



BOOKING TEL. 0861 554014

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ABRUZZO GOURMET TOUR

3 nights

Rate: 1125 € per person (net Baltour)

The 4 day culinary program is for people on the go who want a short, fun vacation. It's like the 7 day program compressed into 3 days-- a great value! With cooking classes in the morning and tours of interesting places with a culinary focus in the afternoon, this is a great way to indulge yourself with good taste, while exploring this great region of Abruzzo.

1° DAY) Free Airport Pick-up and Welcome Dinner at the Palazzo Tour d'Eau

We will meet you at the airport in Rome or Pescara (preferably) and drive you in our own van across the beautiful Central Apennine mountains directly to a wonderful hotel near Chieti, where you will be staying. In the evening you'll attend a multi-course welcome feast and we'll all get acquainted and settled in. Please note that our groups consist of maximum 8 people.

2° DAY) Carunchio Old-Town, Quick and Healthy Mediterranean Dishes, Local Salame Maker's, Bakery

After a short morning stroll around the old-town, we get started on our lunch. We'll explore the basic ingredients of traditional Abruzzo cuisine and make some of the best seasonal sauces for pasta dishes. The theme for this lunch will be "quick and healthy homemade meals". You'll see how delicious, easy, and healthy Mediterranean cuisine can be. We'll lunch on our tasty creations in traditional Italian style, slowly and in good company!

After our leisurely lunch, you'll rest up for the afternoon activities. We will visit a local salami production plant and learn how this incredible product is made, and what distinguishes Abruzzo's salami from the rest. Next, we will visit an artisan bakery, where the local baker will show us the traditional ways of making bread.

3° DAY) Homemade Pasta Extravaganza, Agnone, Cheese Plant, Bell Foundry

Learn how much fun and utterly delicious making pasta at home can be, in a variety of colours and shapes. We'll teach you all the tricks so it turns out great every time. You will be amazed by the variety: pasta alla chitarra, gnocchi, lasagna, stuffed pasta and so on.

After lunch, we'll take you down to Agnone, in the region of Molise, where you can watch real family production of mozzarella, ricotta cheeses and cacio cavallo. Agnone is famous in the area for its quality cheese. Then we will visit an antique bell foundry which still makes church bells by hand for the Vatican. We will learn about the phases of the manufacturing.

4° DAY) Learn the Art of Preservation, Desserts and Liqueurs

Learn how to preserve fruits and vegetables in the Italian way. Make fruit preserves and a variety of pickled vegetables, plus learn how to preserve using oil. Taste and discover how these ingredients are a big part of the Abruzzese cuisine. Later, make mouth-watering traditional desserts, and pair them with liqueurs. We'll teach you how to make Limoncello and you'll taste a variety of liqueurs created from local ingredients. After lunch, we're off to the airport.