



Elio Ferrante

Home cook, recipe writer and photographer · Trieste

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I cook one thing properly at a time in a small flat, write down exactly what happened, and photograph it in the one good hour of light this kitchen gets. Two hundred and fourteen cards so far. I also survey ships two days a week, which pays for the butter.

IN THE KITCHEN

The table

2019 – Present

A supper club in my flat · Trieste

Ten seats, one menu, the last Saturday of the month. Sixty-three suppers so far and never the same menu twice.

Recipe development

2020 – Present

Freelance, for magazines and small food brands

Three rounds of testing minimum, weights in grams, and a written note on what goes wrong at every step. Published in three monthlies and two brand books.

Food photography

2021 – Present

Freelance

Window light, no team, no styling kit beyond the drawer. Menus, packaging and two cookbooks.

Cooking afternoons

2022 – Present

Four people at a time, in my kitchen

Bread, a slow pot or pasta by hand. Everyone leaves with the card and a bag of the fried breadcrumbs.

THE OTHER JOB

Marine surveyor

2009 – Present

A shipping insurer · Trieste

Two days a week, in the port, writing reports about damage. It is where I learned to write down what actually happened rather than what was supposed to.

WHERE I LEARNED IT

Three weeks in a bakery

Genoa, on the night shift

Unpaid, arranged over the phone, and the reason the Tuesday loaf exists.

Two winters at a mountain refuge

2013 - 2014

Friuli, cooking for twenty a night

One oven, no deliveries after Friday, and the first time I had to plan a menu around what was already in the room.

My grandmother's kitchen

1990 - 2015

Every Sunday until 2015

Watched, never asked, and regretted it. Eleven attempts to get one pot back.

WRITTEN FOR

A monthly food magazine

2021 - 2026

Seven recipes and two essays

A small stock and broth brand

Six-week domestic test, three recipes, packaging notes

A neighbourhood wine bar

Menu photography and two seasonal dishes

An anthology of home cooking

Two chapters on preserving

WHAT I CAN BE ASKED FOR

Slow braising and pot cooking

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Bread, from one loaf to twelve

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Preserving and pickling

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Pasta by hand, no machine

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Recipe writing and testing

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Food photography in daylight

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LANGUAGES

Italian	Mother tongue	Slovene	Fluent, badly accented
English	Fluent		