

Fabrizia Lanza *Flavora*

A SICILIAN COOKING EXPERIENCE



Book now

Olive Oil Workshop with Nancy Jenkins

When: October 27 – November 1, 2015.

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

Who:

Nancy Harmon Jenkins is a longtime food journalist and writer, with articles published in *Saveur*, *Food & Wine*, *Eating Well*, and many prominent national newspapers. Her upcoming book— *Virgin Territory: An Exploration in the World of Olive Oil*—will be released by Houghton Mifflin this February, and she is currently working on a book about pasta with her daughter, Chef Sara Jenkins. Nancy has been a staff writer for the *New York Times* food section, the publications director of

the American Institute of Wine & Food, and a founding director of Oldways Preservation Trust. She now runs AmorOlio, providing weeklong seminars in Italy in the culture and cuisine of olive oil (the Sicilian seminar will take place in autumn 2015!). Nancy divides her time between an olive farm in Tuscany and a home on the coast of Maine.

Where: The Anna Tasca Lanza Cooking Experience, with field trips to surrounding area

Cost: All-inclusive: 2,500 euros per person for single occupancy, 2,300 euros for double with shared bathroom.

Schedule:

Day 1: Tuesday, Oct. 27

- Arrive in late afternoon or early evening, for welcome dinner with Sicilian aperitifs at Case Vecchie.

Day 2: Wednesday, Oct. 28

- After breakfast, we'll visit the tasting cellar at Case Grandi, the family's Tasca D'Almerita winery (where the old olive oil press cellar of the farm was), where we will have a structured olive oil tasting and hear Nancy's introduction about how the oil is made and how variations in the modes and timing of the process influence the taste. We will eat lunch at Case Grandi.
- 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: Thursday, Oct. 29

- The day begins with a stroll through the oliveto, olive grove, of Case Vecchie, with a talk from Nancy 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.
- After lunch, we'll start our first 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: Friday, Oct. 30

- In the morning we will visit shepherd and cheesemaker Filippo Privitera, where we will watch the ricotta production (true ricotta, made from re-cooking the whey) and sample both freshly produced cheeses and the family's aged cheeses, learning about why so much of what we call ricotta in the U.S. is really just curdled milk.
- We'll sample more cheeses with lunch, tasting the complex variety of Sicilian goat, sheep and cow cheeses as Fabrizia explains their origins and how they are made.
- That afternoon, after a rest, we'll have a chance to wander around the nearby beautiful hillside village of Polizzi Generosa and visit one of the most ancient pottery producers in the area, followed by light dinner at Case Vecchie.

Day 5: Saturday, Oct. 31

- After a breakfast with olive oil, almond, and orange cake, 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

- Special tasting to identify the typical defects found in olive oil and a conversation about the scrupulous practices of many in the industry. - We'll leave with a good taste in our mouths after a wine tasting and farewell dinner at Case Grandi winery.

Day 6: Sunday, Nov. 1

- Departure after breakfast.

Residential courses are rarely larger than 10-12 people.