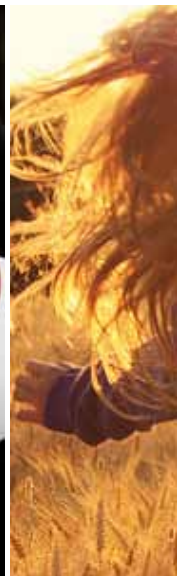


Food & Wine: CULINARY EXPERIENCES



TuscanyAll offers culinary programs in Tuscany: cooking classes, wine tastings, wine tours, gastronomic tours, special gastronomic itineraries, visits to cellars, farms and food markets.

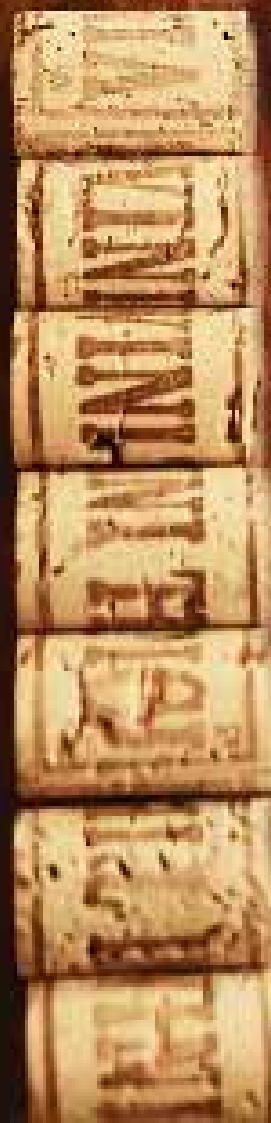
Programs are available as single services or combined with accommodation facilities and are tailor made according to our clients' requirements.



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"Buono come il Pane"
6-day Bakery Workshop

www.tuscany-cooking-classes.com



THE SCHOOL



The school was founded in 1997 with the goal of providing students with a complete culinary education. For this reason, no lesson or course is approached merely as a practical cooking lesson but the Italian cuisine is presented in its true context as related to the rich culture of Italy. Food can not be separated from Italy's history, art and society: it represents an integral part of all these subjects.

The school is a culinary institute which offers both academic programs and programs for amateurs. Hand-on lessons are held by professional chefs in English.

The school is equipped with:

- One large production kitchen able to accommodate 12 students. This kitchen is modeled on a true restaurant kitchen in order to offer our professional students the opportunity to work in a setting similar to what they will find once they begin internships in Italian restaurants.
- One large demonstration kitchen able to accommodate 18 students. Students are grouped into work stations equipped with sink, stove tops, counter tops and all necessary utensils.
- One fully equipped individual kitchen available for customized lessons for individuals and groups of two people.
- One large restaurant and lecture area which can be used by students to enjoy their creations after cooking classes. We also use this space for tastings, culinary lectures and restaurant simulations.
- One fully-equipped kitchen to accommodate individuals and groups up to 12 people.
- One state of the art wine appreciation room, to accommodate 23 students.
- One aula magna.

LOCATION: the cooking school is located in Florence city centre, 2 minutes far from the central railway station and 5 minutes' walking from the cathedral.

CONCEPT

Tuscany Hands-On! Experience our unique packages that include Tuscan Culinary Traditions along with Contemporary Trends; taste the most popular wines, from Super Tuscans to niche productions! Our Culinary Experience can be combined with Gastronomic Walking tours, behind-the-scenes visits to farms, special pastry courses, bread baking, pizza and fresh pasta workshops.

Cooking can be considered a necessity, a daily performance or a form of entertainment. For some people it is merely an obligation, while for others it represents a passion. For us, cooking is a very special art form, where all senses amalgamate in its appreciation.

The Art of Cooking is therefore a full, complete experience, which involves the whole body in its total sensation. This is the reason why we associate it with our art works and our cultural heritage. The Art of Cooking has been part of it, from Etruscans and up to the present.

The programs are shaped for people who approach to "art of Italian Cooking" for the first time, or have a deeper experience in the field and just to refresh and deepen their cultural and practical knowledge of this field. Each program also includes one or more cultural experience in Florence.

