



7 Day Gastronomical Tuscan Cooking Adventure

This culinary program has been designed for lovers of Tuscany and all that it represents – the charming medieval towns, the centuries old traditions, the people and their culture, the art, and of course, the great food and incredible wine!! We have spent time with our chefs to create a week dedicated to the secrets and traditions of Tuscan cookery.

Participants will spend many hands on hours perfecting the skills of Tuscan cooking in historic kitchens of the 14th century renaissance 'Villa Pandolfini' or the medieval Torre from 1250.

During the week on this wine & olive oil historical estate you will have a wonderful 'Introduction to Tuscan Cuisine'. We will discuss the history of the Tuscan diet, typical dishes, Tuscan bread, peasant foods, and how the gastronomy has changed throughout the medieval and renaissance periods up until modern times.



Day 1 Saturday - Arrival to the Villa Pandolfini Estate in the afternoon.

Settle into your accommodation. Dinner on arrival, a fun and easy way to get to know everyone including your hosts and chefs.

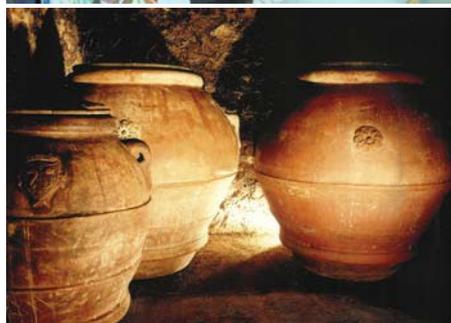
Day 2 Sunday - Full Day Excursion Southern Tuscany. Delights of Tuscany.

Breakfast at a local pastry shop, visit to magnificent medieval hill top towns such as Pienza/ Montalcino and Bagno Vignoni. Lunch in a typical trattoria. Brunello wine tasting and cellar tour. Back for a real Italian pizza in the local Pizzeria.



Day 3 Monday - Cooking day # 1. Cooking class finishing with a 5 course meal preparation and sit down lunch/dinner after. Free morning or afternoon to relax, enjoy the grounds and pool or go to Florence, Pisa or Siena on the local train.

Day 4 Tuesday - Florence market & historical tour, lunch and then free time / museums. Dinner at a local restaurant. Summer months we choose outdoor dining. Off to Florence to meet your guide for a historic walking tour before the tour of the central food markets where you will witness a real part of Florentine history. The Florentines have been enjoying this market for centuries and it is the best way to see so much fresh produce, meat, fish all at one time... Lunch at a charming little Osteria. Free time to shop and explore the city or to visit the Uffizi museum. Driver transfer back to the villa and then a memorable dinner at a local restaurant for example 'Villa Caruso' where Enrico Caruso, the opera singer lived. It is a stunning property located 5 mins from Villa Pandolfini where you can enjoy the gardens and lovely grounds and feel like you are being taken back in time or on the hills at Artimino or the bustling generation owned Sanesi Trattoria.



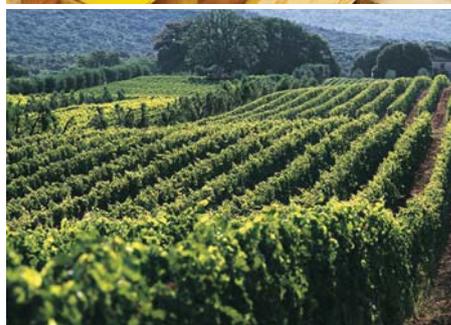
Day 5 Wednesday - Cooking day # 2. Cooking class finishing with a 5 course meal preparation and sit down lunch after. Free afternoon to do additional optional tours such as Chianti & San Gimignano / truffle hunting (from Oct-Dec), Lucca & Pisa/Siena/Florence.

Day 6 Thursday - Cooking Class # 3. Cooking class finishing with a 5 course meal preparation and sit down lunch after. You will have a free evening to relax, enjoy the pool or take an excursion, make a light dinner/platter and have a glass of wine and laughs with your new friends in your villa.



Day 7 Friday - Local tour of one of the Medici Residence's in Poggio A Caiano, Artimino a medieval hamlet and a Ceramics Factory. If you prefer we can do a local wine tasting instead of the villa or the ceramics. We will leave around 9am to have coffee & pastries then to a nearby ceramic factory to see how they paint and produce the beautiful Tuscan ceramics. We will then drive through the countryside of Carmignano to Poggio A Caiano where we will do a tour of a Medici Villa, the villa was built for Lorenzo the Magnificent and was an architectural triumph for the period late 1400's. Light lunch will then be at the picturesque hamlet of Artimino which overlooks an imposing Medici Villa, originally one of their hunting lodges. Back to villa to pack and freshen up for the cooking class.

Cooking Class #4 - The class will start at 4.30-5pm. Tonight you will enjoy your last cooking class but you are also tasked with the preparation of the farewell dinner for the group including your hosts and the villa owners. Everyone will be dining together.



