

Additional Information

Your cooking school and culinary tour package includes:

- All land transportation during the trip
- Shuttle service to and from Lamezia Terme International Airport
- All lodging, based on double occupancy (single occupancy available for an additional fee);
- All meals, including beverages (breakfast, lunch and dinner daily, starting with dinner on September 26th and ending with breakfast on October 4th)
- 4 hands-on cooking classes and one demo
- All excursions and any entrance fees to places we will visit during the scheduled portion of the trip
- An English-speaking guide who is originally from Calabria and fluent in Italian
- Unique cultural and culinary experiences to reveal the true heart of Italian cooking in spectacular location. Your body and soul satiated from the inside out!

NOT INCLUDED:

- Airfare, transportation to the meeting point at Lamezia Terme airport, personal shopping and other optional activities;
- Additional beverages from the bar, otherwise not provided with dinner (where wine will be served);
- Tips are optional, but not required;
- All that is not explicitly listed under "What is Included".

Pricing

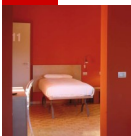
Price per person, based on double occupancy, is \$3,500. Single accommodation available for an additional fee.

Contact Information

For further information, terms and conditions, booking information, details, special requests and any other questions, feel free to contact Vanessa DellaPasqua, Managing Partner of Global Epicurean, LLC, at 408.582.2769 or vanessa@globalepicurean.com

Lodging Details

Hotel San Lorenzo, Camigliatello Silano ****



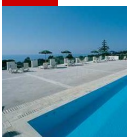
A recently renovated family-run hotel in the Sila mountains, near the woods where you'll harvest porcini mushrooms.

Fattoria Il Borghetto, Isola di Capo Rizzuto ****



On the East Coast, enjoy the hospitality of a converted farm near a swimming beach. Facilities include rooms in the country

Grand Hotel San Michele, Cetraro *****



Perched on a cliff overlooking the Tyrrhenian Sea, this top hotel surrounds itself with an organic farm.

Hotel Porto Pirog, Tropea *****



Originally a residence of nobility, it has been converted to an 18-room luxury hotel directly on the sea.

About Us

Rosetta Costantino is an engineer, a cooking class teacher, and above all a Calabria native— a Calabrese. Her passion for her native region of Italy is showcased in her monthly classes in the San Francisco Bay Area, and in 2010 her first cookbook about Calabria will be published by W.W. Norton.

Vanessa DellaPasqua is an engineer, an entrepreneur, a trip organizer and above all a native Italian with a passion for sharing her culinary culture. She is the founder of Global Epicurean, LLC and she will make sure our trip runs smoothly without kinks.

Together, Rosetta and Vanessa are pleased to share with you the Italy they know best- the land of thousand flavors and authentic foods that you thought only existed in novels.

Global Epicurean

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Calabria with Rosetta



A Culinary Adventure Exploring the Toe of Italy

September 26th to
October 4th, 2009

Discover Unspoiled Italy

Exploring the Foods of Calabria

Join Rosetta Costantino, a native Calabrian, cooking teacher and expert guide to the region's culinary riches, as we travel off the beaten track to the toe of Italy's boot. You'll begin in the mountains of Sila, at a quaint family hotel, where you'll hunt in nearby woods for the famed porcini mushroom and enjoy sumptuous mushroom dishes for dinner. Prepare an evening meal in the kitchens of a bed & breakfast on the Ionic coast. On the east coast, enjoy a cooking demo at a restored country farmhouse with an olive oil mill and garden. Then it's on to the dazzling west coast, to a cliffside hotel in Cetraro with its own organic farm, for another class. Finally, head south to a 5-star resort at Tropea, where you'll attend a cooking class at a working farm.



This 9-day trip features:

- Stays at 4 locations: a family hotel in the mountains, a farmhouse in the countryside, a cliffside hotel and a 5-star resort nestled in a grove of eucalyptus and olive trees
- 4 cooking classes featuring the best of local products, sometimes picked that morning from the location's farm
- All meals, including dinners at some the region's best restaurants
- A mushroom hunt with picnic lunch
- Guided tours of colorful local produce and fish markets

Itinerary

September 26– Arrival and Welcome

We start our trip on the mountains of la Sila, where we will have a first taste of the flavors of the days to come.

September 27– Mushroom Hunting

The day starts with a mushroom-hunting excursion in the Sila woods to hunt for porcini mushrooms, the prized Italian varietal for which Calabria is the main producer. We'll be spending the afternoon learning how to clean and prepare the fruits of our labors, wrapping up the day with a fabulous dinner.

September 28– Local Products and Cooking Class



On our way to Isola di Capo Rizzuto we will visit a salumi producer and a cheese producer to better understand the nuances of the typical Calabria products. In the afternoon we will be preparing dinner at our next hotel, where the kitchen will be ready for us to try our hands at new delicacies!

September 29– Market and Farm Day

No visit to Italy is ever complete without a peek at the wonderful markets the country has to offer! We will visit Crotone fish market and we'll spend the afternoon at the most famous farm in Calabria, Dattilo, tasting olive oil and wine before discovering the wonders of their kitchen!



September 30– Wine and Culture

The wines of Calabria are hard to find, but definitely worth the effort! We'll be wine tasting in



the prized area of Ciro', and after a visit to the Codex Purpureus in Rossano we will discover licorice and all its derivatives. We will then arrive at our new hotel on the west coast of Calabria to

be lulled in our sleep by the wonderful perfume of *cedri*.

October 1- Cooking Class and Shopping

Our day will start with a cooking class to learn about the flavors of the west coast. We will spend some time in the afternoon to shop the wonderful food products of Diamante before yet another scrumptious Calabrian dinner.

October 2– Figs and Gelato

Among the most prized products of Calabria, preserved figs are very high in the list. A visit to Colavolpe in Amantea will unveil all the secrets behind the oldest dessert in the world, followed by a stop in Pizzo for the famous gelato, a modern day delicacy. The most luxurious hotel in Calabria will host our final nights in Tropea.

October 3– Tropea and 'Nduja

Tropea is the most famous touristic destination of Calabria, with its historical downtown and charming environment. We will take some time to shop before we head for our last cooking class, discovering the delicious taste of 'nduja.

October 4– Arrivederci!

Time to say goodbye– after breakfast a shuttle will head back to Lamezia Terme airport.

