

Amore Tascu Louza

A SICILIAN COOKING EXPERIENCE



Book now

When:

May 28 – June 2, 2018

Who:

Paola Bacchia is an Italian-Australian cook, photographer and co-book author. Her blog “Italy On My Mind” (www.italyonmymind.com) tells the story of Italian food and the memories it creates - of family, distant places and shared meals. Her first cookbook, *Italian Street Food*, released in November 2016 tells the story of traditional foods shared on the streets and in the bars of Italy. Her second book, *Adriatico*, will tell the story of the people and traditional foods along the Adriatic coast of Italy, and will be released in 2018. Paola draws

Early Summer Flavors of Sicily with Paola Bacchia

inspiration from her mother and the Italian cuisine that she grew up with, and cooks from the heart. Today, Paola runs cooking classes from her home in Melbourne and travels to Italy regularly to re-connect with family in Friuli Venezia-Giulia and Veneto.

What:

Visit the picturesque and unique beauty of the Sicilian countryside for a fragrant and flavorful late autumn workshop. We will explore the origin of the ingredients, go on excursions to visit the source of the produce and enjoy lessons with chef Michael Sampson. We will be exploring elements of Sicilian and Italian cuisine including Cheese, Olive oil, Seafood, and Wine. Cooking lessons will include

pasta-making, making traditional Sicilian biscotti and Italian street food.

Where:

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

Schedule:

Day 1 — Monday, May 28th

Arrive at Case Vecchie between 4pm and 6pm, settle into your room and meet at 7:30pm for an introductory discussion over Sicilian aperitifs and a welcome dinner at Case Vecchie.

Day 2 — Tuesday, May 29th

Leaving at 8:00 for a morning visit to a local shepherd and cheese-maker, where we will watch traditional Ricotta-making and learn more about Pecorino aging;

Return to Case Vecchie for lunch and a Sicilian cheese tasting of freshly produced cheeses and aged cheeses.

Afternoon cooking lesson at 5.30pm using fresh ricotta from the shepherd, both savoury and sweet dishes.

Day 3 — Wednesday, May 30th

Breakfast at 9am; after breakfast we will visit Roberta Ballistreri laboratory in Polizzi Generosa, a young woman growing the green pepper and the fagiolo Badda Slow Food Presidia; we will learn more about the production of this traditional food. Return to Case Vecchie for lunch.

Free afternoon, with an opportunity to walk around the gardens and grounds; we will see Fabrizia Lanza's documentary "Amuri: the sacred flavor of Sicily" followed by a cooking lesson at 5:30 pm based on Italian street food, which we will share with aperitivi, followed by dinner at Case Vecchie.

Day 4 — Thursday, May 31st

Breakfast at 7:30am; Leaving at 8:30am to visit the historic fish market in Catania to source seafood for Tuesday's cooking lesson at Case Vecchie;

Lunch at a restaurant in Catania;

In the afternoon we will sight-see the centre of this beautiful town with plenty of photo opportunities;

Return to Case Vecchie around 7pm for dinner*;

** This dinner will be prepared by our staff in the kitchen.*

Day 5 — Friday, June 1st

Breakfast at 9am; Cooking lesson at 10:30am on preparing the fish that we bought the previous day at the market in Catania; then lunch;

Leave at 3pm for a trip to Polizzi Generosa, to visit the D'Angelo Pottery factory, to see the traditional firing ovens and the studio where all tiles and ceramics are hand-painted; then an afternoon walk in the nearby town.

Return to Case Vecchie for a wine tasting of Tasca wines with our final dinner at Case Vecchie

Day 6 — Saturday, June 2nd

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.