



## *Cooking in Toscana*

### *The legend of the Dolce Vita: Typical Tuscan Cuisine Cooking Lessons*

*Come on an exclusive tour into the secrets and the aromas of the traditional Tuscan cuisine, guided by Mauro. Take part in The legend of the Dolce Vita: cooking, drinking and eating together!*



*Living in one of the richest and most productive regions of Tuscany, we are fortunate to cook with the best seasonal fresh products - like porcini, chestnuts, virgin olive oils, polenta, and of course great wines and cheeses.*

**Mauro** faced his first culinary challenge when he was only 16 years old: his Mamma went away for several days, and he couldn't disappoint his Papá, who was used to fabulous homemade Italian dishes. With no experience but full of enthusiasm he got into the kitchen, and he has never left.

Living in Lucca, in the heart of Tuscany, provided Mauro with many opportunities to absorb the knowledge and experience of cooks, wine producers, olive farmers, butchers, and local women still using traditional cooking methods. Mauro's dream was to pursue his passion for cooking for his family, friends and guests - and this is his vision and goal when he puts on his apron.

For information contact:

***Cooking in Toscana***

+ 39 340 3285503

[www.cookingintoscana.it](http://www.cookingintoscana.it) ✿ [info@cookingintoscana.it](mailto:info@cookingintoscana.it)

Lucca ✿ Tuscany ✿ Italy



### Sample Seasonal Lessons:

#### SUMMER half day cooking lesson

- Bruschette al Pomodoro
- HOME MADE FRESH PASTA:
- Ravioli ricotta & spinaci in sage butter
- Aromatic roasted Veal
- Caprese

#### SUMMER one day cooking lesson

- Panzanella
- Bruschette al Pomodoro
- Skewers of Caprese
- Risotto al Melone/ al Radicchio & speck
- Turkey Rolleé with sage & prosciutto
- Cantuccini with Vin santo

#### FALL/WINTER half day cooking lesson

- Pappa al Pomodoro
- HOME MADE FRESH PASTA:
- Tagliatelle ai Funghi / Tordelli al Ragú
- Pollo (chicken) alla cacciatore
- Green peas with speck

#### FALL/WINTER one day cooking lesson

- Crostini of Porcini
- Stuffed zucchini flowers in parmigiano nest
- Cestnuts Risotto / Porcini Risotto
- Aromatic roasted veal in crust
- Baked vegetables with rosmary and white wine
- Torta di Erbi: Lucca's typical cake

#### *Customized programs according to customer's request and knowledge*

Tailor-made one- week program ✿ Hands-on cooking lessons ✿ Each participant receive an apron and a recipe book ✿ Dishes are based on fresh seasonal availability ✿ Cooking lessons are followed by lunch/dinner ✿ All meals are served with D.O.C wine of Colline Lucchesi/Montecarlo

#### *Ask us about our theme cooking lessons*

Italian buffet ✿ Solo Antipasti ✿ Italian sweets & desserts ✿ Pizza, pizza, pizza please!