

A woman with long dark hair, wearing a blue dress with yellow and white geometric patterns, is smiling and holding a black ceramic dish filled with roasted tomatoes and potatoes. The background is a kitchen with a wooden stool and various kitchen items on a shelf.

AMAZING FOOD & GREAT CONVERSATIONS

Silvia's
Italian Table





Silvia's Italian Table is a unique eight-part cooking and celebrity chat series presented by cook Silvia Colloca.

Silvia grew up in Milan where daily life revolved around the kitchen table, and where cooking and conversation went hand in hand. Now she wants to share her heritage with Australia, inviting three interesting personalities into her kitchen to cook simple, mouthwatering Italian dishes while sharing stories about their lives and the things that matter most to them.

The series will see self-taught cook Silvia Colloca, who now lives in Sydney, lead three celebrities around the kitchen bench and dining table as they cook an entrée, main and dessert together, all the while serving up delicious conversation.

The conversations in each 30 minute episode are themed – with topics such as ‘family’, ‘defiance’ and ‘courage’ – leaving

viewers not just entertained, but also feeling like they're at the dinner party engaging in chat and getting to know some of Australia's most familiar faces a little better.

In each episode, Silvia will also take viewers to some of the most stunning parts of Italy as she shares her memories and the inspiration for recipes that tie in with the dishes she cooks with her guests.

As Silvia breaks bread with her guests, the conversation will take numerous and varied directions, often resulting in laughs, tears and intimate thoughts.

The personalities featured are diverse and eclectic, including former Olympians Ian Thorpe, Cathy Freeman and Lauren Jackson, authors Kathy Lette and Tara Moss, actress and comedian Magda Szubanski, former politician Amanda Vanstone, renowned journalists George Negus, Ita Buttrose,

Emma Alberici and Sarah Ferguson, acclaimed chef Matt Moran, actresses Marta Dusseldorp, Lisa McCune and Claudia Karvan, and artist Ken Done.

The guests will be invited to cook with Silvia, rolling up their sleeves while being guided by her to create a gourmet Italian masterpiece.

"Life in Italy revolves around food, its preparation, and of course, eating and enjoying good conversation," says Silvia. "It's the fuel that sparks the Italian way of living – loud and passionate!"

"I'm very excited to welcome some of the most interesting personalities in Australia to cook alongside me and share their stories, and I want my Italian Table to be a warm place, abundant with food to enjoy, and full of honest conversation."

Silvia's Italian Table is a FremantleMedia Australia production for the ABC.

**PREMIERES THURSDAY
OCT 6 AT 8PM.**

**Presenter, Creative Producer,
Co-Writer and Co-Creator**

Silvia Colloca

**Executive Producer for
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FREMANTLEMEDIA
AUSTRALIA



Silvia Colloca

Food lover Silvia Colloca is a woman of many passions: professional actress, trained opera singer, cookbook author and television presenter.

After spending her childhood in the Milanese kitchens of her mother and grandmothers, Silvia absorbed much of their Italian culinary heritage and nurtured her love for Italian cooking.

Silvia trained as an actress and opera singer and began a successful stage and musical theatre career in Italy, before landing her first roles in English language movies. Silvia has performed on screen and on stage in British and American productions, and has sung in some of the most prestigious European theatres such as the iconic London Palladium.

Life has taken her to Australia, where she has continued acting for stage, TV and screen, in between becoming the mother of Raphael and Miro. The birth of her sons motivated Silvia to dig deeper in her Italian heritage to make sure she would imbue her children with a true sense of their legacy.

Her love for Italian cooking inspired her to start her successful blog 'Silvia's Cucina', which gathered readers fast and gave life to a book by the same title, published by Penguin in 2013.

In 2014, Silvia starred in her own cooking series for SBS. 'Made In Italy' was a critical and viewer success, which was followed shortly after by her second cookbook 'Made In Italy' published by Penguin.

Silvia's Italian Table will premiere on Thursday October 6 at 8pm on ABC. Silvia's third cookbook, La Dolce Vita, to be published by Penguin will be released later this year.





EP 1 / COURAGE

Kathy Lette,
Lisa McCune
& Tom Gleeson

Author Kathy Lette, actress Lisa McCune and comedian Tom Gleeson join Silvia as they talk about 'courage'.

For entrée, Silvia will use the Tuscan fields filled with vegetables as inspiration, particularly the humble zucchini, to make ricotta gnocchi with garden vegetables. Kathy is quick to point out that she uses her smoke alarm as a cooking timer. As the group starts to create a masterpiece, Lisa talks about her move from TV to the

stage and Kathy reveals her thoughts on Julian Assange, who she has come to know through her human rights lawyer husband. She also talks about the bravest book she ever wrote. For main, Silvia is using an Italian classic dish from Rome's Trastevere district as inspiration – Roman chicken. As she serves up the main around the table, the trio has a deeper chat. Tom reveals how humbling it was to perform in front of troops in war-torn Afghanistan; Kathy talks about her son who has autism, as 'the bravest person I know';

and Lisa talks about finding a balance between work and her children. For dessert, Silvia uses a visit to a bakery in the Tuscan city of Luca, which makes the traditional Italian raisin bun Pan di Ramerino, as inspiration. They will make the rosemary and raisin buns to go with a cheese platter. As they eat dessert, Kathy amuses everyone by telling how she once asked Prince William if he would like a passionate kiss during an awards ceremony!





