



Cooking Classes in Vallerano

FULL ITINERARY

1st day (monday)

Welcome !

During the day arrivals in Vallerano. If you are already in Italy or you have your own car, just tell us the time you want to arrive. For others that need a shuttle service, is an extra charge (see the FAQ) from **Fiumicino/Ciampino airport** or **Orte train station**, we just need to agree it in time. Check in at **Locanda al Sarapollo**, in the medieval village, just a walk from **Osteria degli orti**.

We will give you some time to get settled in, unpack and rest up. You will find some snacks and drinks waiting for you when you get to your apartments. At around 6:30 PM, we will meet in a local italian bar that is walking distance from your apartments.

We will all spend some time getting to know each other drinking aperitivi as we discuss what's ahead for the days together, as our tours experience and how to spend your free time in Toscana.

Next, we will do a little shopping for tomorrow's cooking class. We will meet and get to know some of the shopkeepers in the village and pick up what we will need. We will dine in one of the finest restaurants in the area: our restaurant, Osteria degli orti!

Our menu' for tonight's dinner is*:

Appetizer:

A mix of different plates Antipasto misto from prosciutto to vegetable timbale and italian bruschetta.

Wine: White, local, fresh. We can start immediatly talking about the match beetween food and wine

First Course

Pici alla Nerano. A tipical hand made pasta with a special vegetable souce: fried zucchini, basil, and caciocavallo cheese.

Second Course

After our pasta we will have a Riccardo's selection of seasonally prepared meat and vegetable dishes.

Wine: Red, local, fresh. Let's change the taste.

Dessert

A special chocolate cake, and end our dinner with housemade finocchietto, a fennel liquor very special

* menu' can change depending on season



2nd day (Tuesday)

#1 Class + full lunch + experience tour + aperitivo

Goodmorning folks! You can have your breakfast in your apartment, enjoying the terrace and the view, or go back in the bar and drink an italian cappuccino. If you are an early riser, you can take a walk around and regenerate yourself in the sounds of nature.

We are waiting for you at Osteria degli orti.

10 AM / 3PM #1 class 'LA VITA E' BELLA'

THE SAUCE It begins with the preparation of the chopped herbs as the basis of pommarola sauce. Must be fried with good oil but not very good, why? How to use the oil and theory and practice of **peeled tomato** which at this point, will be added to the mixture. Leave to **simmer**: the importance of andare a occhio: go to eye

A curiosity: USA has a main role in the History of Maccaroni !

We will make a wine change for the second plate: with the chicken terrine and roasted potatoes or a meatloaf we can drink a grechetto for example.

CHICKEN IN TERRINA aka **alla cacciatora**: the hunter way. The rural tradition. Why and how of cooking in a bowl. When seasoned, the chicken is cut into pieces and put in the pan. We will tell you some food stories in Europe: It is said that in the Middle Ages, Guido da Spoleto was not elected king of the Franks because it was discovered that he ate too little and especially little meat ... Luck and decadence of the carnivorous diet in centuries.

ROAST POTATOES There are many ways to cut and season potatoes, which are also of many different qualities. We make them like so: cut, add seasoning and in the oven.

We conclude with coffe and dolce.

3PM / 4:30 PM - Rest

5PM - experience tour

The itineraries of experience tour will been choosen together at your arrival, depending on season and interest expressed by the group. Anyway we suggest to go to the etruscan site Falerii Novi. You can see more details below

7PM / 9 PM - Aperitivo in Viterbo

Shuttle service to Viterbo for an italian aperitive at the beautifull art deco Caffè Schenardi. Shuttle service back included

9:30PM Free dinner,

do what you want! (see the FAQ about your free time)



3rd day (Wednesday)

10 AM / 3 PM # 2 class 'PANE, AMORE E FANTASIA' +full lunch

PIZZA DOUGH The pizza dough must be prepared at least one day prior to rise slowly. Two words about the magic and the mystery of yeasts, so important for doughs and wines. When ready the dough will be put in the fridge wrapped in its towel, each in its own, in this way we recognize our pizza when we will do it tomorrow.

