

# Authentic Abruzzo®

Authentic Italian cookery, wine & art, experiences in Abruzzo, Italy

## Cooking, Wine & Gelato Making\*

\*Runs on specific dates only – Please contact Synergy Travel for upcoming dates for this amazing experience



Join us on a 7-day Italian cookery tour in Abruzzo, central Italy! You will be part of a small group of people and will be able to develop your cooking skills, expand your wine knowledge and discover the region's off-the-beaten-track secrets.

The highlight of this tour is the chance to learn how to make authentic Italian gelato, to replicate it at home and surprise your friends and relatives and yourself!

### Itinerary

#### Day 1 Airport pick up and welcome to Abruzzo dinner!



#### PM

Rome Fiumicino airport pick up at 14:30 and transfer to the ancient Roman town of [Vasto](#) on the Adriatic Coast after crossing beautiful Abruzzo mountains looking at amazing landscapes.

After checking at charming and family run Hotel San Marco in the historical downtown, get to know your guide and learn more about the 7-day Italian cookery holiday and enjoy a welcome dinner in a traditional restaurant in the heart of Vasto.

### Day 2 Cooking pasta with Mamma, exploring Vasto's historic centre



After a leisurely traditional breakfast of freshly baked bread, whole fruit country-style preserves, cake, pastries, coffee, tea and freshly squeezed juice

#### AM

- Learn how easy fresh pasta is to make with a cooking class by Mamma and an introduction to her favourite seasonal sauces, an example menu includes Bruschette with meat sauce, Pasta alla chitarra with meat sauce and polpette (meatballs), Cavatelli with vegetables and Tarallucci (typical biscuits from Abruzzo) – naturally this depends on seasonal availability

#### PM

- Lunch will consist of the scrumptious dishes that have been prepared in the morning
- In the afternoon we'll explore Loggia Amblingh, a promenade overlooking the fascinating crescent-shaped coastline, the old town with its medieval Castle, charming lanes, a tower, the Cathedral and Piazza Rossetti, dedicated to Gabriele Rossetti, a poet from the town and father of Dante Gabriel Rossetti, who founded the Pre-Raphaelite Brotherhood
- Before dinner in a traditional restaurant in the heart of Vasto, we'll meet some local artisans

### Day 3 A fish cookery class on a trabocco, visit C6th Abbey



## AM

- Weather permitting, we'll have a special fish cooking class on a trabocco that is constructed mostly from acacia wood and railway iron sleepers
- Rinaldo our host will show us how to fish from it and the secrets and history behind Abruzzo's unique fishing platforms
- His wife Maria who comes from a family of well-known cooks will give us our fish cookery class sourcing fish from the Adriatic\* where possible – Marinated fresh anchovies | Mariner's-style clams | Octopus in tomato sauce with polenta | Stuffed mussels | Fish soup alla vastese and Pizzelle (typical sweets from Abruzzo) with home-made fruit conserve

## PM

- In the afternoon after relaxing and trying our hand at fishing, taking some photos of the surrounding beautiful marinescape
- To close the day we'll visit the enchanting San Giovanni in Venere Abbey that sits on a hill dominating the coastline, surrounded by orange, olive, oak and pine trees
- Dinner in a traditional restaurant in the heart of Vasto

### Day 4 Free morning and gelato making class



## AM

- Free morning for your own activities, which could be: to go to one of the many beaches, visit a natural reserve, biking, take part to some extra activities/excursions or whatever you prefer. Lunch at your leisure.

## PM

- Handmade Gelato making class and traditional dinner.

### Day 5 Learning to make sheep's ricotta cheese at a small local artisan farm with its own creamery and Roccascalegna Medieval Castle



## AM

- After breakfast we'll make our way to the farm where Pina and Dino will reveal the secrets of sheep farming to us and guide those that would like to learn how to milk a sheep ready for pecorino cheese
- After a snack of cheese, we'll learn how to prepare ricotta cheese in their creamery
- A delicious traditional lunch will be prepared and served. This will be the time to savour just made warm ricotta cheese

## PM

- We'll explore the enchanting Abruzzo's castle in the sky in Roccascalegna
- Dinner in a traditional restaurant in the heart of Vasto

## Day 6 Olive oil tasting, wine-tasting, pizza cooking class & tiramisu



## AM

- Following breakfast we'll visit the La Selvotta Olive Grove that has been farmed by Giovanni's family for 3 generations to produce DOP olive oils. He will unfurl the secrets of what Homer described as "liquid gold" and we will finish with an olive oil tasting
- Next we'll visit Fontefico, an award winning winery that sits between a marine park and the mountains. We'll have a wine tasting with pairings from local cheeses and salami and tour of the vineyard and cellars by owners Emanuele and Nicola

## PM

- After lunch we'll have an homemade pizza cooking class that includes the teaching of traditional bruschette and tiramisù

## Day 7 Goodbye

After breakfast departure for Rome Fiumicino airport or your next destination

\* Recipes subject to the availability of seasonal produce

Pick up and drop off at Rome Fiumicino airport / Small groups up to 16 people

Our 7-day Italian cookery tour in Vasto Italy includes:

- 6 Nights accommodation at Hotel San Marco in the historic centre of Vasto
- All meals and breakfasts (food, water & wine) in selected restaurants except lunch on day 4
- 4 hands-on cooking classes and associated food costs
- Daily trips and excursions
- Pick up and drop off at Rome Fiumicino airport
- Personalized cooking booklet and apron
- All transport for daily trips and excursions

- All entry fees for excursions, tours and wine, olive oil and cheese tastings
- English-speaking tour manager throughout the duration
- All taxes

What's not included

- Airfares
- Spending money
- Snacks/Drinks between meals, or any meals not listed on the itinerary
- Personal expenses like phone calls, visa costs, laundry or tips
- Travel insurance (not obligatory, but recommended)
- Drinks not listed in the itinerary (an extra bottle of wine, for example)
- The cost of additional excursions or activities

**TO ENQUIRE ABOUT AVAILABILITY AND TO BOOK**

**(08) 9384 4110**

or [travel@synergytravel.com.au](mailto:travel@synergytravel.com.au)