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# INTRODUCTION

### A marriage of cuisine and culture

STS provides fine and engaging food & wine experiences in Sicily: hands-on cooking classes, cooking shows and food tours, tailored for small and large groups.

Our activities take place in some exclusive venues selected because of their particular relation with food and wine. But we have not forgotten the most authentic and popular expressions of the Island, with their places and traditions, as the historical markets.

Our culinary experiences, enriched by food-storytelling and the guided visits of the venues, are like a cultural journey into our Island through the experience of cooking and the pleasure of the best food and wine.

### Highlights

- Unique and engaging food & wine experiences
- Exclusive venues, such as Unesco sites and awarded wineries
- Guided visit of the venues
- Food storytelling
- Site-specific menu
- Seasonal and organic ingredients from selected Sicilian producers

### The Venues

### Etna

- Benanti Winery
- Chiuse del Signore Estate

### Catania

- Asmundo di Gisira Palace
- Biscari Palace
- Pisani Ciancio Palace
- Sicilia in bocca restaurant-pizzeria
- Gisira restaurant-pizzeria
- Historical food market Piscaria

### Siracusa

- Impact hub
- Ortigia historical food market

### Taormina

• Villa Zuccaro pizzeria

On request, the cooking activities can be arranged in private villas, hotels and other venues

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# CHOOSE YOUR EXPERIENCE

### 1.Traditional cuisine in Catania

Cooking class to discover the many flavours of Sicily

## 2.Traditional cuisine in Siracusa

Cooking class to discover the many flavours of Sicily

### 3. Pasta masterclass Cooking class to master pasta-making and its secrets

- **4. Etna wines and food** Wine tasting with cooking class in an exclusive winery on Etna
- **5. Food tour** Art and food tastings strolling in the old city centre of Catania
- **6. Pizza & Cannolo** Shopping at the food market, pizza-making class and cannolo tasting
- 7. Street food Cooking class on some of the best and tasty street food temptations
- 8. Traditional pastries Sicilian pastry-making class
- **9. Baroque cuisine** Cooking show and dinner in a gorgeous Baroque palace hall

# TRADITIONAL CUISINE IN CATANIA

### CATANIA

### Pescheria market tour, cooking class and lunch

Sicilian traditional cuisine is the mirror of a unique land, with a volcano overlooking the sea, valleys, rolling hills and mountains. A cuisine made of both seafood and mountain recipes, with an incredible variety of dishes and flavours, thanks to the many cultural influences that over the centuries have made it unique, simple and Baroque at the same time, delightful, strongly connected to the land and the seasons.

Our tour starts with a guided tour of the Pescheria, the traditional fish market. After buying some ingredients, we head to the amazing kitchen of one of our venue to start the cooking class.

### Asmundo di Gisira Palace

You might prefer the elegant kitchen of this elegant Art Hotel in the heart of the baroque city centre of Catania? It is a surprising venue in the heart of the old city centre of Catania. The rooms are arranged by contemporary Sicilian artists or furnished with some exsquisite pieces of antique and modern furniture. The penthouse of the Palace is occupied by the luminous and elegant kitchen, next to the roof garden: you will surely enjoy the panorama, from Baroque cupolas to Mt Etna.

### Pisani Ciancio Palace

The palace was built by the Pisani Ciancio family, an ancient and noble family from France based in Sicily since the middleof the 17th century. The house is a great example of Sicilian, especially the salone, the ball room, with precious frescos by the Catanese painter Alessandro Abate. The Palace is set in the very heart of the historical district of Catania and from its balconies it is possible to see the Opera Theatre Vincenzo Bellini, one of the most important in Italy.



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# THE EXPERIENCE INCLUDES,

- Guided visit of the fish market with purchase of some ingredients
- Guided visit of the Asmundo di Gisira Palace or the Pisani Ciancio Palace, if classes are there
- Hands-on cooking class in the kitchens of the Pisani Ciancio Palace or in the Asmundo di Gisira Palace. It is also possible to choose the pizzeria Gisira (descrition on following pages)
- Food storytelling by a Sicilian cuisine and culture expert to discover the connections between recipes and Sicilian history and culture
- Lunch with the dishes prepared during the class and other delicacies: Four-course menu: appetizers, pasta, second course, dessert Revenance: 1 class of wine or 1 hear or 1 soft
- drink per person, ½ It water per person, coffee
- Recipe booklet with the recipes used

### OURATION OF THE EXPERIENCE 5 hours

NUMBER OF PARTICIPANTS min 2 max 24

The class is held in English or Italian, interpretation in other languages available upon request.

# **2.** TRADITIONAL CUISINE IN SIRACUSA OR ON MOUNT ETNA

Impact Hub

### Ortigia tour, cooking class and lunch

It is possible to study the same Sicilian traditional cuisine as in the preceding page also in Siracusa.

After some shopping at the bustling market in Ortigia and a short walk in the Baroque heart of the city, between the sea and the sparkling white sandstone, we invite you to the kitchen of an old monastery.

The eighteenth century monastery houses *Impact Hub*, a collaboration project among professionals and people with different skills, who share an entrepreneurial spirit and the love for the territory.

The kitchen of Impact Hub, with its wide and bright spaces, full of history, has the flavour of an old place, suited to industriousness but also to the pleasure of food and conviviality.

Impact Hub is located in the heart of Ortigia, a short walk from the colourful and vibrant food market, surrounded by the sumptuous and dazzling Baroque of Syracuse.

### Mount Etna, cooking class and lunch

The same cooking class can be made on Mount Etna at the *Chiuse del Signore* estate.

