



ITALIAN CUISINE IN UMBRIA

with FarmerChefs

LORENZO POLEGRI & KIM BROOKMIRE

2016

Orvieto, Italy

*A one-of-a-kind culinary and cultural experience,
in the rich, bountiful region of Umbria, Italy!*



Join FarmerChefs Lorenzo and Kim at *Ristorante Zeppelin* and *Casa Segreta Farm* for a unique culinary adventure, which will enrich your life forever!

If you are a food amateur but you still don't know how to make a good lasagna; if you are the best student in school and you wish to impress your culinary dean; or if you are a prize-winning chef unfortunately on a diet, well ... Join us, and you will experience the real essence of food, wine and cooking.

Find yourself a special person living the authentic Italian dream!



HANDS-ON COOKING CLASSES

- ❖ **4 Hands-On Cooking Classes, preparing classic recipes of the Umbrian, Tuscan and Lazio repertoire; multiple course menus with mineral waters, wines, spirit and liqueurs, coffee and cappuccino!**
- ❖ **2 Wine Seminars with professional English speaking Sommelier, tasting and studying wines from: Piedmont, Friuli Venezia Giulia, Veneto, Tuscany, Umbria, Lazio, Puglia, Sicily and Sardinia.**
- ❖ **1 Chocolate Class in Perugia at the Perugina Factory: tempering and making chocolates, garnishing, tasting etc.**

HOUSING & MEALS

- ❖ **7 nights in 3 or 4 star Hotel in the center of Orvieto, breakfast included; free Wi-Fi**
- ❖ **All meals are included, with mineral water, wines and coffee**

WORKSHOPS & VISITS

- **The Farmers' Market in Orvieto**
- **The Duomo**
- **Orvieto Underground**
- **Torre del Moro**
- **S. Patrick's Well**
- **Etruscan Tombs**
- **Wine tasting at Foresi, and visit to the medieval cellar**
- **Visit to Svinnere Wine Cellar, with seminar, tasting and bottling wild cherry wine!**
- **Professional chocolate class at "Perugina" with visit to the factory**
- **Trip to Assisi, the medieval town of S. Francis**
- **Workshop at Gialletti, Pottery producer in Deruta**
- **Truffle Hunting with Giovanni the hunter and his dog Perla**
- **Workshop at Bartolomei Extra Virgin Olive Oil Mill with oil tasting**
- **Workshop at local winery, with wine tasting**
- **Workshop to Alta Tuscia Pecorino cheese producer**
- **Visit to Civita, the "Dying Town"**

INSURANCE

- ❖ Participants are covered by travel Insurance Carmed Gold, for luggage loss and damage, accidents, health and dental

TRANSPORTATION

- ❖ All local transportation and transfers to and from the airport are included

THIS PACKAGE INCLUDES:

- 4 Hands-on Cooking Classes with FarmerChefs Lorenzo & Kim
- 1 Hands-on Chocolate Class at Perugia
- 2 wine seminars with professional sommelier, Graziella
- Daily coffee breaks
- All meals, with wines and grappa
- 1 BBQ at the farm Casa Segreta
- 1 Truffle hunting excursion
- 1 Svinnere Cherry Wine experience
- Orvieto City Pass
- 7 nights at 3 or 4 star hotel, with breakfast and wi-fi included
- Airport transfers
- Workshop and local transfers
- Insurance
- Diploma of "Italian Culinary Experience in Orvieto"
- Diploma of "Italian Wine Connoisseur"
- Diploma of "Maestro dello Svinnere"
- Diploma of "Scuola del Cioccolato"
- School's chef jacket and apron
- Copy of the book The Etruscan Chef, by Farmerchefs Lorenzo Polegri & Kim Brookmire

FLIGHT FARES NOT INCLUDED

COST PER PERSON, BASED ON 6-12 PARTICIPANTS:

€ 2,800 per person, double room
€ 2,950 per person, single room

SCHEDULE

NOTE: We will include all the visits, but inclement weather and scheduling conflicts may alter the below itinerary and adjustments to the schedule may be necessary.

SATURDAY

Departure from USA Airport to Rome Fiumicino airport

SUNDAY

Arrival at Rome Airport in the morning; transfer to Orvieto and to the lodgings.

