

# Mum is still cooking in Umbria

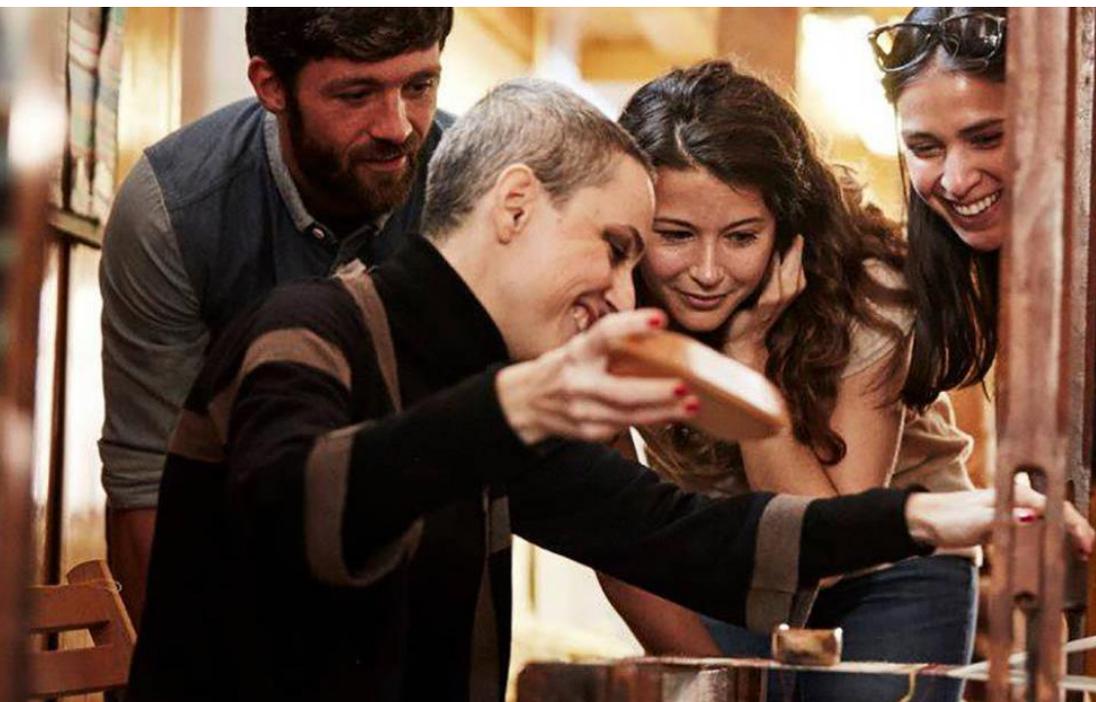
Italian mothers should be considered a UNESCO heritage: they contain almost millennial traditions, especially in the kitchen.

The great Italian chefs have often left from there, from their mothers who have introduced them in the historic Italian recipes. So let's go to the origins of great dishes visiting Umbria and, above all, standing side by side with mothers to observe them while cooking, stealing the secrets that make the difference between a normal dish and a delicacy.

## Tour includes

5 Nights half board in 3\* sup. hotel in Corciano  
Tour guide to Lake Trasimeno with Castiglione del Lago  
Sightseeing of a Cinta Senese pig breeding with Light Lunch, drinks included (including Cinta Senese products)  
1<sup>st</sup> Cooking class: Torta al Testo (typical Umbrian flatbread) Pizza Margherita  
Half day tour Perugia  
Minitram Perugia  
Visit to the hand weaving mill Brozzetti in Perugia  
2<sup>nd</sup> Cooking class: Antipasti, Crostini with Maghetti (liver spread) Arvoltolo  
Tour guide to Orvieto  
Light lunch at the Pasticceria Adriano in Orvieto  
3<sup>rd</sup> Cooking class: tagliatelle, cappelletti and homemade ravioli  
Half day guided tour of Assisi  
Headphones for the Basilica in Assisi  
Visit of an old abbey near Perugia  
Light lunch in Abbey  
4<sup>th</sup> Cooking class: Sweets: "Brutti ma Buoni", Tiramisù  
Interpreter for 4 cooking classes included  
Degree ceremony

**Package price per person, 6 days  
from € 419,00**



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## Program

### Day 1

Arrival - Room distribution Dinner and overnight stay.

