vulcan® Park and Museum's 2015 Birmingham Revealed Series Discloses Secrets of Southern Italian Cooking

Birmingham, Ala. — Awaken your taste buds with a delectable display of Italian cooking secrets - the second segment of our 2015 Birmingham Revealed series. This interactive cooking demonstration by Mary Jo Gagliano and Chef Chris Vizzina will be held at Vulcan® Park and Museum on Thursday, March 12 from 6:00 - 7:00 p.m. with a wine and antipasti sampling from 5:30 - 6:00 p.m.

Join Mary Jo Gagliano of La Tavolo Sicilian Italian Cooking School & Imports and Chef Chris Vizzina of The Vizzina Group as they divulge techniques of Sicilian Italian cooking and disclose origins of spices and herbs used in Sicilian recipes. Two featured dishes during the demonstration will be: "Bucatini con Fagiolini Pomodori Secchi e Patate" (green beans and sundried tomatoes over pasta and potatoes) and "Frutti di Mare" (various seafood prepared in a marinara sauce served over pasta).

Italian wines and antipasti dishes will be sold separately. Antipasti options, sold for \$8, include: bruschetta with various toppings, biscotti di san martino, insalata, shaved brussel sprout salad with clementines, and various fruit-flavored marmalades over wafers.

General admission is \$10 and \$8 for Vulcan® Park and Museum members. Admission includes special admittance into the exhibition *La Storia: Birmingham's Italian Community*. To purchase your tickets or to learn details about the 2015 Birmingham Revealed series see [visitvulcan.com/events](http://visitvulcan.com/events).

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### About La Tavolo Sicilian Italian Cooking School & Imports

La Tavolo features Sicilian cooking classes held in a unique Italian-like atmosphere in Birmingham. In class, they use imported Italian ingredients to create traditional Sicilian Italian dishes. The classes are fun for girls nights or date nights and are an experience your senses will not soon forget. For class information see [latavolo.com](http://latavolo.com).

### About The Vizzina Group

With a passion for locally grown and healthy food, Chef Chris Vizzina is considered a rising star by many in the Birmingham culinary community. Chef Vizzina is the recipient of multiple award nominations, including four for the prestigious Silver Plate Award and one for the distinguished Fame Award. With regular appearances on several networks and frequent guest lectureships and cooking demonstrations, Chef Vizzina works tirelessly to educate present and future generations on the unmatched benefits of healthy cuisine inspired by local flavors. For more about Chef Vizzina see [thevizzinagroup.com](http://thevizzinagroup.com)

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Vulcan® Park and Museum is a 501(c)3 organization. All proceeds from Birmingham Revealed will be used to support Vulcan® Park and Museum's mission to preserve and promote Vulcan as the symbol for the Birmingham region, advance knowledge and understanding of Birmingham's history and culture, and to encourage exploration of the region.