Why Pizza Margherita is called like that?

The **VEGETABLES FLAN** A tasty way to prepare vegetables is to make a flan, is also very beautiful to see, and delicate in taste, in short, we make a splendid figure with little effort. We propose to carrots, but it can be done with many different vegetables, peas, for example, just try! We prepare the dough made with ricotta cheese and vegetables, as soon as we have put it in the cups and put in the oven, in 40 minutes will be ready.

ROLLS AND / OR ROMAN SALTINBOCCA. Just enough time to prepare a meat dish loved by the Italians, because quick, tasty, easy and always available in our refrigerators ingredients: carrots, celery and tomatoes, in the case of meat rolls, ham and sage in the case of the Roman saltinbocca . Just buy the right meat and to have foresight in the assembly of the meat with the other ingredients. Then, cooking is fundamental : fast and careful, in the case of saltinbocca, never leave the cookers! More calm for rolls, that have to take flavor slowly in its own juice.

we could also alternatively make the **EGGPLANT MEDALLION** , with chickpea flour and linseed, a **vegetarian and vegan** dish, one of our specialties

We take a break for drink a glass of wine, eat some raw carrots and celery dipped in extra virgin olive oil of Tuscany, waiting for the gnocchi - our first course today - to cook.

3.30 PM - experience tour

The mysterious renaissance garden of Villa Lante in Bagnaia. We go by train from Vallerano, then visit Villa Lante and have a rest with a full dinner at Bagnaia (for more about Bagnaia's experience tour see below)

Shuttle service back to Vallerano



4rd day (Thursday)

10 am / 3 pm #3 Class LA GRANDE BELLEZZA + full lunch

THE SWEETS We tasted the biscuits wine flavoured , or hazelnuts cookies, so it's time to see how they are prepared. These sweets are made throughout Italy with regional variations, and refer to the type of dry cake, also this poor at origine because of its long-life and low fat. In the history of our cusine the sweet is rich, the salty is poor, that's because e precise reason. Dough, cutting, and then in the oven for cooking. Quick and simple, in the meantime, a few words more on the flour, a fundamental ingredient in our food supply and to which we must give more attention and awareness because they are the true founding brick of many of our dishes. And now the TIRAMISU'. Unavoidable italian dessert, whose name sinking into legend and now knows many variations from the classic tiramisu with coffee, like strawberry, or barley, greatly appreciated by those who do not take your coffee or by children. **LONG LUNCH WITH HOT PIZZA**

Today we eat hot pizza, which gradually come out of the oven, it will be a long lunch, while alternating the pizzas with seasonal salad to clean the mouth. What we do to prepare the pizzas? Roll out the dough, that after two days is well risen, prepare different toppings, but we will make also the classic margherita with mushrooms, or stuffed with sausage and radicchio, use your imagination, and we will see who will create the best Pizza! Hand by hand the pizzas come out according to the different needs of cooking, we'll eat in slices, sitting or wandering through the Osteria with a beer or a glass of organic red sangiovese. And 'one day a little' less formalized this one, that ends with desserts that we have prepared, we taste the tiramisu', wine cookies or oats biscuits. On the other hand, the typical meal at a pizzeria in Italy is just that: pizza and sweet. Coffee for all.

3:30PM / 7:30 PM

We move to Vetralla for an extra vergin oil or a wine tasting (depending on the season) where we will have some snacks in the late afternoon

Full dinner at Osteria degli orti, all together. We will tell the stories about our experiences and share our impressions, hoping You will satisfied about your time in Tuscia

We will give you our recipies pamphlet and we will share all the photos we have done if you like it.

Our cooking lessons are a way to have fun, get together and share good food and wine



5th day (Friday):

Farewell sayings and departures.