COOKING LESSONS



OPEN GROUP COOKING CLASSES

These lessons are available for every week of the year. Availability is subject to availability in each class. The class ends with a tasting meal of the food prepared.

Cooking classes are available on daily basis for individuals or small groups. The class consists of about 3 hour hands-on cooking lesson. The menu is established each week by the chef; 3 or 4 dishes will be taught in each course. These classes start at 3.00 p.m. and end at about 5.45 p.m. The tasting dinner always follows the course.

CALENDAR 2010 – OPEN GROUP CLASSES

Italian Regional Cuisine each Monday - at 3.00 pm

Tuscan Cuisine each Tuesday - at 3.00 pm

Vegetarian Italian Cuisine each Wednesday - at 3.00 pm

ONE-ON-ONE COOKING LESSONS

These cooking classes are available on daily basis for individuals or small groups. The class consists of 3 hour hands-on cooking experience.

All private cooking lessons include the preparation of a complete meal or else specialize in certain dishes (please see below specialized menu). The recipes will be decided upon shortly before the start of the program based upon the freshest seasonal ingredients available at the time.

Lessons culminate in a tasting of all the dishes prepared in class. Each class is 3 hours.

LESSON SUBJECTS

- 1 Fresh herbs in Italian cuisine
- 2 Fresh pasta workshop
- 3 Italian vegetarian cuisine
- 4 Gelato and sorbets
- 5 Traditional Italian sweets
- 6 Pizza and bread
- 7 Tuscan cuisine: Florence
- 8 Tuscan cuisine: The sea town of Livorno
- 9 Tuscan cuisine: Siena
- 10 Italian regional cuisine: Sicily
- 11 Italian regional cuisine: Piedmont
- 12 Italian regional cuisine: Lazio
- 13 Italian regional cuisine: Sardinia
- 14 Chocolate workshop
- 15 An introduction to Molecular cuisine
- 16 Olive oil
- 17 Nutritional cooking
- 18 Italian creative cuisine and decoration
- 19 Contemporary Italian cooking: Chef G. Vissani
- 20 Contemporary Italian cooking: Chef C. Sadler

WINE TASTINGS



WINE LESSONS

Wine courses focus on Tuscan wines as well as on the finest wines of other Italian regions: Piedmont, Sicily, etc.

Lessons are held by a sommelier in a wine appreciation room. Each lesson lasts about 1 hour.

Three level classes are available.

FOOD & WINE PARING LESSONS

Pairing wine with food is more art than science.

Food and wine pairing is a highly subjective and inexact process. The old rules — primarily red wine with red meat and white wine with fish and poultry — don't take into consideration the complexity of today's multi-ethnic and subtly flavored foods and the corresponding wide range of wines from around the world that are now conveniently available to almost everyone. The instructor will guide you through tastings of white, red and dessert wines explaining the various characteristics of different varieties of grapes and their ideal combinations with dishes.

WINE LESSONS

LEVEL	WINES
Basic Introduction to Tuscan Wines	- Vernaccia di San Gimignano - Chianti Classico - Vin Santo
Intermediate Introduction to Italian Wines	- Greco di Tufo* - Chianti Classico* - Nobile di Montepulciano* - Moscato di Pantelleria*
Advanced Italian & Super Tuscan Wines	- Cervaro della Sala* (Antinori) - Brunello* (Toscana) - Barbaresco or Barolo* (Piemonte) - Taurasi* (Campania) - Muffato della Sala* (Antinori) or Malvasia delle Lipari* (Sicilia)

WINE TOURS



SANGIMIGNANO & THE VERNACCIA

San Gimignano is worldwide famous for its special urban structure dating back to the XIII-XIV th centuries. Definitely the best preserved in Europe. We'll make our way through its tiny, characteristic streets where Medieval towers and Romanesque churches seem to emerge out of nowhere. The views and the art works are a must as they testify to the unique character of this city which is both Sienese and Florentine.

Founded at the junction between the via Francigena and ancient commercial routes, San Gimignano boasted a florid trade of saffron and wine with Italian and European markets. A wine taste of its celebrated Vernaccia is not to be missed.

