

Roma – *wasn't built in a day* : the program

Sunday

Pick-up at airport or railways station. Transfer to reserved accommodation .

Welcome drinks and dinner; introduction to the week program and presentation of courses and teachers.

Monday

Cooking lesson at "Cuoche per caso" school. Lunch. "Discovering Hidden Rome" walk, with our specialized art historian of Iterarte .

Dinner and evening free.

Tuesday

Cooking lesson at "Cuoche per caso" school. Lunch.

Afternoon free, for your shopping, your wandering or relax.

Buffet dinner; an exceptional tasting of selected Italian regional products, such as cheese, "salumi", wine, and a variety of local "delicacies" from Northern to Southern Italy, at Limata , a renowned "formaggeria e salumeria italiana".

Following, an unusual "Rome-by-night" tour.

Wednesday

Half-day tour in the surroundings of Rome, visiting the treasures of Italian art and history.

Lunch in a typical regional cuisine restaurant.

Visit to typical local farmers and wineries and tasting of wine, oil, cheese...

Dinner and evening free.

Thursday

Visit to the best farmers' market to choose and buy the fresh products and ingredients.

Cooking lesson at "Cuoche per caso" school. Lunch.

Guided tour to exclusive places, with a specialized art historian.

Dinner and evening free.

Friday

Cooking lesson at "Cuoche per caso" school. Lunch. Afternoon free, for your shopping, wandering or relax. Farewell dinner at an exclusive restaurant and presentation of diplomas.

Saturday Check out and transfer to airport or railways station.

Fiè allo Sciliar – *under the most beautiful mountains of the world*: the program

Sunday

Pick-up at Bolzano airport or railways station. (Pick up at Verona available upon request). Transfer to the Turm Hotel and check-in.

Welcome drinks and dinner; introduction to the week program and presentation of courses and teachers.

Monday

Easy hiking to a "Malga" (hut). Tasting/lunch of fresh local specialties.

Transfer to Condito and cooking lesson. Dinner.

Transfer to the hotel.

Tuesday

Tour on the "Wine Road", visiting superb wineries, including tasting and lunch.

Walking around Bolzano and visit to the "Mercato delle Erbe" (Groceries Market).

Afternoon cooking lesson at Condito. Dinner.

Transfer to the hotel.

Wednesday

Guided tour of the Val Pusteria, visiting the Abbazia di Novacella (dated 1150). Visit and tasting of cheeses to the exclusive cheese-factory *Degust-the Art of Cheese*, where cheeses are seasoned in a World War One bunker.

Afternoon free around Bressanone.

Transfer to the hotel.

Dinner and after dinner tasting of local selected "Grappa" liquors in the Turm Hotel caves .

Thursday

Excursion to the Alpe di Siusi, the vast highland in Europe.

Lunch at a typical hut.

Cooking lesson at the newly restored *Maso Grottner* (dated 1300).

Dinner.

Transfer to the hotel.

Friday

Cooking lesson at Maso Grottner.

Lunch. Transfer to the hotel.

Afternoon free, for shopping or enjoying the wellness centre at the Turm Hotel.

Farewell gala dinner at the hotel **Stube** and presentation of diplomas.

Saturday

Check out and transfer to airport or railways station.

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2009 PROGRAMS, LOCATIONS AND RATES

Salina – *a full immersion in nature*: the program

Sunday

Arrival at the hotel. Welcome drink and dinner; introduction to the week program and presentation of courses and teachers.

Monday

Cooking lesson at Tasteof.it school. Lunch.

Visit to the winery that produces the world famous "Malvasia", tasting.

Dinner at the hotel.

Tuesday

Cooking lesson at Tasteof.it. Lunch.

In the afternoon, tour of the island and tasting of the "Granitas" on the sea-shore.

Dinner at the hotel.

Wednesday

Daily excursion by boat, tour of the island, visit to Lipari island and its Archeological museum. Lunch on the boat or at a typical restaurant.

As an alternative climbing excursion to the top of Monte delle felci, the highest peak, with a breathtaking 360° view of the Aeolian Islands.

Dinner at the hotel.

Thursday

Cooking lesson at Tasteof.it school.

Lunch. Guided tour to hidden places of the island with a specialized naturalist and tasting of local products.

Dinner at the hotel.

Friday

Cooking lesson at Tasteof.it school. Lunch.

Afternoon free, for wandering or relax.

Farewell gala dinner at an exclusive restaurant and presentation of diplomas.

Saturday

Check out.