Sadly, our days comes to a close this morning. The shuttle can leaves early in the morning for early morning airport departures or Orte train station. For all the others needs we are on disposal. Thank you!



PERIOD AND RATES

6 persons max

include:

- 5 DAYS at Vallerano
- 4 NIGHTS at Locanda al Sarapollo
- 3 COOKING CLASSES + 3 FULL LUNCHESES at Osteria degli Orti
- 2 TOUR EXPERIENCE + 1 FULL dinner
- 2 ITALIAN APERITIVO in Viterbo
- 1 WINE/ OLIVE OIL TASTING + snacks
- 2 DINNER at Osteria degli orti

Not include:

- shuttle service from airport (Fiumicino/Ciampino) or train station (Rome/Orte) is available on request (from 10 to 20 euros)
- 1 dinner
- Airfare

Tour experiences could vary depend on season, we will offer you in any case the opportunity of a proper tour (Included) For the meal not organized by Maccheroni and wine (not included) we remind you that the apartments at your disposal are equipped with kitchen and dining room, so that you can go shopping and cook in your apartment, you can also eat outside on the private terrace enjoying the cool and the view.

We'll be happy to give you all the information about places to visit and to organize a proper experience at your request (not included)

All the classes are in english or italian and are held at the Osteria degli orti

Unfortunately our accomodations are not suited for people with disabilities or limitation of movement capacity. There are stairs that have to be climbed.

How can i book?

Send us an email, if the period is available you can book it sending us the amount of the deposit. The second part of the amount will be paied at the arrival

What deposit is required?

20% of the price

What is your cancellation policy?

Deposits are refundable within 30 days before your arrival. Beyond this term deposit is non-refundable. If you book less than 30 days before arrival, the deposit will increase to 30% and can not be refunded under any circumstances

Travel Insurance

We don't sell a travel insurance, so obtain your preferite own one, if you want. During the journey you are under your own personal responsibility. Please obtain travel insurance as soon as you book your reservation

Privacy

We will use your personal information exclusively to get in touch with you regarding Maccheroni and Wine. They will not be sold to third parties.



EXPERIENCE TOUR

'We stay together's, what does it mean?

When we say stay together we mean that we have pleasure to come with you, stay together and if you like to tell you about the beauty, the stories we know, we do not consider ourselves paid for it.

#1 Falerii Novi

Tuscia is a beautiful land with its gorges, forests and sudden plateau's where the noble families of the Orsini's and the Ruspoli build their castles. The Palazzi of the Farnese's and their gardens became an inspiration to Versailles. The terme (warm water springs in the open air) are a well kept secret and a joy, especially when temperature drops. Enjoy the volcanic lakes of the region with their dragon dragonflies in the summer. And forget about the here and now when you visit the suggestive necropolis in the open country near the Via Amerina where the roman poet Ovidio, who married a woman from nearby Falerii, came to witness the ancient rite of the Goddess walking on the ancient Roman roads and wrote: 'a God dwells here'. Welcome in Tuscia. We are looking forward to give you great time. **2/3 hours walk**

#2 Villa Lante in Bagnaia. A hidden history.

By train from Vallerano, or from the nearby Vignanello station we arrive in the village of Bagnaia. A cozy small train crossing the countryside from village to village up to the centre of Bagnaia, and during the journey Francesca will tell you little-known stories about this villa, its hunting Barco and Cardinal Gambara who designed it. Barco itself, considered among the admirable examples of the Italian Renaissance, tells a story in the arrangement of vegetation and fountains, but what is most striking is that Cardinal Gambara, a man of great culture and refined taste, was an inquisitor, sent to Viterbo from the Pope to control a particular group of heterodox faithful: among them Vittoria Colonna and Michelangelo half day + full dinner

OTHER TOUR EXPERIENCES

If you prefer to do your own choice about tours feel free. We give you a rough idea of which trips are possible and at what cost, in case you did not have your car.

