

Le Vie del Buon Gusto suggests a:

**Delights Week in Alto Tevere
Umbro**

The Good Tasty Cooking Vacation

A suggestion of full of taste week in Alto Tevere, learning about good, genuine, wholesome food of our land, along Le Vie del Buon Gusto (*The Ways Of Good Taste*).

At the arrival, on Saturday, a “welcome guest” event will be organized to introduce the Delight Week in Umbria. The cooking lessons are held in all the locations of the members of *Le Vie del Buon Gusto*. All of the cooking classes will make use of all-natural, seasonally-fresh ingredients.

Essential Umbrian and Italian techniques that will be presented include: homemade pasta, stuffed pasta as ravioli, gnocchi, risotto, pizza, local bread as ciaccia and torta, bruschette, crostini and other types of canapes, vegetable and grain soups, truffles and meat preparations, grilled, roasted, fried or stuffed vegetables, sweet and savory tarts, pastries and desserts.

Cooking Classes locations:

Day 1 - in the morning: *Azienda Agricola Dante Sambuchi* – to taste genuine local olive oil; in the evening *Tartufi Bianconi* – “**Truffle, the King**”: after a brief truffle course, visitors can learn how our various products are made, taste them in classes which feature only truffles.

Day 2 – in the morning: *Agriturismo Borgo Monte Cedrone* – “**Nice and Good**”: with particular attention to the presentation of the dishes, cooking with local products, paired with local wines and to a selection of craft beers; in the evening: *Lombrico Felice* – “**Organic is tastier**”: the italian taste of genuin vegetables, how to cook it the best.

Day 3 - in the morning: “**Pizza Lesson**” in pizzeria; in the evening: *Cantina Donini* - tasting and matching local wines and typical food

Day 4 – *Maridiana Alpaca* – “**Home Tasty Home**”: before the cooking class, seasonally-fresh ingredients will be bought at the weekly market in town. Then in a family atmosphere, guests can learn how to prepare a complete umbrian “Sunday lunch”, taught by local women witness of traditions.

Day 5 - *Relais Antonella* – “**So sweet**”: cooking italian desserts, learning typical recipes of seasonal desserts and puddings.

At the end will be held a farewell event, as a graduation festival buffet dinner, where a “diploma” certifying the participation to the **Delights Week** will be given to the attendees.

Other suggested visit are at :

Cantina F.lli Bianchini – tasting Altotevere wine

Azienda Agricola Chiodi and/or Macelleria dell' Allevatore – organic butchery, salami and typical sausages

Azienda Agricola Bistarelli – tasting natural, typical Vinsanto produced with centenarian methods handed down from the rural Umbrian - Tuscan art

Apistica Montecorona - locally produced honey, honey liqueur and waxworks

Ars Felicitatis - the art of woodworking

Accommodations

Participants may stay in the accomodations provided by Maridiana Alpaca :
2 country houses – 6 bed each

Non-Cooking Guests

Non-cooking guests are welcome friends. For spouses and friends who would like to visit without taking part in the cooking program will be organized events or tours accordinf to their interest.