



▪ VISIT ▪ COOK ▪ DRINK ▪ LIVE LIKE A TUSCAN IN CAPEZZANA

REGIONE
TOSCANA



Learn authentic Tuscan cooking in true Italian style and enjoyment. This is your chance to enjoy hands-on Italian cooking classes in Italy in the heart of Tuscany. Benefit from the knowledge and passion of our local chefs teaching you all there is to know about Italian and Tuscan cooking. Immerse yourself in the Tuscan lifestyle.

This is what we offer on your Culinary Experiences in Tuscany:

You will be cooking, dining, wining, relaxing, having fun and sleeping at the Capezzana Agriturismo located in the wonderful and rustic Tenuta of Capezzana, about 45 minutes from Florence. During a week of cooking lessons in Tuscany you will not only learn some great new techniques, flavor profiles and styles, but you will also make friends for life. It's the perfect way of learning to cook great food while discovering the regional culture and cuisine.

- Fun and relaxing atmosphere in private surroundings and retreat
- Professional hands on cooking classes in small groups for total immersion with Chef Walter and Capezzana Chefs
- Five (5) Cooking Classes with different themes and menu selected daily
- Organic & Bio ingredients used during your cooking classes at Capezzana
- Particularly sensitive in accommodating guests with dietary restrictions.
- Professional Cheese tasting seminar
- Professional wine 101 tasting and seminar
- Professional Olive oil tasting and seminar
- Time to explore the varied Tuscan landscape and meet local folks and historical adventures
- Culinary Excursions to small Borgo Towns for discovery of food and culture
- English speaking Native Italian chefs to assist you during your experience
- No commuting between cooking school and accommodation

Italian Culinary Experiences are led by International renowned Abruzzo-born Master Chef Walter Potenza. We have more than 20 years experience in hosting cooking classes throughout Italy. You will stay in stylish and rustic accommodation expressing the true Tuscan lifestyle, and cook in our well equipped kitchens with guests from all over the world. You will enjoy the superb delights you created together with your fellow cooks complimented with outstanding Italian wines and precious olive oil.

Chef Walter believes that the only way to learn to cook is to do it yourself. Accompanied by Capezzana Chefs he will demonstrate the techniques, be prepared to fully get immersed into the legendary wealth of Italian ingredients and products.

Our Tuscan Cooking Classes are informal and the chefs are flexible and willing to add those special dishes that you have always wanted to learn how to make.

We pride ourselves in having organic vegetable gardens and use vegetables in season from our own plots and local markets. Other ingredients you will use are bought each morning so you will be working with fresh produce and proteins. Throughout our Tuscany cooking classes you will learn about the ingredients and the traditions around the dishes as well as food presentation and wine choices. We can cater for vegetarians, Celiac, Diabetics and have experience with guests having wheat or dairy intolerance. We will visit outdoor markets and specialty stores for the purchase of ingredients used for the classes. Classes themes are designed daily by all the participants and the chefs, staying true to the historical wealth of regional Tuscany.

Bringing the Italian Culinary Experiences home

For all our Tuscan cooking classes you will receive a packet including recipes of all the dishes made during your stay, an exclusive apron and a certificate on completion of the course. Chef Walter and Capezzana resident Chefs have selected menus that can easily be duplicated at home. We will use ingredients that you can usually find in most general or specialty stores but most of all staying true to local and regional Tuscan cookery. **Our Tuscan cooking classes are suitable for couples, friends traveling together, singles and also popular for honeymoon couples.** Everyone is there to enjoy the experience of cooking and eating together and meeting new people. It is also possible to bring along a non-participating partner who can spend the day enjoying the surroundings, sightseeing or playing golf and then join the group at dinnertime as well as joining in the excursion.

The itinerary for the one week Tuscan cooking vacation & culture exploration:

Overnight flight / DEPARTURE FROM USA a day earlier!

Day 1

Arrival at Florence airport / we can arrange transfers to and from Florence airport on request (charged separately), or simply get to the Capezzana Tenuta on your own. Check-in at the villa from 16:00 (4 PM) onward. Welcoming dinner at 20:00 (8 PM), based on great authentic pizza and of course wine. Chef Walter will present the week-long programs with a chance to get to know each other as well as other chefs and hosts.

Day 2

Continental breakfast / the participants will discuss and select the menu of the day. Morning departure the town of Lucca, just about 1 hour drive. The city is located on the Serchio River in Italy's Tuscany region. It's renowned for the well-preserved Renaissance walls encircling its historic city center and its cobblestone streets. Broad, tree-lined pathways along the tops of these massive 16th- and 17th-century ramparts are popular for strolling and cycling.

Visit to the produce markets and an historical stroll through the lovely town, followed by lunch in local trattorie. In the afternoon return to the Capezzana Estate. We will meet in the kitchens where we will begin our **cooking class** of approximately 3-4 hours. At the end of the class the participants will have time to relax while sipping some great wines. The menu prepared in the kitchen will be the evening dinner.

