



James Beard Chefs

Lorenzo Polegri and Kim Brookmire



Casa Segreta Farm (www.casasegreta.com) & Zeppelin Restaurant (www.ristorantezeppelin.it)

FARM TO TABLE:

**FarmerChefs and the Culinary
Excellences of Italy**

October 22nd / November 4th 2016

Orvieto-Italy

14 day Farming and Culinary Trip

Umbria, Lazio, Tuscany, Emilia Romagna, discovering the origin of the most influential culinary products and producers of Italy:

UMBRIA and LAZIO

- **Pecorino Cheese and Ricotta:** Workshop and tasting at Alta Tuscia Formaggi, Bagnoregio
- **Orvieto Classico Wine:** Workshop at local producer and tasting in Orvieto
- **The Farmer's Market in Orvieto:** Workshop with tastings
- **Goat cheese:** Workshop at Secondo Altopiano farm Canonica
- **Buffalo mozzarella:** Workshop and tasting at farm Luisa Montefiascone
- **Wild cherry wine:** Workshop and tasting at "Svinnere" Orvieto
- **Medieval Cellar:** Workshop and wine tasting at Foresi Orvieto
- **Gelato:** Tasting at historical Artisanal gelato Torrealfina
- **Truffle hunting:** Hunting with Giovanni and his dog Gnappetta!
- **Extra Virgin Olive Oil:** modern production in Montecchio
- **Lumachelle bread in Orvieto:** visit to a local baker with tasting
- **Fresh pasta:** Workshop at local artisan in Orvieto
- **Pork butchering:** Workshop with tasting at Fratelli Oreto in Orvieto
- **Umbrian Saffron:** Workshop at Mazzuoli Farm in Città della Pieve
- **Chocolate:** Perugia Chocolate, Visit to the museum, hands-on class, tasting.
- **Spumante & Wines:** Workshop and tasting at Lungarotti Winery
- **The Wine and Oil Museum:** Visit in Torgiano
- **Artisanal Dry Pasta:** Visit to Pastificio Belli, Trevi
- **Late Grapes harvest:** Hands-on at Casa Segreta farm Baschi
- **Olives picking:** Hands-on at Casa Segreta farm in Baschi

EMILIA ROMAGNA AND TUSCANY

- **Prosciutto:** Visit to a producer in Parma Langhirano
- **Balsamic Vinegar:** Workshop and tasting in Montecchio Reggio Emilia
- **Parmigiano Reggiano:** Workshop at a producer in Parma
- **Canned Tomatoes and sauces:** Visit to Mutti Parma
- **Lambrusco Wine:** Workshop and tasting in Montecchio Reggio Emilia
- **Brunello di Montalcino wine:** workshop and tasting at Altesino in Montalcino
- **Chianti wine:** Visit and tasting at Cantina Ercolani in Montepulciano
- **Chianina Beef:** Visit to farm Podere Forte and tasting of Florentine steak in Val d'Orcia

HANDS-ON and CLASSES

- 2 hands-on cooking classes preparing an entire classic Italian meal, including breads, focaccia, pizza, pasta, gnocchi, soups, main course, dessert ... and gelato
- 1 hands-on chocolate class making cioccolatini!
- 2 wine seminars with professional English speaking Sommelier, tasting and studying wines from: Emilia Romagna, Tuscany, Umbria, and Lazio.

HOUSING & MEALS

- 12 nights in 3 and 4 star Hotel, free Wi-Fi
- All meals included, with mineral water, wines and coffee

INSURANCE

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

TRANSPORTATION

- Airport transfers and all workshop and local transfers

OTHER INCLUSIONS

- School jacket / apron
 - Free Wi-Fi
- Copy of The Etruscan Chef, by Lorenzo Polegri and Kim Brookmire
 - Diploma of "Italian FarmerChef"
 - Diploma of "Italian Wine Connoisseur"
- Diploma of "Cherry Wine maker, Svinere Wine"
 - Diploma of "Maestro del Cioccolato"

SCHEDULE

Saturday Day 1 October 22nd

Depart United States. Travellers are responsible for making own flight arrangements, arriving **SUNDAY** in Rome Fiumicino Airport, where we will meet to pick up and transfer to Orvieto!

