

## Cooking and enjoying Umbria (G 006 UMB)

Cookery lesson in an Agriturismo, truffle hunting and wine-tasting



Umbria takes you back in time! This green region with its picturesque towns has remained intact over the centuries. We only mention a few... Assisi, Spello, Montefalco, Perugia, Gubbio and Orvieto, all with evocative small streets with steps, brightened up by colourful flower boxes and interspersed with squares where the residents meet to exchange the latest news. Walking through these towns you can savour the stately city palaces, old churches decorated with frescoes by famous artists such as Giotto, Cimabue, Benozzo Gozzoli, Simone Martini and the sudden vistas over the green valleys and surrounding hills covered with olive groves and vineyards.

But visiting Umbria is also a culinary tour, involving gourmet meals with special dishes and products typical to the local area: olive oil drizzled on toasted wood-baked bread, cheese boards including the local sheep's' milk cheese, platters of cold meats from Norcia, pasta wafting with the aroma of truffles, freshly baked pizza and bread. All of this match perfectly with glasses of excellent red and white wine, such as the Sagrantino di Montefalco and Grechetto, which are famous all over the world for their quality.

The Umbrian Cookery is rich, healthy, tasteful and genuine. Aren't you curious which dishes are served on the table of the Umbrian families. This gourmet package introduces you to dishes from the Umbrian kitchen, such as the 'bruschetta', the 'crostini', 'la torta al testo', fresh pasta, truffles, legume dishes and wild mushrooms ...

**Departures:** From April until the end of October. (other months and Italian holidays on request)

**Participants:** minimum 2 persons



**Program day by day\*:**

**Day 1 Arrival in Assisi**

Individual arrival and diner a bottle of Umbrian wine. This is your first introduction to typical Umbrian dishes.

**Day 2 Truffle hunting and cooking lesson**

9.30 am Truffle hunting on the grounds of the Agriturismo and an explanation about the truffle, how the truffle is found, the different types, growth and how processed in the kitchen. Afterward a tasting of the truffle.

3.00 pm cooking course, in which the company's products, such as spelled, chickpeas, lentils, olive oil are processed into delicious typical Umbrian dishes.

### **Day 3 Olive oil tasting at an organic winery**

You can visit Assisi in the morning. You will receive a description of a city walk to visit the most famous monuments of the old town centre.

3.30 pm you are expected at an organic winegrower. You visit the olive grove and make a sensory analysis of organic olive oil. The differences between conventional and organic cultivation will be explained. Afterwards, a tasting of extra virgin olive oil, accompanied by 3 Assisi DOC wines, warm bruschetta, a selection of Norcia cold cuts, Umbrian cheese and typical homemade Italian biscuits.



### **Day 4 End of tour after breakfast**

\* the order of the program may change depending on availability and weather conditions

You can extend the trip with a wild herb search course, a cooking course devoted to cereals (pasta, bread and torta al testo) or just for to spend more time in Umbria.

#### **The accommodation:**

The Agriturismo is 6 km from Assisi in the park of Monte Subasio in a beautiful position on the edge of forests and surrounded by a rolling hilly landscape with olive groves. Nunzia and Luigi manage the farm. They produce grain and legumes; have Suffolk sheep and their own extra virgin olive oil. There are rooms with private facilities and a restaurant where Nunzia prepares delicious dishes for its guests.

The Agriturismo is positioned very central, so you can easily reach the famous Umbrian cultural cities: Assisi, Perugia, Montefalco, Spoleto and Spello and you can enjoy hiking in the natural park.



**Price per person:**

In double / twin room € 295

In single room € 340

**Included in the price:**

- Three nights with breakfast
- Dinner with a bottle of Umbrian wine at your arrival day
- Truffle hunting with snacks
- Cooking class with dinner (excl. beverage)
- Tasting olive oil and wines at a organic winery
- Information package

**Not included in the price:**

- Local tourist taxes (to be paid in the agriturismo)
- The outward and return journey to / from Assisi
- Everything what is not mentioned under 'included in the price'



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