



7 Day Gastronomical Tuscan Cooking Adventure

This culinary program has been designed for lovers of Tuscany and all that it represents – the charming medieval towns, the centuries old traditions, the people and their culture, the art, and of course, the great food and wine!! We have spent time with our chefs to create a week dedicated to the secrets and traditions of Tuscan cookery.

Participants will spend many hands on hours perfecting the skills of Tuscan cooking in historic kitchens of the 14th century Renaissance 'Villa Pandolfini' or the medieval Torre from 1250.

During the week on this wine and olive oil historical estate you will have a wonderful 'Introduction to Tuscan Cuisine'. We will discuss the history of the Tuscan diet, typical dishes, Tuscan bread, peasant foods, and how the gastronomy has changed throughout the medieval and renaissance periods up until modern times.



Day 1 Saturday - Arrival to the Villa Pandolfini Estate in the afternoon.

Settle into your accommodation. Welcome dinner with the organizers and villa owners. A fun and easy way to get to know everyone including your hosts and chefs.

Day 2 Sunday - Full Day Excursion Southern Tuscany. Delights of Tuscany.

Breakfast at a local pastry shop, visit to magnificent medieval hill top towns such as Pienza/ Montalcino and Bagno Vignoni. Lunch in a typical trattoria. Brunello wine tasting and cellar tour. Back for a real Italian pizza in the local Pizzeria.

Day 3 Monday - Cooking day # 1. Free morning or afternoon to relax, enjoy the grounds and pool or go to Florence, Pisa or Siena on the local train. Cooking class finishing with a 5 course meal preparation and sit down lunch/dinner after.

Day 4 Tuesday - Florence market & historical tour, lunch and then free time / museums. Dinner at the local restaurant. Summer months we choose outdoor dining. Off to Florence to meet your guide for a historical walking tour before the tour of the central food markets where you will witness a real part of Florentine history. The Florentines have been enjoying this market for centuries and it is the best way to see so much fresh produce, meat, fish all at one time and have the opportunity to also taste and purchase products. Lunch at a charming little Osteria. Free time to shop and explore the city or to visit the Uffizi museum. Driver transfer back to the villa and then a memorable dinner at a local restaurant for example 'Villa Caruso' where Enrico Caruso, the opera singer lived. It is a stunning property located 5 mins from Villa Pandolfini where you can enjoy the gardens and lovely grounds and feel like you are being taken back in time or on the hills at Artimino or the bustling generation owned Sanesi Trattoria.

Day 5 Wednesday - Cooking day # 2. Free afternoon to do additional optional tours such as Chianti & San Gimignano / truffle hunting (from Oct–Dec), a day trip to Rome/Cinque Terre/Venice/Lucca & Pisa/Siena & San Gimignano/Florence.

Day 6 Thursday - Cooking Class # 3 starting at 10am. You will have a free evening to relax, enjoy the pool or take an excursion, make a light dinner/platter and have a glass of wine and laughs with your new friends in your villa.

Day 7 Friday - Local tour of one of the Medici Residence's in Poggio A Caiano, Artimino a medieval hamlet and a Ceramics Factory. If you prefer we can do a local wine tasting instead of the villa or the ceramics. We will leave around 9am to have coffee & pastries then to a nearby ceramic factory to see how they paint and produce the beautiful Tuscan ceramics. We will then drive through the countryside of Carmignano to Poggio A Caiano where we will do a tour of a Medici Villa, the villa was built for Lorenzo the Magnificent and was an architectural triumph for the period late 1400's. Light lunch will then be at the picturesque hamlet of Artimino which overlooks an imposing Medici Villa, originally one of their hunting lodges. Back to villa to pack and freshen up for the cooking class.

Cooking Class #4 - The class will start at 4.30-5pm. Tonight you will enjoy your last cooking class but you are also tasked with the preparation of the farewell dinner for the group including your hosts and the villa owners. Everyone will be dining together.

Day 8 Saturday – 'Checkout'. Often we have cooking classes on Saturday if you would like to do an extra one before you go OR do an extension with further activities and classes.