Wine tasting (2 local wines): Vernaccia di San Gimignano and Chianti Colli Senesi.

Tasting of typical products: Tuscan salame or Finocchiona, Tuscan ham, Pienza Pecorino cheese and bruschetta with extra-virgin olive oil.

MONTALCINO AND BRUNELLO TASTING

Once an important Sienese stronghold, Montalcino is now rich in historical monuments and Medieval art work. We'll make our way through the tiny streets of the city admiring many important sights along the way. We couldn't possibly leave Montalcino without tasting some of the world famous Brunello wine accompanied by pecorino cheese, Tuscan salame, ham and bruschetta).

We'll continue on to the Abbey of Sant'Antimo an important example of Romanesque architecture in Tuscany.

All the tours above include a private driver with Mercedes car and an expert guide except for the San Gimignano tour, in this case the departure is directly from San Gimignano village centre. In case you have your own car, rate per person will be lower, in that case, please ask us for a tour estimate.

CHIANTI REGION AND ITS CELLARS

We'll go for a beautiful walk in the Chianti area and discover one of the most unique landscapes in the world. Country roads running across wine-yards, ancient stone farm-houses, Medieval villages, scattered houses, castles and parish churches.

You will know our docg wines through a wonderful gastronomic itinerary that, at the same time, is cultural and historical. We will visit Radda and the fortified village of Volpaia. Then, we will reach the Castle of Albola, where we will stop for lunch and wine and olive oil tasting.

After lunch, we will continue our Chianti trip and visit the Castle of Meleto to taste the Chianti Classico wines of its cellar with some snacks (Tuscan salame, pecorino cheese, ham, home-made bread, olive oil and bruschetta). Our last stop will be the ancient Romanesque church of Spaltenna, which is located near the village of Gaiole in Chianti.

BOLGHERI AREA – THE SUPER TUSCAN AREA

Optional activity: ONE DAY FIELD TRIP to Bolgheri accompanied by a wine expert by private car. The itinerary includes: lunch in a typical restaurant of the area, visit to one of the most important wine producers of Bolgheri area, wine tasting in the cellars, visit to vineyards.

CULINARY TOURS



COOKING SUPPLY TOUR

This tour highlights a few of Florence's finest cooking supply shops and gourmet food sellers.

LECTURES WITH TASTINGS

Introduction to typical Tuscan Products – for example Olive Oil, Food and wine pairing, Balsamic vinegar, Italian cheese.

VISITS TO FARMS

When you aren't in the kitchen your program may include any of the following activities:

Visit to a **local olive press** to watch the whole process of oil being made and followed by tasting of different types of extra virgin oil. (olives harvest months: end of October, November, mid December). Rate 160 euro for two people. From 3 to 4 people, rate 50 euro per person.

Seeing a family-run **dry pasta factory** in Lari and the old-fashioned production of a world-known brand. Rate 160 euro for two people. From 3 to 4 people, rate 150 euro per person.

A day of **truffle hunt** with a local digger in S. Miniato with lunch.

GASTRONOMIC WALKING TOUR

The gastronomic walking tour is a fun way to see and TASTE the city.

Students are accompanied through the town, making stops in local shops and small stands to sample typical foods and wines of the region. Some foods to be enjoyed in this tour are schiacciata (flat bread), crostini and bruschetta, salami, prosciutto, pecorino cheese, rice and apple fritters and of course, gelato!

MARKET TOUR

The market tour brings students throughout the central produce market where the freshest ingredients are available. The top floor houses all of the finest fresh fruits and vegetables as well as beautiful flowers, while the bottom floor displays a variety of meats, cheese and bread. Local Florentines and restaurateurs meet here in the morning to pick out the best produce. It is a unique experience to see the people and the colors, to smell the fragrances and to take in local culture. Bring your camera – you will get some great shots!



GASTRONOMY BEHIND THE SCENES

(making of specialty foods)

These tours will lead you through the Chianti Classico or the Chianti Senese areas, famous all over the world for wine production, olive oil and many other gastronomic products.