Day 8 Saturday - 'Checkout'. Often we have cooking classes on Saturday if you would like to do an extra one before you go OR do an extension with further activities and classes.

What the week includes

- Lots of cooking!! 4 x 5 hour Immersion cooking classes with our Italian, English speaking chefs.
- 7 nights double occupancy accommodation in one of the self catering accommodations at the Villa Pandolfini estate. Maid service everyday but Sunday.
- A welcome basket containing fruit, yoghurt, cereal, bread, prosciutto, cheeses, juice, coffee, tea, wine etc.
- Welcome dinner prepared by the estate's chef to be enjoyed in the 13th Century Villa Pandolfini with your fellow participants.
- A full day Southern Tuscany villages & wine excursion.
- Most lunches & dinners each day at excellent restaurants and well researched trattorias.
- Florence day , historic guide with food market tour, lunch & dinner.
- Full day culture tour ceramics/ Medici villa tour / Artimino.
- A signature 'Villa Pandolfini' apron, 150 page Tuscan recipe book in English.

Additional Activities Available

- Additional Cooking classes
- Art Classes – Water colour or Oil
- Painting, drawing, Egg Tempera
- Horseback Riding
- Italian Language lessons
- Additional Wine Tastings
- Additional Cultural & Guided Tours
- A day in Rome with a guide
- A day in Cinque Terre
- A day in Venice with a guide

Additional activities will of course depend both on availability and if you have enough free time



Items NOT included in the program cost : transfer to the estate, tips and gratuities, rental car, personal items purchased during your stay, phone calls, additional maid service, wine and oil purchases, occasional meals and then any of the optional activities listed above. Internet keys are also available for hire at €15 per week plus usage which is based on a per hour rate. We can normally also arrange a cell phone hire for you.

Please bear in mind that the program outlined is a guide and the order of the days may change due to seasons some cooking classes may start in the afternoon instead of the morning which will provide you dinner and also leave you the most part of the day free to relax or enjoy additional activities.

Price per Participant € 2300 Based on double occupancy

Price per Non Participant € 1900 Based on double occupancy. Can participate in everything but the cooking class tuition.

Single Room Supplement € 300 Guarantees own bedroom but not necessarily own bathroom

This is an example of what you can enjoy during your week with us.....

Saturday 'Welcome Dinner'

- Crostini & Rocket Salad
- Tagliatelle with Traditional Ragù
- Guinea Fowl cooked in Vin Santo
- Red Onions stuffed with Pecorino Cheese
- Rosemary Potatoes
- Castagnaccio con ricotta – Pheasant style Chestnut Cake with pinenuts served with Fresh Ricotta

Cooking Lesson # 1

- Crostini Toscani
- Saffron Risotto
- Veal Broth
- Potato gnocchi with Duck Ragù
- Ossobuco
- Individual Tiramisu

Cooking Lesson # 2

- Crostini with Tuscan Sausage & Stracchino Cheese
- Crepes with Radicchio Rosso & Bechamel
- Grilled Eggplant & Walnut Ravioli garnished with butter and fresh parsley
- Spezzatino – Chianti Slow Cooked Beef Stew
- Potato & Truffle Flan
- Panna Cotta served with Mixed Berries

Cooking Lesson # 3

- Pizzetina
- Pear, Gorgonzola & Vin Santo Risotto
- Gnudi with Tomato and Basil
- Baked Pork marinated in orange, fennel & wine
- Ricotta Cake with Chocolate Sauce
- Panna Cotta served with Mixed Berries

Cooking Lesson # 4

- Artichoke Salad with Parmesan Shaves & Walnuts
- 'Mezza Luna' with Zucchini and pesto
- Bi coloured tagliatelle with Porcini Mushrooms
- Stuffed chicken with pistachio nuts & Fontina
- Crostata Autunnale - Autumn tart & english cream



Thank you so much for all of your assistance in preparing for my trip and while in Italy. Villa Pandolfini and the one week cooking program were divine. Each day was filled with warmth, laughter and scrumptious culture. This trip allowed me to reconnect to a place within myself that I have tucked away for many years. The fresh air, countryside, laughter, food and camaraderie helped rejuvenate not only my body but my spirit too. Many blessings to you and your family and continued success in bringing the same joy to other's lives.

Karen L – New York USA

Many, many thanks for a wonderful week at the cooking school - it was the highlight of my holiday! I enjoyed every moment - our team was great and the venue perfect. All together a fantastic experience. Once again, thanks for the memories!

Jo Thurtle- San Francisco

*Dear Meaghan,
Buon Giorno!! What a beautiful, perfect, unbelievable time I had with you this past week! I will write more but wanted to send along my pictures...so many lovely unforgettable memories...thank you from the bottom of my heart!*

Carmel Kinsley USA

Thank you all for a grand and beautiful week. I was so lucky to have a travel agent find your school. It was one of the very best weeks of my life and I am even more inspired to learn more. I will be highly recommending the adventure and hope to revisit myself. Thank you!

Bob Davies USA