Sunday Day 2 October 23rd

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

1:00 p.m. Lunch at Zeppelin Restaurant for a meeting with the participants; introduction of the program

3:00 p.m. / 6.00 p.m. *Visit of Duomo of Orvieto with the famous frescoes of Signorelli*

Medieval Cellar: Workshop and wine tasting at Foresi Orvieto



Orvieto and the Duomo



Medieval alleys



Foresi Winery and Cellar

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

Night in Orvieto

Monday Day 3 October 24th

8:00 a.m. Breakfast

8:30 a.m. / 1:00 p.m. **Orvieto Classico Wine**: workshop at local producer and tasting in Orvieto

Fresh pasta: workshop at local artisan in Orvieto

Lumachelle bread in Orvieto: visit to a local baker



Tagliatelle with wild Asparagus



Spaghetti alla Chitarra

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

2:30 p.m./4:00 p.m. Free time

4:00 p.m./ 5:30 p.m. **Wild cherry wine**: Workshop and tasting at “Svinnere” Orvieto

6:00 p.m./ 7:30 p.m. **Wine Seminar 1**

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

Night in Orvieto



Wild cherry Svinnere Wine



Zuppa Inglese

Tuesday Day 4 October 25th

8:00 a.m. Breakfast

9:00 a.m./ 1:00 p.m. **Chocolate:** Perugia Chocolate, Visit to the museum, hands-on class, tasting.



Chocolate Class at Perugia

1: 45 p.m. Lunch in Assisi, [visit to the S. Francis Basilica](#)



S. Francis' Basilica in Assisi

4:00 p.m./ 5:30 p.m. **Spumante & Wines:** Workshop and tasting at Lungarotti Winery

5:30 p.m./6:30 p.m. **The Wine and Oil Museum:** Visit in Torgiano

7:30 p.m. [Dinner at Casanova Farm](#)

Night in Orvieto

Wednesday Day 5 October 26th

8:00 a.m. Breakfast

8:30 a.m./ 1:00 p.m. **Cooking Class 1:**

Lecture: "The Origin of Italian Cuisine and the Mediterranean Diet"

Traditional Umbrian Bread

Focaccia with Rosemary

Pizza with Onions and Pecorino cheese

Fresh Handmade Pasta with rolling pin

Guanciale and cherry tomatoes sauce

Porchetta

Beans with Sage and Tomatoes

Traditional Zuppa Inglese

Zabajone Gelato

1:30 p.m. Lunch at Zeppelin

Free afternoon

7:00 p.m. Pizza Dinner

Night in Orvieto



Porchetta Team making Porchetta

Thursday Day 6 October 27th

7:00 a.m. Breakfast

8:00 a.m./ 1:00 p.m. **Pecorino Cheese and Ricotta**: Workshop and tasting at Alta Tuscia Formaggi, Bagnoregio

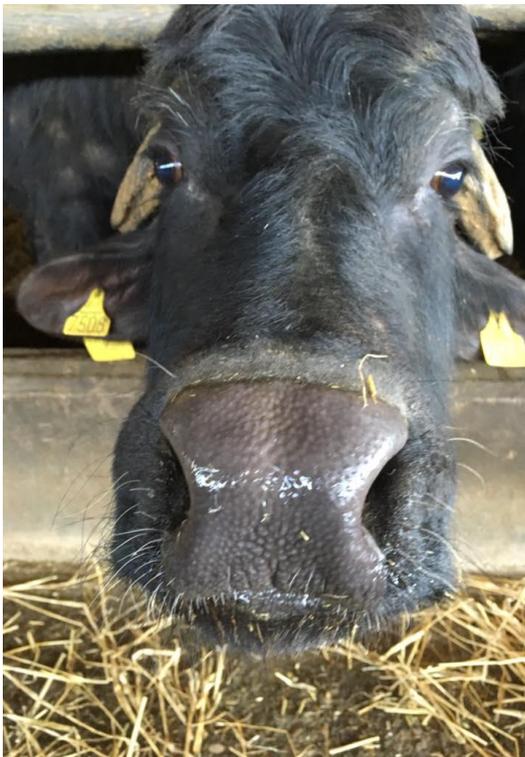
Goat cheese: Workshop at Secondo Altopiano farm Canonica

1:30 p.m. Lunch at the Goat cheese farm

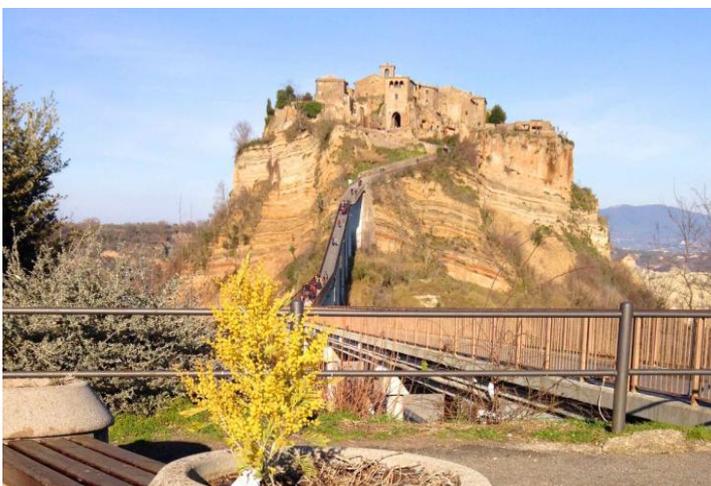
3:30 p.m. **Buffalo mozzarella**: Workshop and tasting at farm Luisa Montefiascone

5:30 p.m./ 8:30 p.m. *Visit and Dinner in Civita, The Dying Town*

Night in Orvieto



Buffalo and Ricotta!!!



