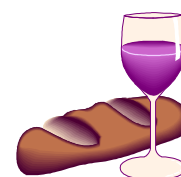


Food, Wine, & Culture of Tuscany

HSP 222 May 22-June 6, 2008

3 MCC credit course

Two week culinary, cultural, and historical experience in the Tuscany and Umbria Region of Italy including Florence, Parma, Pienza, San Gimignano



Host

All courses will be taught at or in conjunction with ACIF-Apicius The Culinary Institute of Florence
Via Guelfa 85
50129 Florence -Italy
Phone: +39 055 26 58 135
Fax: +39 055 26 56 689
www.apicius.it

Accommodations:

Singles and doubles, Shared apartments

Cost: \$ 5,050 per person

Includes

- Meals and activities listed in day by day schedule
 - Accommodation in students' shared apartments
 - activities, education, excursions, transportation (airport pick up arrival and departure for group flight only)
 - Single Supplement: \$ 200 additional if you need a separate room
- Air and ground transportation from Rochester to Florence, Italy and return

The travel portion of the course is non refundable. Cancellation insurance is available and must be purchased at time of first payment- Inquire from Mr. Lawrence 585-292-2590

Payment schedule:



Questions

*Contact Mr. Drew Lawrence
Building 3-140 (585) 292-2590*

All payments are to be made to the MCC Association in building #3 Brighton campuses in accordance to the following schedule. Students should identify themselves to the receptionist at the window as a registered student for HSP 222 Food Wine and Culture of Tuscany. The cashier will accept your payment in cash or bank check and provide you with a receipt. Credit card may be used with an additional fee of 2.1% of the payment amount.

Payment schedule:

Initial deposit due now \$2,000.00

2nd payment due March 1, 2008 \$1,500.00

Final payment paid in full due March 31, 2008 \$1,550.00

Total all payments \$5,050.00

Optional cancellation travel insurance up to age 36 is an additional \$178.00. Students over age 36 please inquire for a price quotation

What You'll Learn and Do...

Discover and taste the great food and wines of Italy! Food and Wine have always been closely linked to Italian Culture and Art. !! Tuscany and Umbria are the regional focus of your trip : you'll learn the cultural rules of food consumption, the comparison with the rules of music, dancing and poetry, the relationships between food and religion, gender, tradition, art, lifestyle. You'll meet chefs, cookbook authors, and at the same time, you'll experience the beautiful art works and landscape of Tuscany and Umbria!

Day 1- Thursday May 22—Depart USA

Flight to Florence

Day 2- Friday May 23-Florence

Transfer by Private Bus to Apartments

Rest and unpack

Orientation

Welcome Dinner in a Tuscan Trattoria

“ A typical Florentine Menu”.

Day 3- Saturday May 24 -Florence

Your day starts with a visit to the San Lorenzo Fresh Food Market. Discover all the different products that make Tuscan Cuisine well-known all over the world exploring this unique market.

After the market visit, you'll walk to Apicius-The Culinary Institute of Florence.

Lecture: Italian Language and Culture

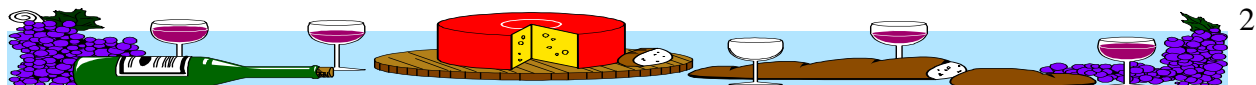
Afternoon: Cooking Class “ Olive Oil in Tuscan Cuisine”, with Chef Duccio Bagnoli followed by a dinner on your own creations!

Day 4- Sunday May 25 - Pienza & San Gimignano

At 8:00 am departure for **Pienza** (Tuscany , province of Siena) . Arrival around 10:30am .

Pienza , a little town rich in Renaissance monuments , is known all over the world for its DOP **Pecorino Cheese**. A visit of the town will be given by the accompanying professors and it will be possible to taste some pecorino cheese.

Lunch in a small trattoria tasting typical products



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At 2:30 departure for **San Gimignano**, one of the most famous historical towns of Tuscany. San Gimignano, located about 45 minutes from Siena, is a typical village which is famous for its untouched medieval aspect. Its old towers, monuments and art treasures, together with the magnificent countryside, make of this small town a “must see” when visiting Italy. We will visit the Collegiata with its beautiful 14th and 15th Century frescoes. San Gimignano is also famous for a very prestigious wine , the Vernaccia di San Gimignano, the first Italian wine to obtain the DOC . Right outside of town, in San Donato , we will go to visit the cellars of one of the producers of this famous wine. There , it will be possible to taste different types of wine made in the region (Chianti Colli Senesi, Vernaccia) accompanied by some local food (prosciutto , salame , olives ,olive oil...) , in a regional combination. Return in Florence around 7:30pm

Day 5—Monday May 26 -Florence

After a lecture on Renaissance Florence, take an architectural walking tour of the city experiencing the beauty of Brunelleschi and Alberti’s masterpieces.
Lunch on your own
Afternoon lecture with tasting: “Wines of Tuscany” followed by a cooking class with the chef Duccio Bagnoli on “ Fresh Pasta Workshop”.
Dinner on your own creations!!!!

