

*Anna Tasca Lanza*  
A SICILIAN COOKING EXPERIENCE



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## Olive Oil Workshop with Fabrizia Lanza

**When:**

November 13-18, 2017

**What:**

This 5-day culinary workshop takes place during Sicily's olive harvest season, and explores the vast world of olive oil, combined with the Sicilian "arm"-to-table knowledge of Fabrizia Lanza.

**Where:**

The Anna Tasca Lanza Cooking School, located at Case Vecchie on the Tasca D'Almerita Regaleali Winery and Estate in central Sicily.

**Cost:**

€ 2.500 per person for single-occupancy;

€ 4.600 for 2 people in a double occupancy.

Prices include: Accommodation, lessons, meals, trips to local producers, Wi-Fi service, tea/coffee furniture into your room, free access to the swimming pool at Case Vecchie.

Prices exclude: Airfare to Sicily, transportation to/from the airport.

Upon request, we can organize a cab for you from both Palermo or Catania airport;

Price for this transportation is € 150 each way.

**Accommodation:**

Accommodation is in charming rooms that are part of the 19th century Case Vecchie country home and cooking school. Beds have embroidered linen, old framed prints line the walls of the bedrooms, which are full of Sicilian rustic charm.

Several rooms have sweeping views of the vineyard and gardens from the shuttered windows.

**Schedule:**

Day 1 — Monday, November 13

Arrive in late afternoon between 4-6pm, settle into your room and meet at 7:30 for an aperitif and a welcome dinner at Case Vecchie.

Day 2 — Tuesday, November 14

Breakfast at 9am; After breakfast, we will have a structured olive oil tasting and hear Fabrizia's introduction about how the olive oil is made and how variations in the modes and timing of the process influence the taste.

Lunch at 1pm.

After a rest, we'll have a cooking lesson with Fabrizia Lanza, where we'll learn about what differentiates Sicilian from Italian cuisine, with a focus on the history and specialties of the local cuisine. Dinner at Case Vecchie.

Day 3 — Wednesday, November 15

Breakfast at 9am followed by a stroll through the oliveto (olive grove) of Case Vecchie, with a talk from about how the care and maintenance of the olives influences the production of fine extra-virgin olive oil. This is olive harvest season, so those who want to try their hand at helping may do so. We'll also visit an olive mill and get a look at how the machinery works.

Lunch at 1pm; After lunch, we'll start our hands-on cooking lesson with Fabrizia at Case Vecchie, using a full olive oil-inspired menu

and discussing it from both a flavor-based and nutritional point of view. Our ingredients for dinner will be seasonally sourced from the garden.

Day 4 — Thursday, November 16

Leaving at 8am for visiting our shepherd Filippo Privitera where we will watch the Ricotta production and sample both freshly produced cheeses.

Return to Case Vecchie for a Sicilian cheese tasting followed by lunch at 1pm.

After an afternoon siesta we'll have another cooking lesson with Fabrizia incorporating various other uses of olive oil. The menu could include:

- Handmade ricotta-stuffed ravioli
- Basic olive oil salad dressing
- Sicilian Zuppa di Lenticchie with olive oil garnish
- Braised garden greens with garlic and oil
- Deep-frying with extra virgin olive oil
- Fabrizia's special yogurt and olive oil ice cream

Day 5 — Friday, November 17

Breakfast at 8:30am; Leave at 9:30 to visit the nearby beautiful hillside village of Polizzi Generosa, nestled in Madonie mountains. We'll visit one of the most ancient pottery producers in the area, followed by lunch in town.

Return to Case Vecchie at 4pm for a special tasting to identify the typical defects found in olive oil and a conversation about the scrupulous practices of many in the industry will take place at Case Vecchie.

Farewell dinner at Case Vecchie.

Day 6 — Saturday, November 18

Breakfast at 9am followed by goodbyes.

*Please note, due to the seasonal rhythm of life and agriculture in Sicily, planned activities and schedules may change at short notice. If this is the case, an equally engaging activity will be arranged.*