Civita, the "Dying Town"

Friday Day 7 October 28th

8:00 a.m. Breakfast

8:30 a.m. / 1:30 p.m. **Cooking Class 2:**

Lecture: "Cereals, Flours, Extra Virgin Olive Oil"

Lumachelle, bread with pecorino and guanciale

Bread with Raisins

Gnocchi

Wild Boar Ragù

Chicken Cacciatore

Artichokes with Anchovies

Crostata with Ricotta and Candied Orange

Chocolate Gelato

1:30 p.m. Lunch with Wine Seminar 2

Free afternoon

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

Night in Orvieto



Cooking class, wine seminar and lecture...

Saturday Day 8 October 29th

7:00 a.m. Breakfast

7:30 a.m./ 9:30 a.m. **The Farmer's Market in Orvieto:** Workshop with tastings

10:30 a.m./12:30 p.m. **Truffle hunting:** Hunting with Giovanni and his dog Gnappetta!

1:30 p.m. Lunch at typical trattoria in Baschi

3:00 p.m./ 6:30 p.m. **Olives picking:** Hands-on at Casa Segreta farm in Baschi

Extra Virgin Olive Oil: modern production in Montecchio

8:00 p.m. **Dinner at farm Casa Segreta**

Night in Baschi



Giovanni the Truffle Hunter!!!



Shopping at the Farmer's Market



At the mill making Extra Virgin Olive Oil!

Sunday Day 9 October 30st

8:00 a.m. Breakfast

9:00 a.m. **Late Grapes harvest:** Hands-on at Casa Segreta farm Baschi

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

4:00 p.m. **Gelato:** Workshop and tasting at Artisanal gelato Torrealfina

7:00 p.m. Dinner at farm Casa Segreta

Night in Baschi



The Harvest team ready to go!

Monday Day 10 October 31st

8:00 a.m. Breakfast

8:30 a.m./10:00 a.m. **Pork butchering:** workshop with tasting at Fratelli Oreto in Orvieto

11:30 a.m./1:00 p.m. **Umbrian Saffron:** Workshop at Mazzuoli Farm in Città della Pieve

1:30 p.m. Lunch at typical trattoria in Città della Pieve

3:30 p.m./ 5:30 p.m. **Chianti wine:** visit and tasting at Cantina Ercolani in Montepulciano

7:00 p.m. Dinner at local trattoria

Night in Montepulciano



Land of Tuscany

Tuesday Day 11 November 1st

8:00 a.m. Breakfast

9:00 a.m./10:30 a.m. **Chianina Beef**: Visit to farm Podere Forte in Val d'Orcia

11:00 a.m./12:30 a.m. **Brunello di Montalcino wine**: workshop and wine tasting at Altesino in Montalcino

1:00 p.m. **Lunch at Mario at Buonconvento featuring the best Fiorentina Steak**

3:30 p.m. Transfer to Modena

7:00 p.m. Check in at hotel

8:00 p.m. **Tasting Dinner at the Hotel with Regional specialty of Emilia Romagna!!!**

Night in Modena



Kim and Clara in the vineyard

Wednesday Day 12 November 2nd

7:00 a.m. Breakfast

8:30 a.m./ 1:00 p.m. **Parmigiano Reggiano**: Workshop and tasting at a producer in Parma
Balsamic Vinegar and Lambrusco Wine: Workshop and tasting in Montecchio Reggio Emilia

Prosciutto: Visit to a producer in Parma Langhirano

1:30 p.m. **Lunch at Trattoria Scarica, tasting the most famous torta fritta of the region!**

3:30 p.m./ 5:00 p.m. **Canned Tomatoes and sauces**: visit to Mutti Pomodori Parma

7:30 p.m. Dinner at Strada in Chianti

Night in Strada in Chianti



Vineyards and Prosciutto di Parma



Parmigiano Reggiano and Balsamic vinegar...

Thursday Day 13 November 3rd

8:30 a.m. Breakfast

9:00 a.m./ 11:00 a.m. **Artisanal Dry Pasta:** visit to Pastificio Belli, Trevi

12:30 p.m. Lunch in Spoleto

Free time in Spoleto

4:00 p.m. Transfer to Fiumicino

7:00 p.m. Check in at the hotel

8:00 p.m. Final Dinner at Fiumicino

Night in Fiumicino

Friday Day 14 November 4th

7:00 a.m. Breakfast

Transfer to the airport and return to USA.

# participants	cost per person
4 – 12	\$ 3,950.00 per student, in double room in Hotel /B&B with breakfast in Hotel \$ 4,250.00 per student, in single room in Hotel/B&B with breakfast in Hotel