



TUSCANY IN THE KITCHEN

STAY IN TUSCANY AND ENJOY COOKING CLASSES WITH ENRICA ROMANI
GOLDEN CHEF OF THE FEDERAZIONE ITALIA CUOCHI DI AREZZO

Tuscany in the kitchen

Unique experiences of preparing food, living in Tuscany and learning about tuscan culinary culture...

... in the splendid setting of the Badia Ficarolo - organic farm





Cooking in a Tuscan Kitchen

You will complete a course in Tuscan cuisine during one week with accommodations at apartments or rooms in a genuine Tuscan farmhouse. The course consists of four cooking lessons plus an introductory lesson. The dishes will be prepared by the participants under the guidance and mastery of the Chef Enrica:

- *Tagliatelle*, baked pasta, *pici* and various types of meat sauces in the lesson **“The egg pastas ”**
- *Ravioli*, *Tortelli*, and *Ravioli alla carbonara* in the lesson **“Stuffed pasta”**
- Velvety, savory pies, and stuffed vegetables in the lesson **“Vegetables and cheeses ”**
- Tiramisù, Gattò all'Areina, Cantucci with almonds in the lesson on **“Sweets and Desserts”**

The dishes will be prepared by the attendees and we will have shared meals on the days of the lessons. The meals will be convivial with an opportunity for the group to socialize together. In addition to class hours, we will have the opportunity to explore and experience nearby areas and to learn about typical food production in Tuscany, and art and culture in the beautiful city of Arezzo.

You can always have the opportunity to take walks in the area and relax in the pool of the scenic and interesting farm lands of Badia Ficarolo.

All the materials and ingredients for the classes will be supplied. The stay is inclusive of all breakfasts, lunches and dinners, as specified in the program.

At the end of the course, each participant will be receive a certificate of participation and a gift of a cooking gadget.



Program

Saturday	
4 pm	Meeting in Badia Ficarolo (Arezzo) and settling in at accommodations in rooms or in apartments
8.00 pm	Welcome dinner



Sunday	
8 -10 am	Breakfast
	Free morning
12 pm	Light lunch
3 pm	Walk through the woods of Badia Ficarolo
6 pm	Meeting with the chef Enrica Romani - Introduction of the course and illustration of how to "set the table" in the Tuscan style
8 pm	Typical Tuscan dinner



program

Monday	
8 -10 am	Breakfast
	Free morning
12 pm	Light lunch
4 pm	Cooking class - First lesson Egg pasta: tagliatelle, baked pasta, pici and various types of meat sauces
8 pm	Tasting and enjoying the dinner of the dishes prepared during the lesson

Tuesday	
8-9 am	Breakfast
9.30 am	Cooking class - Second Lesson Stuffed pasta: ravioli, tortelli, and ravioli alla carbonara
1.30 pm	Sharing Lunch and socializing
3.00 pm	Recommended experience: visit to the towns of Monterchi and Anghiari – Piero della Francesca artwork
8 pm	Recommended activities: dinner in a typical Tuscan restaurant in the area



program

Wednesday	
8 - 9.30 am	Breakfast
9.30 am	Recommended experience: visit to a dairy
12 hours	Light lunch with dairy products
4pm	Cooking Class - Third Lesson Vegetables and cheese: velvety, savory pies, stuffed vegetables
8 pm	Dinner tasting of dishes prepared during the lesson and relaxing

Thursday	
8 - 9 am	Breakfast
9.30 am	Cooking class - Fourth Lesson Desserts: Tiramisù, Gattò all'Aretina, Cantucci with almonds
1.30 pm	Light lunch and tasting of prepared desserts
3 pm	Free afternoon
6.00 pm	All participants gather together to make pizza
8 pm	Pizza tasting and sharing

program



Friday	
8-10 am	Breakfast
10 am	Recommended experience: visit to a winery, with tasting of their products
12 pm	free lunch (lunch on your own)
3 pm – 6 pm	Recommended activity: visit to the city of Arezzo accompanied by a professional guide and shopping in the city center
8 pm	Last dinner of program with granting of certificates of participation



prices



The price for the stay in farmhouse, including cooking class -meals-breakfast, lunch and dinners, for accommodation in a double room:

one person in a double room	single room supplement
€ 1.850	€ 575

Suggested experiences during the stay:

- Visit to a winery
- Visit to the Shepherd
- Walk to Anghiari to discover Piero della Francesca

include the possibility of booking a tourist guide, taxi service for side trips and lunch on your own in the city of Arezzo are in addition to the above quoted price.

The suggested experiences are not mandatory. We recommend that you reserve them when you sign up for your stay at the farmhouse. Guests will pay for these services directly to the people who provide the service.



Details and conditions

- **ACCOMMODATIONS** In independent apartments - possibility in a single room. All rooms or apartments have private bathrooms.
- All times are indicative and may vary due to circumstances or different agreements between participants and the organizer.

NUMBER OF PARTICIPANTS	
Minimum	6 participants
Maximum	16/18 participants

The Course will not take place if the Minimum number of Participants is not reached.

Date
from 16th to 23rd of June 2018
from 8th to 15th of September 2018
from 22nd to 29th of September 2018



Statement by **Chef Enrica Romani** at the Location



The most beautiful way to show love is when you ask a loved one, 'Have you eaten?'

"In my kitchen I prefer the use of organic, seasonal and zero-km products and I require respect for raw ingredients. My dishes are all prepared in the Tuscan tradition, which in some cases, transform the ingredients and makes them more contemporary, to conform with the tastes of today. As I will be able to tell you in detail, the opening of the restaurant is a real adventure. I had a great love for my land and its fruits and cuisine which pushed me to follow this culinary path in professional manner. Then I studied Professional Culinary Training to improve my knowledge. Since then I have continued to update my skills and culinary repertoire. I feel there are limitless possibilities because we never stop learning!"

Cook not only to satisfy our hunger, but to satisfy all our senses.

The location is **Badia Ficarolo** in the hills a few miles from Arezzo and Cortona. Badia Ficarolo was a Benedictine Abbey during the 11th to the 15th century. Since 1700 it was owned by the Romani family and it became a hotel in 1994. The farm and its buildings are surrounded by nature and is ideal for a relaxing holiday in the countryside, both for the participants in the cooking class and for their companions.



Badia Ficarolo, a typical Biologic Agriturismo

SINCE 1994



contacts

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Payment and Cancellation Policy

Bookings for the stay with cooking classes must be received at Agriturismo Badia Ficarolo at least 45 days before the start of the chosen week of the stay, and after consultation and confirmation by Badia Ficarolo.

To confirm the reservation you need to pay a deposit equal to 30% of the total cost for each person. The balance must be paid at least 45 days before the start of the course.

If the stay, including the cooking course, is canceled 120 days before check-in, half of the deposit will be returned.

Program changes may be made due to unexpected causes.

If you cancel less than 120 days from the beginning of the check-in, the Deposit will not be returned.

If cancellation occurs less than 45 days from check-in no amount will be returned.

In case of **Changes**: If you do not cancel your stay but you want to change the date of your stay and you inform us about this change at least 120 days before the date of arrival, you can change it without any charge, subject to availability.

We highly recommend taking out travel insurance to cover you in case of illnesses, etc.

Waiver

Upon arrival participants must sign a waiver excluding Agriturismo Badia Ficarolo and its staff for any legal responsibility. This form must be signed upon arrival. If you wish to review it in advance we can send it, upon request.