Day 3

Continental breakfast / the participants will discuss and select the menu of the day. Morning departure for an exciting day in the lovely town of Pistoia. This is a city and comune in the Tuscany region of Italy, the capital of a province of the same name, located about 30 kilometers (19 mi) west and north of Florence and is crossed by the Ombrone Pistoiese, a tributary of the River Arno. It is a typical Italian medieval city, and it attracts many tourists, especially in the summer. We will have an historical visit to the center of the city, followed by lunch in a typical Tuscan restaurant. Return to the Capezzana kitchens where we will begin our **cooking class** which will run approximately 3-4 hours. At the end of the class the participants will have time to relax. **In the early evening a professional educational seminar called THE ABC of wine tasting will be offered.** You will learn the art of wine tasting, while understanding the ancient methods of wine-making. The menu prepared in the kitchen will be the evening dinner.

Day 4

Continental breakfast / free day designed for you to join us in a visit to Florence. A professional English-speaking guide will present and enlighten the historical artistic and cultural treasures of the city, such as the Collection Contini Bonacossi (Capezzana Family Treasures our hosts), comprised of 8 astonishing rooms and 140 work of art ranging from Tintoretto, Cimabue and Bernini. Visit to the Market of San Lorenzo and lunch on the premises. Afternoon return to the Capezzana Cooking School for relaxation or for a simple leisure walks through the spectacular grounds with your new culinary friends. Dinner prepared by the Capezzana Chefs will follow at the Capezzana Vinsantaia, a lovely wine-bar located nearby the Capezzana Tenuta Estate.

Day 5

Continental breakfast / the participants will discuss and select the menu of the day. Departure for the town of San Miniato which is located in the lower Arno valley, on the south-eastern hills dominating the river plains, halfway between Pisa and Florence, in Tuscany, Italy. The mediaeval village of San Miniato is in the centre of Tuscany and it preserves an historic centre set on the hill top with the Cathedral, the Episcopal Palace, the Municipal Palace and the Tower Fortress dominating all the surrounding Arno, Era and Egola valleys. Known for the truffle fair and its great artistic value, this town has remained true to the rustic Tuscan landscape. Our Lunch will be in San Miniato in one of the fine local restaurants, renowned for exquisite Tuscan cookery. Return to the Capezzana kitchens where we will begin our **cooking class** which will run approximately 3-4 hours. At the end of the class the participants will have time to relax.

In the early evening a professional educational seminar and tasting will be offered on olive oil. You will learn the intricacies, flavors, colors and geographical differences of the liquid gold, with opportunities for purchase. The menu prepared in the kitchen will be the evening dinner.

Day 6

Continental breakfast / the participants will discuss and select the menu of the day. Departure to the town of Chianti, with visit to the Market of Panzano, followed by lunch at one of Tuscany's finest butcher Dario Cacchini. Return to the Capezzana kitchens where we will begin our **cooking class** which will run approximately 3-4 hours. At the end of the class the participants will have time to relax. In the early evening an **educational seminar and tasting will be offered on cheeses**. Wine and cheese are two of life's great culinary pleasures, and finding the perfect match can be a delicious endeavor. The menu prepared in the kitchen will be the evening dinner.

Day 7

Continental breakfast / sadly your last day with us. You'll have an opportunity to schedule your own mini trip perhaps to do the last minute shopping, or simply relax and enjoy the great Tuscan landscape. **In the early afternoon we will gather in the kitchen again where we will prepare an elaborate dinner covering all the cooking techniques you have learned during the week and more.** After dinner you'll be visiting the nearby **Vinsantaia** for a tasting of Capezzana world renowned Vin Santo and receive your certificate of completion for your participation.

Day 8

Continental breakfast / Check out and departure from the Capezzana Cooking School to your final destination.

Single accommodation surcharge

Not included / Air Fares / Trips from Airports to the Capezzana Estate

IMPORTANT DETAILS

For detail carmela@chefwalter.com 401-273-2652 / we will hold your reservation without deposit for 10 days. A \$550 non-refundable deposit is required to hold a reservation for tour at time of reservation.

You can pay by credit cards AE-Visa- MC or send a check payable to:

Walter Potenza 286 Atwells Avenue / Providence Rhode Island 02903

Note: price is subject to change without notice as a result of international currency fluctuations that may affect the cost of your fares. **We reserve the rights to make program modifications based on unexpected situations.**

PAYMENT / Payment in full is required at least 90 days prior to departure **REFUNDS** / In the event that we must cancel a trip, you will be given a full refund of all deposits and payments. **We do not give refunds of deposits or final payments for tours** that commence as scheduled, including for unused portions of the tour. We do give credit for cancellations as noted below.

Cancellation policy In the event you cancel your tour for any reason, we allow credit for payments (but not the non-refundable deposit) in the following way: • 100% credit for future tours given with 90 days notice. • 60% credit for future tours given with notice of 60 to 89 days. • 30% credit for future tours given with notice of 30 to 59 days. • No credit given for cancellation less than 30 days prior to start date of the tour. • All cancellation credits are good for one year from the start date of the originally scheduled tour. We strongly encourage trip insurance (Contact your credit card company for additional information).

FOR ALL DETAILS CONTACT CARMELA AT 401-273-2652

Italian Culinary Experiences

286 Atwells Avenue, Providence, Rhode Island 02903 / 401.273.2652

Ribollita Toscana