The itineraries reach some ancient medieval villages, like San Casciano or Mercatale, where visitors, followed by a professional and specialized guide, will have the opportunity to visit some little romanesque churches. Then, along the famous Road of the Wine, visitors will reach Greve in Chianti and Panzano. They will be able to taste some traditional local products: olive oil, Chianti Classico wine, vinsanto, pecorino cheese, tuscan ham, salami, Cinta Senese and Lardo di Colonnata.

The itineraries can be organized according to guests' preference. Lunch on a farm can be included as well as visit of the cellars and of vineyards. In alternative, they can have lunch at the restaurant of the famous butcher Cecchini in Panzano in Chianti to taste the steak "fiorentina" cooked according to the traditional Tuscan style.

CHIANTI CLASSICO WINE

Chianti Classico wine is number one of the traditional products. Its production follows the strict rules of the "Disciplinaire" and it's the only wine allowed to mark its label with the "Black Rooster" symbol since 1924.

During the tour, visitors have the opportunity to visit the cellars of an authentic farm, with its barrels, the barricaia room, vineyards and experience some wine tastings with cheese, cold cuts and bruschetta.

In case the tour takes place at the end of September, it will also be possible to attend the harvest and the work of the grape.

PECORINO CHEESE AND OTHER TRADITIONAL CHEESES

The traditional product which best expresses the personality and the variety of the Tuscan landscape is the Pecorino cheese, made with the sheep's milk. Its unmistakable aroma contains the fragrance of the wild herbs which mark the season in the pastures of the Tuscan countryside. The product's excellence has also to do with the experience, skill, sensitivity and craftsmanship of the cheese producer.

During the tour, visitors will have the chance to visit some cheese factories in the Chianti Classico or in the Chianti Senese areas. They will be able to taste some of the most famous varieties of Pecorino cheese, like the Pienza Pecorino, the Marzolino, the Bucci di Rospo and many others. The producers will explain the various techniques to transform the milk into this delightful product.

OLIVE OIL

Chianti Classico region is a territory where olives have been cultivated since the Middle Ages. In the gentle hills between Florence and Siena, the olive has enriched the natural landscape of the area and has now become an inseparable element.

During the tour, guests will visit some oil mills, with the presses and the millstones. In case the tour takes place at the beginning of November, participants will be able to attend the harvest and the work of the olives.

HONEY FROM LUNIGIANA

Thanks to its orographic features that have preserved a territory where woods alternate with clearings, Lunigiana is the ideal place to produce honey. Lunigiana honey is considered the most precious Italian honey and is widely used for cooking and for alternative medicine. "Lunigiana honey" indicates various types of honey, particularly that of acacia and chestnuts. Rich in vitamins, mineral salts, enzymes, essential amino acids and proteins, it is a food with many uses that benefits the organism and has a high nutritional value.



BIOLOGICAL GRAIN

In Tuscany there are many farms which produce biological grain. During this tour, visitors will learn how these farms work and transform the grain, using some particular techniques and rules which guarantee a healthy and genuine product.

FAGIOLI DI SORANA IGP

Every traditional Tuscan product has a story to tell, a fable studded with ancient marvels, dark periods and famous people who have sung their praises; the Sorana bean is one of these. The tender and delicate Sorana bean has a thin and smooth skin which becomes imperceptible after cooking and becomes part of the pulp. It is a particularly sought-after food not only because it is a delight for senses but also because it is easy to digest.

During this tour visitors will have the chance to see how the fields operate as well as to have an explanation of the harvest techniques. In case the tour takes place between August and September, guests will be able to attend the harvest.

Recipe Fagioli al fiasco: put 300g of dried beans, 50g of extra vergin olive oil, 5 sage leaves and two cloves of unpeeled garlic in a wine bottle where the straw has been taken off, season with salt and fill three-quarters full with water. Tape the bottle with cotton and tie it with string so it cannot come open. Make sure that you use water with no lime and chlorine. Cook on a low heat near to the fireplace or under the ashes. The beans must never boil. They are ready when all the water has evaporated. It takes several hours to cook.

