



HIGHLIGHTS

Sicilian cuisine, based on the heart-healthy Mediterranean diet (Unesco Heritage), is a rich melting pot of flavours and unique combinations. Sicily still bears the cultural and gastronomic influences of the many people who have ruled it.

With the help of skilled chefs, we offer you chance to learn about our culinary skills and the origins of our cooking which is rooted in our lifestyle, traditions and native foods. If you are a food lover or an aspiring chef, find out the secrets of the world's most delicious cuisine and make them yours!.



- You will stay in 4-stars hotel in the historic centre of Palermo: a charming and exclusive accommodation in the heart of the city, only a few steps from the many places of tourist, artistic and cultural interest.
- Our cooking teachers are English speaking, native Sicilian professional chefs. They will reveal you all the secrets of Sicilian Cuisine. Every class ends with a meal based on your efforts and you will enjoy what you have prepared with the help of the chef.
- You will work in small and friendly groups: this is the best way to facilitate a greater understanding for you and a better interaction with the chef and the other participants.
- The event has an high educational value. It is increased by the participation of a nutritionist doctor who will debate the nutritional, historical and ethnological aspects about Sicilian cuisine.
- Sicilian cuisine week ends with the Sicilian Cooking Contest, a funny moment when you can put your cooking skills to the test.
- If you arrive in Sicily before the event begins, you can inquire your optional tour: we are glad to help you to get your tailor-made solution.

Sicilian cuisine week is an exclusive event: a great way to explore your senses and discover the artistic and cultural Sicilian heritage in the most beautiful locations in the Western side of the island.



SICILIAN CUISINE WEEK is organized by:



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Sicilian cuisine week

SEPTEMBER 7th - 14th, 2014 - 1st EDITION

OCTOBER 12nd - 19th, 2014 - 2nd EDITION

NOVEMBER 23rd - 30th, 2014 - 3rd EDITION

DECEMBER 28th, 2014 - JANUARY 4th, 2015 - 4th EDITION



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A sensorial journey to experience the Sicilian cuisine
and discover an exclusive island, full of history, art and beauty

ITINERARY

Sicilian cuisine week

Sicilian cuisine week is an opportunity to enjoy exciting cooking lessons, as well as wine tastings, gourmet meals and guided excursions: every day a new refined and unexpected experience.

ITINERARY

Day 1: Welcome to Sicily

Transfer from the airport to the hotel in the historic centre of Palermo. "Welcome dinner" with introduction on the nutritional, historical and ethnological aspects about Sicilian cuisine by a nutritionist doctor.

Day 2: Palermo & Cooking Class "Pizza and bread"

In the morning, start your first half-day cooking lesson in a typical pizzeria and learn how to prepare pizza and the traditional Sicilian bread "pane cunzato". Enjoy a meal based on your efforts. In the evening have a nice cultural walk (1st part) in the heart of Palermo and visit its magnificent historic centre, full of heritage and art. Have your dinner in a great restaurant. Return to the hotel.

Day 3: Palermo & Cooking Class "Pasta dishes in Sicilian cuisine and Arancine"

In the morning, have another cultural walk in the historic centre of Palermo (2nd part). Enjoy a lunch based on the typical Sicilian street food (Palermo is ranked 5th among the world's best cities for quality of street food!). In the afternoon, you will learn how to prepare some of the most popular Sicilian pasta dishes and the typical Arancina (a stuffed rice ball from the 10th century Arab rule). Enjoy a complete meal with more Sicilian delicacies. Return to the hotel.

Day 4: Cefalù, Caccamo & Cooking Class "Meat and fish dishes in Sicilian cuisine"

In the morning, depart to the medieval town of Cefalù and enjoy the "granita", a Sicilian ice dessert, while admiring the Norman Cathedral. Have your lunch in a restaurant in front of the sea. In the afternoon, experience a guided cultural walk in Caccamo Medieval castle, the largest fortress in the island built by the Normans about 1000 years ago. Have your third cooking lesson in medieval-style restaurant, where you will learn how to prepare some of the most popular Sicilian meat and fish dishes. Enjoy a complete meal with more Sicilian delicacies. Return to your hotel in Palermo.

Day 5: Segesta, Marsala, Erice & Sicilian Wine Tasting

In the morning visit the archaeological site of Segesta and enjoy a guided tour of the Greek temple and the theatre (5th Century BC). Then, depart for Marsala for a wine tasting at a top-rated winery. Have your lunch at the winery. In the afternoon, head up to the nearby medieval town of Erice, located at the top of a mountain. Enjoy its breathtaking view of the Aegadian Islands and the "cassatella", a nice dessert with sweet cream made with ricotta cheese. Return to Palermo and have your dinner at the hotel.

Day 6: Monreale & Cooking Class "Desserts in Sicilian cuisine"

In the morning, take a look of the amazing Palatine Chapel inside the Normans Palace of Palermo. Then, depart for the hill-topping town of Monreale. You'll visit its Norman-flavored cathedral, one of

the finest example of sacred architecture in the world (12nd century). Enjoy your lunch in nice restaurant in Monreale with a special view. In the afternoon, start your last cooking class and learn how to prepare some of the most popular Sicilian desserts. Return to Palermo and have your dinner at the hotel.

Day 7: Palermo & Sicilian Cooking Contest

In the morning, you will visit an important outdoor food market of Palermo, a unique mix of sounds, sights and smells that will leave your mouth watering. You will also buy there some fresh ingredients for your Sicilian Cooking Contest. Enjoy all the dishes prepared and vote for the best chef! Later, you will have time for shopping and leisure activities of your choice. In late afternoon, you will experience a walking tour in the historic centre of Palermo. Enjoy your dinner in a great restaurant in the heart of the city. Return to your hotel.

Day 8: Bye bye Sicily

Check out of your hotel after breakfast. Transfer to the airport.

