

UMBRIA OCTOBER 17-23, 2015 Italian Food & Wine Retreat with Chefs Bob and Lenore

Day 1 Arrival and transfer to our agriturismo near Perugia in time for welcome dinner.

Day 2 Today we join the locals for olive harvest. We follow the olives to the local mill to watch the process of olive oil making. A tasting of the fresh milled oil follows together with oil food pairing to better understand the local flavors. Back at the agriturismo after a small rest and we join the chef in the kitchen to cook together some traditional dishes that we will enjoy for dinner.

Day 3 Today we begin with a visit to a pretty medieval town to enjoy the artisans recreate local arts in their workshops. The Norcino shop, the meat and salami maker starts appetite for lunch at his restaurant! In the afternoon a short scenic drive through the mountains takes us to a family run chocolate factory, where our only agenda is to taste! Then we enjoy a little personal time to shop in the small town of Norcia before heading back for dinner at the agriturismo.

Day 4 We jump back in time at as we visit the heritage Etruscan town. We drive along the Sagrantino wine road to reach a local renowned winery. Here we have time to explore the historical buildings and enjoy a wine tasting lunch. Then we head another medieval town, Montefalco, for personal time on our own. This evening's dinner is on our own as well. We may eat at our agriturismo or dine in one of the nearby towns.

Day 5 We will join the resident cheese maker and learn to make cheese with him. Later we enjoy the cheese we make for a country light lunch together including the farm's own salami. That afternoon we reach a local pig farm where we work with the Norcino, (the butcher), to learn the ancient art of salami making. We prepare some food together with him and then enjoy dinner together.

Day 6 Today we journey back into the past, assisted by culinary historian and cook to learn the ancient medieval recipes that becomes our lunch. In the afternoon we hunt for truffles with the "Trufolao," (truffle hunter & dogs), and later we find ourselves busy in the kitchen again learning local recipes that include truffles. We dine on these dishes for our farewell dinner, after which we drive to Florence where we spend the last night of the tour.

Day 7 Personal departures after breakfast

TOUR FEATURES

- All land transportation in private bus according to itinerary
- English-speaking tour director

- 5 night accommodation in double room with breakfast in B&B agriturismo
- 1 night accommodation in double room with breakfast in a hotel in Florence
- 1 olive oil mill visit with tasting and lunch
- 2 cooking classes and meals (local wine and water included)
- 1 medieval art workshop visit in small hill town
- 1 meat tasting lunch (local wine and water included)
- 1 chocolate company visit and tasting
- 1 dinner on our own
- 1 winery visit with tasting and lunch
- 1 cheese workshop with countryside light lunch (local wine and water included)
- 1 Salami maker experience with dinner (local wine and water included)
- 1 truffle company experience with workshop and lunch (local wine and water included)
- Cultural sightseeing with all applicable taxes, service fees and entrance fees as per program

TOUR COST €2586 (conversion to US \$ x 1.35 exchange rate)

Tour cost does not include airfare or personal travelers/interruption insurance. We highly recommend you acquire individual insurance coverage.

NEXT STEPS: Questions? Contact Bob or Lenore at EVOO by calling 503-436-8555. If you are already planning to join us, then send email directly to our official tour guide, Paola Roselli (prosellige@gmail.com) and copy us at lenore@evoo.biz. Get on the list soon, as we are limiting the tour to 14 guests.



Pictures: top, left, the kitchen and chef at our agriturismo; restaurant; meat store; dining al fresco