

# Abruzzo Cibus Cooking School - Italy

**Day 1** Overnight flight to Rome.

**Day 2** After landing, we pick you up in Rome, then drive across the Abuzzo mountains towards the Palazzo Tour d'Eau in Caruchino, where you will be staying. After you are settled in, we'll meet for a cocktail and a briefing of the tour. A welcome dinner will follow, with a multicourse meal.

**Day 3** CARUNCHIO OLD-TOWN, QUICK AND HEALTHY ABRUZZESE DISHES AND VISIT AN OLIVE OIL PRESS After a short morning walk around the old-town, we get started on our first class. We'll explore the basic ingredients of traditional Abruzzo cuisine and make some flavorful sauces for pasta dishes. The theme for this lunch will be "quick and healthy homemade meals". You'll see how delicious, easy, and healthy Abruzzese cooking can be. We'll lunch on our tasty creations in traditional Italian style, slowly and in good company! After lunch, you'll rest up for the afternoon activities. Next, we will visit an organic olive oil press, where the owner of the farm will show us the traditional ways of making the "real extra virgin olive oil". You will also have the opportunity to do a professional olive oil tasting.

**Day 4** HOMEMADE PASTA EXTRAVAGANZA, SOMMELIER Learn how much fun and delicious making pasta can be, in a variety of colors 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, cavatelli, stuffed pasta and so on. After lunching on your creations and a well deserved break, our own sommelier will show you wine sampling techniques and you are going to learn all about Abruzzo wines.

**Day 5** VASTO, TRABOCCO "FISHING HOUSE", SHOPPING, "TASTE OF THE ADRIATIC" SEAFOOD LUNCH The day starts with a visit to the curious trabocchi fishing houses, a unique piece of art that is available only on this small strip of the Adriatic. Lunch at the best restaurant in town, serving a seafood sampling feast. After lunch we'll have the opportunity to do some window shopping in Vasto: shoes, lingerie, jewelry, clothes and much more. Dinner at the palace.



**Day 6** COOKING PEASANT FOOD AND BISCOTTI, FREE AFTERNOON. EXTRA ACTIVITIES LIKE TRUFFLE HUNTING, MASSAGES, HIKING. Learn some recipes of the old world, the peasant food. What it used to be peasant food is now super gourmet. And it satisfies all the palates because it is a vegetarian dish. For dessert we will be making the best almond biscotti ever made, with an Abruzzo twist. In the afternoon you'll be free to walk around town and enjoy the peaceful environment in the small village of Carunchio or enjoy a nice hike to a close by trail. We also offer, if weather permits or available: truffle hunting, massages and more.

**Day 7** AGNONE, CHEESE MAKER, BELL FOUNDRY, PORCHETTA AN PIZZA MAKING CLASS In the morning, we will head to AGNONE, in the region of Molise, where you can watch real family production of mozzarella, burrata and cacioavallo. Agnone is famous in the area for its quality cheese, especially cachioavallo, which is a gourmet version of provolone. Next we will visit an historic bell foundry which still makes church bells manually for the Vatican. We will learn about the manufacturing phases. Lunch will be a gourmet street food (porchetta sandwich paired with a fine Italian beer).

In the afternoon after a small rest, we will be making pizza, in our woodfired oven. Stretching pizza dough, top it with fresh ingredients and throw it in an artisan wood fired oven. The result is a crunchy, thin crust, flavorful pizza.

**Day 8** Today we take you to the airport for flights home and car service to your door.

1605 Asheville Hwy, Hendersonville, NC 28791  
(828) 692-1399

[www.globetreks.com](http://www.globetreks.com)