Day 6— Tuesday May 27 Florence

Morning : Lecture: Italian Language and Culture followed by a visit to the Uffizi Gallery: the most important collection of painting in Italy, housing works by Giotto, Cimabue, Botticelli, Michelangelo, Raffaello, Leonard, Tiziano and so many other great masters.
Lunch on your own
Afternoon Lecture: Meal Planning and Meal Management in the Italian family
Followed by a real meal with Italian families. Students will be invited in small groups by Italian families and will have dinner with them.

Day 7—Wednesday May 28 –Florence

Lecture: Italian Language and Culture
Visit to Palazzo Pitti and Galleria Palatina
Lunch on your own
Walking tour downtown the “Oltrarno Area”.
Dinner at the famous Restaurant “Acqua al Due”. Stefano Innocenti, the Restaurant Patron and Chef, will explain his Philosophy to you, answer your questions, and reveal the secrets of his long-term success!

Day 8—Thursday May 29 –Florence

Start your day with a lecture: “The Medici Family”, and learn about the many generations of Medici members that led Florence to be the cultural center of Europe in the Renaissance.
Right after you’ll visit the Medici Chapels, containing sculptures by Michelangelo, as well as the monument of Lorenzo the Magnificent.
Afternoon: Lecture “ Food and Wine at the Medici Court”
Followed by a Cooking Class with Chef Claudia Crociani: “ A Menu at the Medici Time”. Dinner on your own creations.



Day 9—Friday May 30 –Florence

Free Morning to Enjoy the city

Afternoon Lecture: Foods for Therapy: Beyond Chocolate, followed by a

Chocolate workshop with the European Champion Chocolate/Pastry Chef Andrea Bianchini (with tasting!!!!!!!). Learn all the secrets of tempering chocolate, of making truffles and tartes....

Dinner on your own

Day 10—Saturday May 31 - Parma

Departure by bus for Parma

8:00 am Arrival at the Parmigiano Cheese Factory. Guided tour with detailed explanation of the process.

12:00pm Lunch in Parma

After lunch walking Tour in the historical center.

3:00pm Visit to a Prosciutto Factory

5:00pm return to Florence

Day 11— Sunday June 1- Florence

Lecture: Italian Language and Culture

Gastronomic Walking Tour with tasting. Visit the many wonderful historical Food Stores, bars and café's of Florence, tasting bites of their specialties.

Afternoon Lecture: "Pairing Food and Wine". How to impress your guests learning all the tricks that allow you to pair wine with your own food. Professor Diletta Frescobaldi

Dinner on your own

Day 12- Monday June 2 – Florence

Morning Lecture: Michelangelo and his time

Visit to the Accademia Gallery

Lunch at Restaurant "Il Pennello", the oldest trattoria in Florence!

Afternoon at Leisure

Dinner on your own

Day 13- Tuesday June 3 - Florence

Morning: Cooking Class with Chef Duccio Bagnoli: "A Tuscan Summer Menu". Chef Duccio will explain the menu and give you all recipes and secrets!

Lunch on your own

Afternoon Lecture: Italian Language and Culture followed by a session on Aperitivo Italian Style

The session will be followed by an aperitivo session with food

Day 14 – Wednesday June 4- Orvieto

Deaprture for Orvieto

Arrival in **Orvieto** (Umbria) at about 10:00 am.

Here will start our **whole day dedicated to the most important products of Umbria** , with the help of one of the most famous chefs of the region, Lorenzo Polegri ;

In the morning :

- 10:30 am : Visit of the **Cheese Factory Pesci** in Bagnoregio, guided by a member of the staff of this farm where are made pecorino and ricotta cheeses of high quality.



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12:30pm : **Dinner at the restaurant Zeppelin** , located in the centre of Orvieto and led by **chef Lorenzo Polegri** . Here you will be able to appreciate a whole meal (from appetizer to dessert) based on typical Umbrian products and cooking techniques. The menu will be accompanied by a selection of two local wines

.In the afternoon: Walking tour. Orvieto is one of the most famous cities of Central Italy , renowned for one of the most imposing cathedrals of Italy and for its wonderfully preserved middle age historical centre.

- 3:30 pm : Visit of the **Olive Oil Museum and of the Oil-Mill Bartolomei** in Montecchio. The museum hosts an interesting selection of ancient objects and tools used in the past for the production of olive oil and for the cultivation of olive trees. It will be possible also to have an olive oil tasting. The visit will be guided by a member of the staff of the farm.
- 4:45 pm : Visit of the **Cantina “Barberani”** in Cerreto di Baschi, producing very high quality wines of the region. It will be possible to taste 3 great wines .
- Return to Florence

Day 15- Thursday June 5- Florence

Free day to enjoy the city
Farewell Dinner

Day 16- Friday June 6- Florence

Departure



Questions

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