MARRONE FROM CAPRESE MICHELANGELO DOP

Caprese Michelangelo chestnuts have close ties with the territory which they have become part and parcel of in time. Their growing technique has remained unchanged over the years. The characteristics of Caprese Michelangelo chestnuts are their tanned colour with marked brown streaks and a round elliptical shape. Caprese Michelangelo chestnuts are a local biotype that differs from other varieties of chestnut areas and are appreciated roasted, skinned and boiled or glazed . They are also a special ingredient used in the basis for tasty cakes.

In case the tour takes place at the end of September, visitors will have the chance to attend to the harvest and the work of this product.

Recipe Chestnut cake: Peel 600 grams of chestnuts and boil them in lightly salted water. Strain them and, while they are still hot, skin them before sieving them and pouring the mashed chestnuts into a bowl. Beat 3 egg yolks with 200 grams of sugar and whip the whites separately. Add to the egg yolks 100 grams of butter, lemon peel, 100 grams of skinned chestnuts and the chestnut mash. Mix well and stir the whipped egg whites into the mixture. Grease the cake tin with butter and sprinkle flour over it, pour in the mixture and bake in a preheated oven at 180° for approximately 40 minutes.

CINTA SENESE DOP

The Cinta Senese pig originated in Siena and Chianti hills. These pigs are bred in a semi-wild or controlled wild state, in the woods, terrain fit for seed and hill pastures. It is excellent for use both in cooking and to transform into ham, salami, lardo and capocollo. During this tour, guests will visit the farms where these animals are bred and taste this precious product.

TRUFFLE

Tuscany is one of the most important Italian regions regarding the truffle's hunt. White truffle is the most precious, but there are many other varieties all over the region. According to the season, it will be possible to attend to the hunt of the truffle with dogs.

LARDO DI COLONNATA

What has always been a humble food, has recently become the symbol of the rediscovery of ancient tastes. Praised by gourmets for its sweet and tempting flavour represents the genuine taste of tradition and the forbidden because of all the calories it contains.



These programs represent only some examples among all combinations available which can be personalized according to our customers' needs. They are designed for people who wish to spend some days in Tuscany, visiting Florence, its museums, Siena, the Chianti Region and experience local traditions and Tuscan culinary arts, including accommodation at best rates and complementary cooking activities.



PACKAGES EXAMPLES

(including accommodation)



GASTRONOMIC WEEK

This 7-day package offers 6 different culinary thematic areas: pizza and bread, fresh pasta workshop, traditional sweets, the Mediterranean diet, olive oil, gelato and sorbets.

It includes both group and private cooking lessons focused on Italian cuisine and on the chosen area, a market tour, a gastronomic walking tour and private lectures with tasting on the thematic area by food experts.

THE PROGRAM

Day n.01 – Sunday
Check-in at the Hotel after 12.00 pm
08.30 pm Typical Dinner
Day n. 02 – Monday
09.00 am Private Lecture on thematic area
10.00 am Private Cooking Lesson on thematic area
12.30 pm Tasting Lunch at the school
06.00 pm Italian Cuisine cooking lesson
08.30 pm Tasting Dinner at the School
Day n. 03 – Tuesday
09.00 Market tour (1 hour)
10.00 am Private Cooking Lesson on thematic area
12.30 pm Tasting Lunch at the school
06.00 pm Tuscan Cuisine cooking lesson
08.30 pm Tasting Dinner at the School
Day n. 04 – Wednesday
09.00 am Private Lecture on thematic area
10.00 am Private Cooking Lesson on thematic area
12.30 pm Tasting Lunch at the school
06.00 pm Tuscan Cuisine cooking lesson
08.30 pm Tasting Dinner at the School
Day n. 05 – Thursday
10.00 am Private Cooking Lesson on thematic area
12.30 pm Tasting Lunch at the school
02.00 pm Gastronomic walking tour (2 hours)
Day n. 06 – Friday
Morning free
01.30 pm City Walking Tour
03.00 pm Uffizi Gallery Guided Tour
Day n. 07 – Saturday
Free
Day n. 08 – Sunday
Check-out within 12.00 pm

GUSTO WORKSHOP

Six days dedicated to visiting Florence, experiencing world-famous Italian cuisine and learning how to appreciate Tuscan wine, including a visit to Chianti region, its celebrated cellars and vineyards.