1:00 p.m. Lunch at Zeppelin Restaurant; introduction of the Program

3:00 p.m. / 6:00 p.m. **Walking tour of Orvieto:**

Climb the Torre del Moro to see the astonishing view of Orvieto from above

Visit the Duomo of Orvieto with the famous frescoes of Signorelli

7:00 p.m./ 9:30 p.m. **Wine Tasting/Dinner at Cantina Foresi and visit of the old winery**

MONDAY

9:00 a.m./ 1:00 p.m. **Cooking Class 1**

1:00 p.m. Lunch at Zeppelin Restaurant with wines and coffee/ cappuccino

3:00 p.m./ 7:00 p.m.: **Visit to local winery with tasting**

Visit to Bartolomei Extra Virgin Olive Oil Mill,

8:00 p.m. **Pizza Dinner**

TUESDAY

8:00 a.m./ 12:00 p.m. **Visit to Alta Tuscia pecorino cheese producer, with tasting**
Visit of Civita "The Dying town"

1:30 p.m. Lunch in Civita at Trattoria Ariana

3:30 p.m./ 7:30 p.m. **Cooking Class 2**

7:30 p.m. **Wine Seminar and Tasting 1: Wines of Umbria, Tuscany and Lazio.**

8:30 p.m. Dinner at Zeppelin Restaurant with wines and coffee/ cappuccino

WEDNESDAY

7:00 a.m./ 9:30 p.m. **HUNTING DOWN TRUFFLES!!! With Giovanni the Hunter and his dog Gnapetta, searching for the hidden treasure of Umbria!!!**

10:00 Return back to Orvieto for free time to explore and shop !!!

1:00 p.m. Lunch at Zeppelin with wines and coffee/ cappuccino

3:00 p.m./ 6:00 p.m. **Visit to the hidden city "Orvieto Underground"**

Workshop at Svinere, with tasting

6:00 p.m./ 7:00 p.m. **Wine Seminar and Tasting 2: Wines of Southern Italy and the Islands**

8:00 p.m. Dinner at Zeppelin Restaurant with wines and coffee/ cappuccino

THURSDAY

8:00 a.m. / 9:30 a.m. **Visit to Orvieto's Farmers' Market, tasting the best in local produce!**

10:00 a.m./ 1:00 p.m. **Cooking Class 3**

1:00 p.m. Lunch at Zeppelin Restaurant with wines and coffee/ cappuccino

3:00 p.m./ 6:30 p.m. **Free time / Suggested walking tour to The Etruscan Tombs, or descend to the bottom of the amazing S. Patricks Well!**

7:30 p.m. Dinner at Zeppelin Restaurant with wines and coffee/ cappuccino

FRIDAY

7:30 a.m. **TRIP TO PERUGIA AND ASSISI: Meeting at Zeppelin to go to Perugia, the most important chocolate company in Italy!!! Visit of the Chocolate Museum and the Factory, with chocolate tasting!!!**

10:00 a.m./ 12:30 p.m. **Hands-on chocolate making class!**

1:00 p.m. Pizza lunch in Assisi

2:30 p.m./ 4:30 p.m. **Visit of Assisi, the land of S. Francis the Patron of Italy.**

5:00 p.m. / 6:30 p.m. **Pottery Workshop in Deruta, with a demonstration of vase making and ceramic painting**

8:00 p.m. **Dinner in the countryside at Casanova, Baschi**

SATURDAY

9:00 a.m./ 1:00 p.m. **Cooking Class 4**

1:00 p.m. Lunch at Zeppelin with wines and coffee/ cappuccino

Afternoon free, to pack your stuff....

6:00 p.m. Let's go to have a **BBQ at the farm with wines. Certificates Ceremony, Group Picture!!!**

SUNDAY

Transfer to the Rome Fiumicino airport (FCO) to go back home!

- All our cooking classes involve preparing an entire meal, including daily bread, pasta, main course and of course dessert! We cook according to the seasons and what we find at the market, so our classes always represent the finest of the season.

A sample class menu:

Lumachelle, bread with pecorino and guanciale

Bread with Raisins

Pizza with Tomatoes, Eggplant and Zucchini

Fresh Handmade Pasta with rolling pin

Wild Boar Ragù

Porchetta

Artichokes with Anchovies

Crostata with Ricotta and Candied Orange

Chocolate Gelato