

# DISCOVERING UMBRIA

TRAVELLING, TASTING, EXPERIENCING  
THE GREEN HEART OF ITALY

## LONG WEEKEND – COOKING WEEKEND IN A TRADITIONAL FARM

### Thursday

Arrival in Todi. Meeting with Discovering Umbria staff and settlement in the apartment

Afternoon: Visit to the town of Todi with Discovering Umbria Assistant

Dinner in a typical *trattoria* in the historical centre (drinks excluded).

Overnight

### Friday

Italian breakfast at a traditional pastry shop 10 mt. from the apartment.

Afternoon: transfer to a traditional Umbrian farm situated in a picturesque village 10 km from Todi. Visit to the attached museum dedicated in particular to the “peasant” life of the past centuries. From the many artefacts exhibited and information provided it is possible to glean a real understanding of life as it was for those working the land, tending their animals and working in the kitchen. One room is dedicated to a display of embroidery dating from around the 1900s that includes the tools and implements used by the grandmother of the current owner. Another important area is dedicated to the implements used in the cultivation of the grapes and, due to a recent renovation, now displays a new find dating from the 16<sup>th</sup> – 17<sup>th</sup> century in a magnificent “geared-lever press,” the only example of its kind in all of Umbria.

Cooking session: traditional Umbrian legumes soups (with legumes of the season) Ex. spelt salad, cheakpeas and porcini mushrooms soup, lentils soup, pasta e fagioli (beans with maccheroni).

Following tasting of the dishes prepared during the lesson with the chef (wine and water included).

Back to Todi. Return to the accommodation.

Overnight

### Saturday

Italian breakfast at a traditional pastry shop 10 mt. from the apartment.

Afternoon: transfer to a traditional Umbrian farm situated in a picturesque village 10 km from Todi.

Cooking session: the folw, the queen of Umbrian tables. Ex. wild boar ragout with hand made tagliatelle, wild boar stew with boiled vegetables or pappardelle with hare ragout, wild boar straccetti (thin slices), paté, radicchio and roast eggplant. Following tasting of the dishes prepared during the lesson with the chef (wine and water included).

Back to the accommodation and overnight

### Sunday

Italian breakfast at a traditional pastry shop 10 mt. from the apartment.

Afternoon: transfer to a traditional Umbrian farm situated in a picturesque village 10 km from Todi.

Cooking session: *La Pasticceria*. The cakes and the desserts in the Italian tradition.

Back to the accommodation and overnight

### Monday

Italian breakfast at a traditional pastry shop 10 mt. from the apartment. Departure

### Our Chef :

Lucia Tomassi comes from a family of chefs that have filled her with the passion and the love for the typical dishes of her region ever since her childhood. Lucia has worked for various years on yachts cruising the Mediterranean and also as personal chef for private Italian and foreign families both in Umbria and abroad. She is young, dynamic and extremely lovely just as her fantastic desserts. She speaks very good English

**PRICE FOR 2 PAX: 600 € per person**

**PRICE FOR 4 PAX: 490 € per person**

The quotation includes:

- 4 nights in three-room apartment fully equipped and well furnished in good taste with Umbrian style furniture in the historical centre of Todi.
- Italian breakfast at a traditional pastry shop 10 mt. from the apartment
- 1 dinner in a typical *trattoria* in the historical centre (drinks excluded)
- 3 cooking sessions at a traditional kitchen in a farm 10 km from Todi and visit to the farm museum
- The cooking programme includes: 3 cooking workshops (around 4 h.) in English and tasting of the dishes (drinks included). Issue with the recipes of the dishes prepared during the lesson in English.  
Apron  
Certificate of Attendance.

The quotation excludes: tips/insurance/personal expenses, other services not mentioned in “the quotation includes”.