THE PROGRAM

Day n.01 – Sunday
Check-in at the Hotel after 12.00 pm
08.30 pm Typical Dinner
Day n. 02 – Monday
10.00 am Market tour (1 hour)
06.00 pm Italian Cuisine cooking lesson
08.30 pm Tasting Dinner at the School
Day n. 03 – Tuesday Morning free
06.00 pm Tuscan Cuisine cooking lesson
08.30 pm Tasting Dinner at the School
Day n. 04 – Wednesday Morning free
01.00 pm Basic wine tasting lesson
06.00 pm Tuscan Cuisine cooking lesson
08.30 pm Tasting Dinner at the School
Day n. 05 – Thursday 12.00 pm Accademia guided tour
01.30 pm City Walking Tour
03.00 pm Uffizi Gallery Guided Tour
Day n. 06 – Friday
Morning free
02.00 Half day excursion to Chianti region with dinner
Day n. 07
Check-out within 12.00 pm

A COOKING FLASH

Three days dedicated to visit Florence, its timeless monuments and to experience world-famous Italian cuisine.

THE PROGRAM

Day n.01 - Sunday
Check-in at the Hotel after 12.00 pm
08.30 pm Typical Dinner
Day n. 02 - Monday
10.00 am Panoramic Bus Tour
06.00 pm Italian Cuisine cooking lesson
08.30 pm Tasting Dinner at the School
Day n. 03 - Tuesday
morning free
03.00 pm Uffizi Gallery Guided Tour
06.00 pm Tuscan Cuisine cooking lesson
08.30 pm Tasting Dinner at the School
Day n. 04 - Wednesday
Check-out within 12.00 pm



CHOCOLATE SEDUCTION

(6 days in Florence)

With Andrea Bianchini, European Champion Maestro Cioccolatiere

This week will explore all aspects of chocolate from the scientific, cultural, and gastronomic points of view. Topics include its history, the hotly debated health and aphrodisiacal issues surrounding chocolate, the role of chocolate in literature and films.

Students will be introduced to the processes of chocolate production, types of finished chocolate products, past and present trends of chocolate preparation and service, the notions of chocolate pairing, and the chemical makeup of chocolate and how this influences medical/scientific research.

Lectures, hands on workshops will be dedicated to chocolate tastings and both classic and innovation chocolate preparations, visits to chocolate shops and artisans.

THE PROGRAM

Day n. 01 – Sunday

Check-in at the Hotel after 12.00 pm

08.30 pm Traditional Dinner

Day n.02 - Monday

10.00 am – 01.00 pm

Introduction to the course.

The history of chocolate: “Chocolate from the Aztec origins to globalization”

Tasting chocolate I, Learn the method of chocolate tasting

01.30 pm – 03.00 pm Lunch at Ganzo

03.00 pm – 05.00 pm

Walking Tour Downtown Florence visiting the most famous chocolate Shops:

Rivoire (hot chocolate with whipped cream)

Day n. 03 - Tuesday

10.00 am – 01.00 pm

Tempering and working chocolate. Understanding the method of tempering chocolate.

Lab: Learn how to temper Chocolate

01.30 pm – 03.00 pm Lunch at Ganzo

03.00 pm – 05.00 pm

Walking Tour Downtown Florence visiting the most famous chocolate Shops:

Hemingway (Coffee with chocolate spoons)

Day n. 04 - Wednesday

10.00 am – 01.00 pm

Praline and hand made chocolate.

Lab: Understand the method of praline production

01.30 pm – 03.00 pm Lunch at Ganzo

03.00 pm – 05.00 pm

Walking Tour Downtown Florence visiting the most famous chocolate Shops:

La Bottega del Cioccolato : Chocolate based dessert of “la bottega del cioccolato”

Understand the method of production of successful dessert, the way ingredients are combined, how to keep them.

Day n. 05 - Thursday

10.00 am – 01.00 pm

Mood Food: The role of chocolate in the nutritional system.

How it influences medical scientific resources. Food for Therapy

Chocolate Tasting.