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2009 PROGRAMS, LOCATIONS AND RATES

Location	Course	Date	Rates
Rome	Mediterranean	march 01 - 07	€ 3,240.00 *
		march 29 - april 04	
	april 05 - 11		
	may 03 - 09 july 05 - 11		
	september 27 - october 03		
	november 08 - 14		
	Everyday	february 01 – 07	
	may 10 – 16		
	november 15 - 21		
	Pasta Pizza & co.	march 15 – 21	
		may 17 - 23	
		november 22 - 28	
	Italian Traditional	june 07 - 13	
		september 06 - 12	
	Tradition and innovation	february 15 - 21	
	Italian creative	september 20 - 26	
	Italian vegetarian	october 18 - 24	
Salina	Sicilian	may 31 - june 06 october 11 - 17	€ 3,240.00 *
Fiè allo Sciliar	Italian traditional	june 21 – 27 november 01 - 07	€3,780.00 *
Aci Trezza	Italian Seafood	TBD	TBD

*** IMPORTANT NOTICE: rates are expressed in Euros**

- **In Rome** standard accommodations is as single in a double room. Double occupancy is possible only upon request.
- **In Salina** both single and double accommodation are available.
- **In Fiè** both single and double accommodation are available.

Standard accommodation is in a Comfort room, 40-50 sq. meters. Upgrade is available to a Comfort Suite, 50-70 sq. meters.

Please contact us for any enquiry about our weeks' program and for special requests.

the@tasteof.it

www.tasteof.it

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Italian traditional

This is the course for those willing to deeply immerse in authentic regional Italian cooking, those who really wish to discover the secrets to recognize and select quality and original raw ingredients. An unique chance of visiting the local historical markets and to learn the simple but special traditional dishes, such as the Pasta al Forno alla Siciliana, the Ribollita Toscana, the Involtini di Pescespada, the altimbocca alla Romana, the Pastiera Napoletana or the Torta Sbrisolona.

Mediterranean

This course will guide all participants to explore the fantastic basic ingredients of the famous Mediterranean Diet, worldwide considered as the most healthy way of eating. We will learn how to value amazing aromas such as those of the *Agrumi*, the wild fennel or the ancient and popular flavours of capers and anchovies. The simplicity, the enhancements of tastes and freshness will be the essence of the recipes where the star will be the extra-virgin olive oil.

Italian Seafood

We will “dive” into regional culinary traditions to learn how to cook recipes exclusively based on fishes, shellfishes and daily selected local sea food. Participants will discover the secrets to recognize, to buy and to get the best results from one of the basic ingredients of the whole Italian cooking. We will cook only daily catches, on the barbeque, in the oven, in the pan, in the pot.

Tradition and Innovation

A new and amusing cooking course. You will cook the classic and the revised version of the same traditional recipes. Guess what will be most successful...the original Amatriciana or its “de structured” version? Two chefs will be teaching and confronting each other about two different ways of preparing the same recipe.

Italian Vegetarian

No meat, no fish, only vegetables and fruits. No OGM's, No SUPERMARKET! You will realize how rich, various and tasty could be the Italian vegetarian cooking. Let's go pick up the fresh ingredients in the local neighbour markets. Let's learn how much we can obtain with the different mixtures and the different cooking techniques. We will go back to the past, recognizing flavours and taste of the old popular tradition, almost forgotten.

Italian Creative

We will put aside, for a while, the great traditions, to immerse in the trendy and renowned Italian innovative cooking. We will explore new matching and mixings of ingredients, new special and extravagant cooking techniques, so peculiar and at the same time so simple to reproduce at home. Another very important moment will be the presentation of the dishes: you will amaze your families and your guests!

Sicilian

It is considered one of the best regional cooking in Italy. It is a real journey in many different ages and cultures like anywhere else. An island that has been a melting pot of cultures and civilizations. A priceless heritage that still remains in Sicilian recipes: Greek, French, Spanish, Arab. Names, flavours, ingredients, all mixed to create an incredible harmony: anelletti al forno, pasta con le sarde, involtini di pescespada and cannoli siciliani...

Everyday

This is what housewives (and house husbands...!) cook everyday. The classics, the evergreen of Italian recipes. We will learn basic and advanced techniques, how to chose the ingredients, how to cook simple, great dishes. This course could change even your everyday life and that of your family and friends...

Pasta, Pizza & Co.

Flour will be the Queen. This is the course about the secrets of the most famous Italian recipes and meals in the world. Pasta and Pizza, the simplest basic elements of an incredible numbers of dishes, with an infinite way of combining ingredients. Fresh and dried pasta, with eggs, with water, pizza, “focacce”, read and, last but not least, the magic ritual of cooking a risotto. This will be a journey along the entire peninsula from the Alps to the southern cape of Sicily.