Shuttle service roundtrip, 5 euros each person:

Lago di Vico : free beach on lake type: relax

Civita Castellana Archaeological Museum of the Agro Falisco - Forte Sangallo Free entry Days and opening hours: Tuesday-Sunday 8.00-19.00. Visits every hour, for groups max 30 people. Weekly closing: Monday; Reservation: None Municipality: Civita Castellana Address: via del Forte, 1 type: cultural

Caprarola Palazzo Farnese it is open every day, except Monday, with the following timetable and ticket prices: Visiting hours: Tuesday / Sunday 8.30am - 7.30pm. The ticket office closes at 18.45. The park can be visited on weekdays Closing: Monday, January 1st, May 1st, December 25th -unless otherwise indicated- Ticket: full €, 5.00 If you want A Guide to us and we will book it for you or we will give you the phone number type: cultural

Soriano nel Cimino - Old beech forest of Monti Cimini On 7 July 2017 UNESCO declared the ancient beech forest of the Cimini Mountains a Natural Heritage of Humanity open day time no ticket type: beautiful nature

Shuttle service roundtrip, 10 euros each person:

Archaeological complex of Sutri (amphitheater and mithraeum) full ticket € 5.00 (from 25 years) closing of the ticket office (ma-ve) 13.30 open from Tuesday to Friday 09.00 - 14.00 mithraeum or church of the madonna del parto: open Tuesday to Friday Every hour starting at 9.00. Last admission 1.00pm For the visit to the Mithreum, at these times, contact the guards of the Amphitheater at the time of payment of the ticket for the complex N.B.: The visit to the park is free, there are no guided tours. To request tourist guides contact the tourist office or directly the APT of the Province of Viterbo. type: cultural

Viterbo A walk in the largest and most beautiful medieval village in Europe. You can have a lot of information online about Viterbo, the City of Popes with its palace and museums, but if you want to do something unknown to most, you can visit by appointment the MILL OIL Frantoio del Paradosso, with its small but precious Museum dell'Olio, or visit the Museo del Colle del Duomo, where there is a Crucifix attributed to Michelangelo, which has to do with Vittoria Colonna and Cardinal Gambara. Type: oil mill / hidden history

Bomarzo Sacred Forest. A crooked house, an impracticable theater, giants that eat men, mysterious inscriptions. This and much more you will see in this renaissance crazy park. Built by Vicino Orsini not for hunt, not for pleasure, the Sacred Forest is a representation of his particular alchemic, esoteric, vision of world, the deeply spiritual tasks of every human being is mysteriously represented here. And once again Vittoria Colonna is involved in it. Are you ready? This is a real journey. Adults: € 9.00 Open every day from 8:00 AM to Sunset. Type. Cultural

Marmore Waterfalls. Terni- A fall of 165 meters, into the Nera river-bed running below. In every age, the beauty of the Waterfalls has inspired poets and artists, among these: Virgilius, Cicero, G. Byron, and many others. An Ancient legend tells about a Ninfa called Nerina and a Fauno called Velino that fell in love each other so deeply that nothing and nobody could have split them. That's why the Forest Gods transform them into a river and a waterfall so that they could stay together for eternity. In truth they were built by the great hydraulic genius of the Roman consul Curio Dentato. The spectacle of the Waterfalls can only be admired during the opening hours. Ask to us type: nature

Corchiano: the streets cut off

Chia's tower : Pasolini's tower

Vetralla spa



Goals Nearby



Train From Orte

Roma : 40 minutes

Firenze : 2h 33m

Terni : 22m

Perugia :2h 31m



Car From Vallerano

Roma : 50 minutes

Firenze : 2h 15m

Terni : 45m

Perugia :2h 31m

Siena :2h 05m

Montepulciano :1h 39m

San Casciano:1h 25m

Tarquinia:1h

Orvieto:1h 4m

Orte: 20m