

## Medieval Villages, Cultural Discovery and Full Immersion into Regional Cooking!

Midway between Rome and Naples lies an area called Ciociaria “Cho-cha-REE-a”, a land of green fertile valleys and high forested mountains that served as a backdrop for Sofia Loren’s film, “Two Women” for which she won her first Academy Award. The area is best known for its simple, savory and healthy dishes such as Zuppa di Pane, Sagne e Fagioli, handmade Fettuccine with various sauces, and Gnocchi with pork riblets, only to name a few. This is the area for wonderful goat and ricotta cheeses as well as fresh buffalo mozzarella. Add prosciutto di Guaracino and you have a feast! Those who travel to this region soon learn that in Ciociaria, “Si mangia e si mangia bene.” (You eat and eat well.)



### Casa Gregorio - For One (Dbl Occ)

The “Dimora Storica” Casa Gregorio occupies a 1797 structure in the heart of the historic center of Castro dei Volsci. The date is still visible on the keystone of the arch framing the original entrance door. The three story high dimora storica belonged to the nobility of the town, was completely renovated and restored in 2010 and today still preserves coffered wooden ceilings, antique wooden beams, and some original tile flooring. The interior décor reflects the ancient look while giving visitors luxury modern day conveniences. The Frantoio, an old traditional olive oil mill dating back to the 16th century, is located on the ground floor and is attached to the old three story high residence. Even though it is no longer operable, the Frantoio with its stone mill's press and various components, is a fascinating sight for the curious visitors interested in learning how the extra virgin olive oil was extracted from the handpicked olives by the natives in the surrounding olive groves.



### Round Trip Transfers | “Benvenuti” Dinner | Pofi

You will be met at Rome Fiumicino Airport upon your arrival and transferred to your Italian home for the next 7 days. Benvenuti and check-in at the Palazzo is followed by

a welcome aperitivo and light lunch. Afterwards, you will set off for a guided walk acquainting you with the medieval historical village of Castro dei Volsci. This is, after all, the heart of the Ciociaria and an area of exceptional beauty. Having taken some time to relax back at the Palazzo, unwind and unpack, you will then depart for the town of Pofi and the Pizzeria Borgo Antico, where all will gather for your first night's welcome dinner.



### First Hands-On Cooking Class | Olive Mill Tour| Arpino

After breakfast you set off for the town of Arpino, birthplace of Cicero and land of the "Olives". This morning's visit is to a traditional olive oil mill (Frantoio) where you are shown the process of making Extra Virgin Olive Oil. Proceeding to a local estate, you will enjoy tasting fresh olive oil. A light lunch with flavors of the oil and a sample of some of the owner's organic wine accompany our visit. Prior to leaving olive country, you may just decide to bring home a bottle of "Terra di Cicerone" extra virgin oil. As you return to the Palazzo, you will visit Meringo's for the best gelato in Ciociaria! In the late afternoon it is time to meet your Pastry Chef Dayana and begin bake! Your first hands-on cooking class is followed by dinner in the Casa's dining room, where you will enjoy the fruits of your labor with new friends.



### Farmer's Market | Second Cooking Class | Cheese Tour | Terracina

After breakfast at the local bar in Castro dei Volsci, you set off for a visit to a local cheese caseificio to sample fresh ricotta, buffalo mozzarella, and provolone. A visit to the local town's farmers' market is next, to gather what is needed for tonight's antipasto extravaganza, while getting a feel for how the locals live. The morning continues with a visit to the Abbey of Fossanova on your journey to the Tyrrhenian seaside town of Terracina. Thrill to a view of the sea, stroll by a few shops, then stop for lunch at a seafood co-operativa. Upon return to the Casa, relax for a short time, then jump into your second hands-on cooking class, as you all prepare together a variety of Antipasti. The day's activities culminate in dinner with wine, bruschette, crostini, frittate, grilled peppers and eggplant, frittelle di zucchine, and stuffed

zucchini accompanied by the sampling of various formaggi e olive, surrounded by new friends in the Palazzo's dining room.



### Prosciuttificio | Third Cooking Class – Pasta! | Guarcino

Today you will head off to La Pastorella and are shown the process of making fresh sausage. We continue our tribute to the "miale" and visit a "Prosciuttificio" in the town of Guarcino (the Parma of Ciociaria), and there you share a picnic lunch of fresh hand-cut prosciutto or porchetta. Upon your return to the Palazzo, you will relax for a short time, then begin your third hands-on cooking lesson with resident pasta-maker, Pasqualina. A variety of "Primi Piatti" such as zuppa di pane, sagna con fagioli, fettucine con tartufo and gnocchi al sugo is a sample of what you will learn to prepare and then enjoy tonight at dinner with a great wine.



### Wine Tour | Val Comino | Fourth Cooking Class | Atina

Today's journey begins at Cantina Tullio, a vineyard in Val Comino, a region in Italy famous for its Cabernet wines. You will have the opportunity to see one of their vineyards, visit the cellar and bottling plant, and learn the vinification process, capped by a wine-tasting. Then continue your journey to the town of Atina, famous in Italy for its annual Jazz Festival. You will have lunch at the Old Cantina Visocchi, now totally restored with antique winery relics into a sophisticated restaurant, Le Cannardizie. Your host Patrizia Pattini, a sommelier, will give everyone a taste and sampling of yet another fantastic wine of the region. In the afternoon you will begin to prepare a list of Secondi Piatti such as involtini, salsiccia con patate e peperuola, and scaloppine alla mela, along with the proper contorno to accompany the main course. Dinner with wine will be enjoyed in Casa's dining room.



### **Frosinone | Pizza Class | Multi-Course Farewell Dinner**

After breakfast, you will discover how to make a perfect authentic Italian pizza with fresh vegetables and wonderful cheeses. Lunch follows our class and you will have a couple of hours to relax or go for a walk. After a rest, it's time for some shopping in Frosinone! Later there will be a multi-course farewell dinner at "Ristorante il Frantoio", in the historical town of Boville Ernica.