EP 2 / FAMILY

Ken Done,
Magda Szubanski &
Matt Moran

Artist Ken Done, comedian and author Magda Szubanski and chef Matt Moran join Silvia as they talk all things 'family'.

For entrée, Silvia has chosen her favourite simple pasta dish – homemade spaghetti with a cheese and pepper sauce. In Rome, Silvia sits down for the classic cacio e pepe. While Ken makes the pasta dough, he talks about how the prospect of seeing naked women enticed him to go to art school as a teen, while Magda re-enacts an iconic movie

scene. Matt takes on the role of 'dish pig'. To finish the entrée, Silvia shows how two ingredients – grated pecorino cheese and cracked pepper – turn a simple dish into a tasty treat. For the main dish, Silvia cooks Ligurian-style lamb shanks. She visits an olive farm in Liguria to talk about her favourite olives – the ones she'll be using. As they settle into a meal, the conversation turns meaty, and Matt talks about his relationship with his father and how it's influenced his relationship with his own children; Magda talks about her

Polish background and her father's fight against the Nazis during WW II; and Ken opens up about his early years while his dad was away at war. For dessert, Silvia uses a visit to a delicatessen in Milan to try out some stuccolo, and the conversation shifts back into the kitchen while they make the Italian-style strudel. Over dessert Matt and Magda reveal how they found their partners, before bidding arrivederci – except for Matt, who has to do the washing up!



EP 3 / TRUTH

Sarah Ferguson,
Claire Hooper &
Merrick Watts

Journalist Sarah Ferguson, comedian Claire Hooper and funny man Merrick Watts join Silvia as they talk all about 'truth' as they cook up a storm.

For entrée, Silvia uses her visit to an Italian market stocked with her favourite seafood ingredient – vongole, or clam – as inspiration to cook a sublime prawn and clam seafood stir fry. As he opens up about lying and the truth, Merrick shows off his impressive knife skills, and as the group tucks into the entrée, Sarah talks about how a

lifetime of interviewing politicians has taught her to read when someone is telling the truth. For the main dish, Silvia serves up mouthwatering stuffed Roman tomatoes with roasted potatoes. Originating from Rome, this dish is very simple and uses just tomatoes, rice and cheese. The conversation takes a serious turn as Sarah reveals how a lie to a man asking her on a date ended up with her lying in a hospital bed being prepped for surgery! Merrick confides about a childhood lie he told

about a neighbour's broken bike; and Claire confesses to being naturally secretive, and how she balances that with being a comedian. Dessert is also a little bit naughty, and it's a team effort as everyone pitches in to help make some delicious Italian ricotta doughnuts. After salivating at the smell of the golden, fluffy doughnuts, they taste them and conclude one thing – Silvia's Italian Table is delicious!



EP 4 / DEFIANCE

Tara Moss,
Marta Dusseldorp &
Kanen Breen

Author Tara Moss, actress Marta Dusseldorp and Opera Australia's Principal Tenor Kanen Breen join Silvia as they discuss the topic of 'defiance' and of being true to yourself.

For entrée, Silvia and her guests will be making focaccia di Recco, or flatbread stuffed with cheese. Focaccia bread is an Italian staple and in the coastal Ligurian town of Recco, Silvia visits restaurant Focaccia col Formaggio, which has been serving focaccia di Recco for

four generations. Transporting her guests to Italy, Silvia enlists the help of Kanen to begin cooking. With Tara and Marta soon jumping in, Marta reveals that her husband has banned her from the kitchen, and Tara talks about what lengths she goes to research her characters, including being set on fire and being a certified private investigator. For main dish, Silvia serves up eggplant stuffed with ricotta and spinach. As Silvia dishes up the main, Kanen talks about finding inner strength when he suffered homophobia while singing

the national anthem at a stadium for a basketball final. Tara and Marta talk about the importance of storytelling and how it can break down barriers. In Milan, there's a shop called Luini that makes panzerotti, where on special occasions when she was growing up, Silvia's dad would take her, and now Silvia takes her children, Raphael and Miro. For dessert, Silvia and her guests cook sweet panzerotti stuffed with figs with almonds, and enjoy some hilarity as cooking novice Tara learns how to crack an egg.





EP 5 / HAPPINESS

Cathy Freeman,
George Negus &
Emma Alberici

Olympian Cathy Freeman, media veteran George Negus and journalist Emma Alberici join Silvia as they talk about 'happiness'.