Guest Lecturer: Ted Metcalf

01.30 pm – 03.00 pm Lunch at Ganzo

03.00 pm – 05.00 pm

Walking Tour Downtown Florence visiting the most famous chocolate Shops: Vestri

Day n. 06 - Friday

10.00 am – 04.00 pm

Lab: Pairing chocolate to savory food. The use of chocolate in the kitchen. Discuss a cocoa based menu by chefs Andrea Trapani and Andrea Bianchini.

Menu preparation

Lunch on your own creations

Food and Wine Pairing with Chocolate Menu



"BUONO COME IL PANE" - BAKERY WORKSHOP (6 days in Florence)

THE PROGRAM

Day n. 01 – Sunday

Check-in at the Hotel after 12.00 pm

08.30 pm Traditional Dinner

Day n.02 - Monday

10.00 am – 01.00 pm

Introduction to the course.

Art and Science of Bread Baking

Students will learn the proper use of equipment, product identification, scaling and measuring techniques, temperatures in baking with dry and moist heat and mixing methodology.

Introduction to baking ingredients. Leavening agents.

Presentation of the flours and of the baking technology.

Lab: Direct dough - biga - poolish

01.30 pm – 03.00 pm Lunch at Ganzo

03.00 pm – 05.00 pm

Walking Tour Downtown Florence visiting the most famous Bakeries and Specialty Bread Shops :

Procacci, Truffle Rolls

Day n. 03 - Tuesday

10.00 am – 01.00 pm

Detailed instruction on Tuscan dough bread making and the effects it has in bread production

web: www.arsia.toscana.it

Lab: Tuscan Bread

01.30 pm – 03.00 pm Lunch at Ganzo

03.00 pm – 05.00 pm

Walking Tour Downtown Florence visiting the most famous Bakeries and Specialty Bread Shops :

Forno Nistri

www.nistriandrea.it

Day n. 04 - Wednesday

10.00 am – 01.00 pm

The effects of salt, sugars, fats and milks in bread. Participants will develop soft loaf breads and rolls. Straight dough mixing methods will be studied

Lab: Salted Bread, Apulia Bread

www.panedialtamura.net

01.30 pm – 03.00 pm Lunch at Ganzo

03.00 pm – 05.00 pm

Walking Tour Downtown Florence visiting the most famous Bakeries and Specialty Bread Shops :

Forno Focacceria Pugi

<http://www.focacceria-pugi.it/>

Day n. 05 - Thursday

10.00 am – 01.00 pm

Type of flour, equipment.

Lab: Bread with cereals: rye bread, corn flour bread, seven cereal bread

In this variety bread class students learn bread mixing using grain, cereal and milled products

01.30 pm – 03.00 pm Lunch at Ganzo

03.00 pm – 05.00 pm

Olive Oil Tasting with Caterina Lazzareschi.

Extra Vergin Olive Oils of Italy paired with Breads of Italy

Day n. 06 - Friday

10.00 am – 04.00 pm

Specialty Breads of Italy

Lab :Flat bread – Focaccia Genovese, Ciabatta, Pizza

Lab: Preparation of Specialty Breads

Menu preparation


Lunch on your own creations

Food and Wine Pairing with Bread Based Menu

Day n. 07 Saturday

Check-out within 12.00 pm





In Italian to say something or someone is good we say “as good as bread”. A week of exploration into the universe of bread culture. We will explore the birth of breads, how breads vary between western and eastern civilizations, ancient techniques and traditional breads versus products of modern technological ‘fabrication’, and the recent return of artisan hearth baked breads. This week offers the opportunity to learn the principles and techniques of preparing multi-grain breads, sourdoughs, holiday or seasonal breads, and flat breads. Special emphasis will be placed on Italian regional breads and on Tuscan desserts (schiacciata fiorentina, cenci ...); handling grains (such as soakers) for specialty breads; mixing, shaping, and finishing specialty breads; and learning innovative baking methods. Lectures will be complemented by student cooking labs and tastings. The hands on workshops students will experiment with the methods of leavening, bake different types of savory breads, practice bread shapes, and execute recipes for dishes that involve bread as a main ingredient.

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