### Day 2

They have a tour guide from the hotel and drive to **Lake Trasimeno** where they have time to stroll in Castiglione del Lago. The cozy town of Castiglione del Lago has just under 16,000 inhabitants, this makes it the largest town on the lake and the best starting point to explore it.

Originally, the whole city was located on an island. The water level of the lake is, however, since the Middle Ages steadily declining, which is why today a hilly city on the mainland has lagged behind. You will visit a Cinta Senese breed (typical pig breed) with Light Lunch, drinks included and Cinta Senese products.

In the afternoon, do a cooking class where you can learn how to make the pizza dough.

They prepare the dough for the Torta al Testo (typical Umbrian flatbread) and Pizza Margherita. So you can learn how the correct maintenance of the time and the baking process of the Torta al Testo is. An interpreter is available for the whole time. In the late afternoon departure to the hotel and dinner.

### Day 3

In the morning you drive with your guide to **Perugia** followed by half day tour. Here, among the alleys of medieval villages, the buildings, castles and fortresses of beautiful villages, the visitor dives into the past.

Perugia, perched on a hill, has two universities, the Università degli Studi, founded in 1308, and the University of Foreigners, well-known all over the world. The more than 30,000 students give the city a youthful and cosmopolitan image. Perugia is a city rich in artistic treasures and ancient palaces, and its old town offers a very beautiful and homogenous cityscape, which thanks to clever urban planning is largely freed from road traffic. With the Mintram you drive through Perugia and can be influenced by the youthful style. In the old town are still working various artisans who founded the cultural association craft shops of the old town "Botteghe artigiane del centro storico". The traditional urban craft activities are composed of various industries that are represented in this association, including the weaving "Giuditta Brozzetti" with fine hand-woven fabrics and lace that you will visit.

In the afternoon you will learn all about antipasti in a cooking class and make crostini with Maghetti (liver spread), cauliflower, Arvoltolo (typical Umbrian sweet or salty pizetta). This includes the production of the liver spread, the cauliflower spread and the production and baking of Arvoltolo. During the course the interpreter will be at your disposal.

Drive in the late afternoon to the hotel with final dinner.



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## Day 4

Let's go with the tour guide from the hotel towards **Orvieto** where you have time to stroll and enjoy. In the late morning you will meet to visit the tuff entrances. You will not come out of wonder anymore.

A unique light lunch at the Pasticceria Adriano awaits you, amidst the underground passageways. In the afternoon you will learn all about starters, tagliatelle, cappelletti and homemade ravioli during a cooking class.

They make the pasta dough and prepare the fillings for the ravioli. The interpreter for the cooking class is included.

Drive in the late afternoon to the hotel with final dinner.

## Day 5

The tour guide leaves from the hotel for **Assisi** followed by a half-day tour. Assisi extends on the slopes of Mount Subasio above the rivers Topino and Chiascio. Assisi is much more than the hometown of Francis of Assisi. Here you will also find a collection of extraordinary works of art. Giotto, Cimabue and Simone Martini produced their greatest masterpieces here.

The oldest part of the town is protected by a defensive system with a total of 8 entrances, surrounded by a long and well-preserved city wall that ends at the two castles Roggia Maggiore and Roggia Minore. The old town itself, with its narrow side streets and alleys, always offers surprising views and views. Visit the basilica (headphones included) before heading to an old abbey near Perugia.

There is a light lunch in the abbey itself waiting for you. After you have strengthened, it goes to the last cooking class of your trip. Desserts are on the menu today: Brutti ma Buoni and Tiramisù.

Learn everything about the preparation of the dough and the cooking or baking times. The interpreter during the cooking class is included.

At the end of this day you will be awarded a diploma.

Congratulations! Now you can treat your loved ones at home with your newly acquired culinary skills.

## Day 6

Departure.



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