For entrée, the trio will help Silvia cook a roasted vegetable salad with lentils and fennel dressing. For some people, eating an Italian meal conjures up images of rich, heavy pastas and sweet desserts. But the truth is, the every day diet of Italians is the opposite and contains lots of vegetables, legumes and fruit. Silvia wanders through a food market in Rome marveling at the lentils

– her favourite – to get inspiration for her entrée. George starts chopping the fennel as Cathy talks about her diet while she was competing, and the happiness she found in running; Emma talks about emigrating from Italy to Australia as a youngster. We see Silvia visiting a seafood market, and as the conversation revolves around happiness, she serves up polenta with seafood stew. Cathy talks about her childhood, the effect boarding school has had on her life, and her mother's religious choice.

Emma talks about happiness as a teenager, and George talks about his relationship with his sons. Then they all discuss equality between women and men. For dessert, Silvia talks about how as a child she loved picking strawberries with her father. She visits a mountainous area just outside Milan searching for alpine strawberries she will collect as inspiration for her strawberry and olive oil tart. As Emma is shown how to make the tart, they eat dessert and George reveals he's found happiness!



EP 6 / CHANGE

Ian Thorpe,
Amanda Vanstone &
Pia Miranda

Olympic hero Ian Thorpe, political powerhouse Amanda Vanstone and actress Pia Miranda join Silvia as she cooks and talks about 'change'.

For entrée, the guests will help Silvia cook pumpkin soup with porcini mushrooms and hazelnut, served with pumpkin chips. As they all chip in to make the soup, Amanda talks about her three years living in Rome as Australia's Ambassador to Italy. Ian reveals he's quite a good cook, and as he travelled around the world he

would get bored in hotel rooms so would ask hotel kitchens if he could cook his own meals in the kitchen – explaining how, on one occasion he was even allowed to cook during a meal service! For the main dish, Silvia uses the Tuscan chianina beef industry as inspiration, and serves up beef cheeks, and the conversation turns serious. Pia talks about being a mum; Amanda reveals what she would change about Australian politics; and Ian discusses the negative effect of social media. He also reveals how

he had been at the World Trade Centre only hours before the attack. For dessert, Silvia shows how gelato has become an Italian staple, visiting Milan and treating her father and son Raphael to a scrumptious gelato cone. Back around her table, Silvia and her guests make a true Italian gem – raspberry and red wine sorbet.

ITALY





EP 7 / LOVE

Claudia Karvan,
Ita Buttrose &
Matt Day

Screen legend Claudia Karvan, media personality Ita Buttrose and actor Matt Day join Silvia as they talk all about 'love' while cooking an Italian feast.

As Claudia talks about her first love, Silvia lets the talented trio know they will be making the Italian classic bruschetta, and we see her walk through a vineyard in Tuscany as she explains its origins. For entrée, Silvia shows how they'll be making the cheese, as Ita talks about giving

out love advice and dealing with heartbreak. Matt chips in to help cook, and recalls how he called time on a past relationship. For main, Silvia visits a restaurant in Milan where an old friend Giovanni cooks a delicious risotto. Silvia and her guests will celebrate the tasty Milanese dish with a sausage and saffron risotto, and indulge in more conversation surrounding 'love'. Claudia talks about growing up in a family that ran a nightclub in Sydney's Kings Cross; Ita talks about having a TV mini-series

made about her; and Matt talks about starring in that drama. For dessert, it's all about chocolate, and Silvia visits an Italian chocolatier in Lucca. For Silvia, chocolate makes everything better, and it is the star of today's dessert – torta dell'amore, or love cake. Made with leftover Easter eggs and grappa-soaked sultana, the trio reveals all about their first kiss, and what they would like their children to know about love. And as they eat the cake, they toast to love.



EP 8 / CROSSROADS

Tim Flannery,
Greig Pickhaver &
Lauren Jackson

Climate change scientist Tim Flannery, comedian Greig Pickhaver and basketball icon Lauren Jackson join Silvia to cook an Italian feast as they talk all about 'crossroads'.

For entrée, Silvia reminisces about long summers spent by the coast, with tasty marinated baby octopus and homemade potato bread. She visits Sestri Levante in Liguria where fishermen ply their trade. While Greig begins chopping ingredients, he reveals how a tough childhood

blossomed into a long successful media career; Tim talks about becoming a father again later in life; and Lauren talks about 'crossroads' in her life. For main course, Silvia is making her dad's favourite meal – wild boar ragout with pappardelle. She travels to San Gimignano in Tuscany where wild boar is plentiful. As Silvia serves up a treat and the trio tuck in, Lauren talks about adjusting to life away from the basketball court; Tim talks of the crossroads that our world faces when it comes to the

environment, and gets very emotional as he talks of the untold damage and change that is currently occurring to the Great Barrier Reef and the extinction of animals. For dessert, the conversation shifts back into the kitchen while they make a Torta Della Nona. Much laughter ensues as Greig gives his famous commentary as Lauren rolls out the dough, and then they all toast grandmas everywhere before the guests bid arrivederci.

