



Jack Sprat's Southern Italy Culinary Tour

Day 1: Saturday, October 8, 2022

Arrival and Welcome Dinner

- Arrival; Lamezia Terme Airport, Calabria. Transfer to the Italian Culinary Institute (ICI) is provided.
- Welcome dinner with Frans and Jen Weits of Jack Sprat and the Team from ICI in the private dining room overlooking the Ionian Sea.
- After dinner cocktails on the outdoor terrace.
- Overnight at the hotel, ICI. Unpack and relax, you're here to enjoy the good life for the next week!

Day 2: Sunday, October 9, 2022

Foundations of Italian Haute Cuisine: Raw Ingredients, Flavor Perception for Extra Virgin Olive Oil, Balsamic Vinegar, Cheeses & More...

- Buffet breakfast at the hotel.
- An introduction to give you a profound understanding of the most important ingredients used in regional Italian cuisine. Conducted by Chef John Nocita, this experience will open your mind and educate your palate.
- Lunch prepared by master Chefs using the freshest ingredients from the mercato and local farms.
- After lunch siesta at the beach or continue another lesson (optional transportation to beach included).
- Depart for dinner at traditional trattori. A 'trattoria' is a restaurant that is usually family owned and operated and, most importantly, exemplifies the character of the genuine local cuisine in any part of Italy. Here menus are not needed as patrons are only served the best dishes the area has to offer.
- Overnight at the hotel.

Day 3: Monday, October 10, 2022

Classic Italian Brunch; Visit to Tropea

- Buffet breakfast at the hotel.
- Brunch at the ICI.
- Depart for the historic seaside town of Tropea
- Tour of Tropea and free time to wander charming shops and ancient architecture.
- Dinner at ICI.
- Overnight at the hotel.

Day 4: Tuesday, October 11, 2022

Hands-On Italian Cooking; Beach Time; Dinner at a Classic Pizzeria

- Buffet breakfast at the hotel.
- Secrets of authentic Italian cuisine! Learn from professionals the tips and technique to cook like a local. The ICI chefs create delicious masterpieces!
- Lunch at the ICI.
- Free time for the beach.
- Evening: Out for Pizza! In Italy, pizza from a wood burning oven is a delicacy enjoyed in a unique festive atmosphere.
- Overnight at the hotel.

Day 5: Wednesday, October 12, 2022

Hands-On Baking, Desserts & Pizza Dough; Visit to Serra San Bruno; Apericena

- Buffet breakfast at the hotel.
- Focaccia, Pizza and Desserts: Tradition and Evolution According to ICI. Work hands-on alongside the masters preparing traditional Italian baked specialties.
- Lunch at the ICI.
- Visit to Serra San Bruno. The 1000 year old town is nestled at an altitude of 3000 feet in the mountains and is renowned for its stunning natural beauty and abundance of wild foods

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especially porcini mushrooms. The town is also home to centuries old monasteries and churches.

- Private transportation to the ICI.
- Dinner is "Apericena", a fun relaxed meal consisting of aperitifs and vibrant delicious gourmet finger foods.
- Overnight at the hotel.

Day 6: Thursday, October 13, 2022

Hands-On Pasta making; Visit and Dinner at an Agriturismo

- Buffet breakfast at the hotel.
- Hands-on Cooking Lesson with ICI chefs: Pasta, Pasta, Pasta! In Italy, pasta represents a healthy, tasty colorful dish. In addition to hands-on preparation, participants learn regionalism: understanding where each pasta comes from in Italy enables epicureans to identify the appropriate sauces or condiments for that dish. You will learn how to pair pasta with the perfect wine and, most importantly, create an entire healthy and natural menu with pasta as the starter.
- Lunch at the ICI.
- Dinner at an Agriturismo. An agriturismo is an organic farm that is owned and operated by farmers both of livestock and vegetation. Here we dine on truly local delicacies that are produced on site by the proprietors. Every item on the menu including extra virgin olive oil, cheese, cured meats, breads, and of course, wines are made on the premises. This experience offers a unique insight to Italian artisan gastronomy and flavor.
- Transportation back to the hotel. Enjoy the rest of your evening sipping wine under the stars

Day 7: Friday, October 14, 2022

Visit to Mercatino; Gelato Tasting; Italian Street Food

- Depart for the Mercato in Soverato. A unique Italian open air market offering culinary delights an insight into the country's most traditional aspects of life. A lively opportunity to browse seasonal foods, artisanal meats, cheeses and more.
- Lunch: Italian street food on the beach.
- On the way back, The BEST Gelato stop! In Italy, gelato exceeds pizza in sales volume. This secret gem will have you wanting to change your zip code.
- Free time to explore a new beach, take a siesta, have a cocktail or several!
- Dinner at the ICI for another amazing dining experience!
- Overnight at the hotel.

Day 8: Saturday, October 15, 2022

Explore on your own day; Hands-on Pizza Party

- Buffet breakfast at the hotel.
- Free morning to explore the beach or sightsee. We can help you book a day trip up the coast, visit nearby Catanzaro, or tour the Greek ruins and museum at Roccelletta.
- Participants prepare several types of pizza and focaccia utilizing various dough and ingredients.
- Guests hand make their own pizza in a classic wood fired oven. Enjoy your pie on the ICI terrace overlooking the small towns of Staletti & Soverato.
- Overnight at the hotel, Calabria.

Day 9: Sunday, October 16, 2022

Sicily

- Departure to cross the Straits of Messina for Sicily. Those who have read The Odyssey, will remember what a terrible time Ulysses had getting past Scylla and Charybdis, which flank what is now known as the Strait of Messina. We'll have an easier time on one of Italy's traghetto's. On the boat, we will indulge in a special Southern Italian tradition to eat an arancini. Aficionados throughout Italy actually travel to the ferry only for a taste of this delicacy.
- After crossing the Straits, we continue a short drive to Taormina on the coast of Sicily.
- Lunch at a historic local restaurant is provided.
- Free time to enjoy Taormina. This city is surrounded by incredible beauty, situated on a bluff overlooking

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the Ionian Sea and Europe's most active volcano, Mount Etna. Shopping and historical sites are a 'sogno Siciliano'...a Sicilian Dream!

- Dinner on your own. Wander the narrow pedestrian only streets and you will find incredible options! Unique and designer shopping is everywhere and places stay open late.
- Overnight at the hotel in Sicily.

Day 10: Monday, October 17, 2022

Open Day in Sicily

- The hotel provides a robust buffet breakfast complete with cappuccino made to order. You could take a tour up Mount Etna, enjoy the beach by way of aerial gondola, walk inside the ancient Greek amphitheater, or shop until you drop. Of course, eating constantly is a must! Overnight at a tucked away hotel in the heart of Taormina.

Day 11: Tuesday, October 18, 2022

Sicily; Calabria; Artisan Cannoli Tasting, Farewell Dinner

- Buffet breakfast at the hotel.
- Late morning departure for Calabria and ICI via private transportation We'll be stopping in the port town of Messina to sample a local pasticceria's famous focaccia Siciliana and cannoli.
- Farewell dinner with our hosts from the Italian Culinary Institute.
- Spend the evening reminiscing your adventures with new friends on the terrace.

Day 12: Wednesday, October 19, 2022

Departure & Arrivederci!

- Buffet breakfast at the hotel.
- Departure and transfer to Lamezia Terme Airport.

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