An ancient and elegant farmhouse surrounded by vineyards and immersed in the silence of the wood, overlooking a spectacular landscape between the sea and Mount Etna.

The farmhouse at the center of the Estate has been renovated respecting the original architecture, as well as the characteristics of the landscape of Etna have been kept unchanged, bringing the oldest native vines to new glory.

### THE EXPERIENCE INCLUDES.

Chiuse del Signore

- Guided visit of Ortigia market with purchase of some ingredients except for classes at Chiuse del Signore
- Hands-on cooking class in the 19th century kitchen of Impact Hub or Chiuse del Signore
- Food storytelling by a Sicilian cuisine and culture expert to discover the connections between recipes and Sicilian history and culture
- Lunch with the dishes prepared during the class and other delicacies: Three course menu: appetizers, pasta, dessert Beverage: 3 wines (1 glass of each wine), water
- Recipe booklet with the recipes used

### O DURATION OF THE EXPERIENCE 4 hours

NUMBER OF PARTICIPANTS min 2 max 24

The class is held in English or Italian, interpretation in other languages available upon request.

# **3**. PASTA MASTERCLASS IN CATANIA OR TAORMINA

A cooking class dedicated to one of the most famous and beloved dishes of the world: pasta!

In Italy there are more then 200 different shapes of pasta: long, short, stuffed, and thousands of recipes! Sicily, with its very rich tradition and its 50 ancient varieties of wheat, is the perfect place to discover the secrets of pasta and its intriguing history and myths.

Guided by our chef, guests learn how to make from scratch some of the most traditional pasta shapes used in Sicily and Italy: maccheroni, busiati, cavatelli, ravioli and tortelli, using organic local flours.

But, the perfect pasta needs a perfect sauce, that's why in our cooking class guests also learn how to prepare some delicious sauces, such as the almond pesto or a ragu with mushrooms, sausage and fennel seeds or a delicious tomato sauce with basil and ricotta salata cheese. Always with seasonal and fresh ingredients.

And, since the best way to end a meal is always a dessert, our chef demonstrates how to make the famous Sicilian cannolo: a crunchy pastry filled with mouth-watering ricotta cheese cream and chocolate and garnished with pistachio and candied fruits.

### In Catania

*Sicilia in bocca*, restaurant pizzeria. Near Piazza Duomo, within the 16th c. walls of the city, a restaurant and pizzeria specializing in the flavours of Sicilian traditional cuisine.

*Gisira*, restaurant pizzeria. In the *Piscaria* area, the traditional and colourful food market of the city, a pizzeria that stands out for its long leavening dough and the quality of its ingredients.

### In Taormina

*Villa Zuccaro*, home of the well-known pizzeria of the same name, is located in the old heart of Taormina, a few steps from the Duomo and Porta Catania. Its large terrace and easy accessibility make it an ideal venue for groups staying in the city of Taormina or wishing to visit it.

Gisira

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### THE EXPERIENCE INCLUDES:

- Guided visit of the pld food market (from Monday to Saturday, only in the morning) to purchase some ingredients for the class
- Hands-on cooking class: guided by our chefs, learn how to make pasta from scratch, traditional sauces, pesto and the famous cannolo siciliano
- Food storytelling: discover the connections between recipes and Sicilian history and culture
- Lunch with the dishes made during the class and other delicacies:
- Three-course menu: appetizers, pasta, dessert Beverage: 1 glass of wine or 1 beer or 1 soft drink pp; ½ It water pp; coffee
- Recipes booklet with the recipes used during the class

OURATION OF THE EXPERIENCE 5 hours (including lunch)

NUMBER OF PARTICIPANTS min 15 max 60

# ETNA WINES AND FOOD

The Benanti winery

Mt. Etna is a volcano of flavours. The many eruptions over the centuries have created an extremely fertile soil, which extends from the rocky shores of the Mediterranean to the highest slopes, in a great variety of microclimates. Characteristics that are reflected in the unique flavours of fruits, vegetables and grapes.

The Etnean cuisine, deeply Mediterranean for its culture and territory, is a triumph of flavours, a treasure chest of ancient knowledge. As for its wines, known from antiquity and today appreciated around the world, thanks to the ability of some wineries that have been able to interpret the terroir, producing excellent wines. On Mt. Etna we work with Benanti, an internationally renowned winery.

At the end of the 1800's the grandfather of the present owner began the production of wines on one of his father's old farms on the slopes of Mount Etna. In 1988, Giuseppe Benanti revived the family's old passion, making wines of unique taste. Today Benanti is a prestigious winery and its wines are some of the most awarded in Sicily.

Visiting the winery you can admire the huge Palmento – the typical Etnean millstone – from the 19th century and walk among the ancient vines grown on an extinct volcano, Monte Serra. The Winery, with its cosy and elegant tasting rooms, is the right place for cooking classes, show cooking, lunches and dinners for people who desire to discover all the excellent local products, paired with the best wines of the cellar.

After the visit you can take part in our hands-on cooking class and discover the Etnean cuisine. After cooking, enjoy your meal and the best Benanti wines paired with the dishes made, as well as with some exclusive local products.



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### THE EXPERIENCE INCLUDES:

- Guided visit of the Winery
- Hands-on cooking class: guided by our chefs, learn how to make pasta from scratch, traditional sauces, pesto and the famous cannolo siciliano
- Food storytelling: discover the connections between recipes and Sicilian history and culture
- Lunch with the dishes made during the class and other delicacies:
- Three-course menu: appetizers, pasta, dessert Beverage: 3 wines (wine tasting, 1 glass of each wine pp), water
- Recipes booklet with the recipes used during the class

OURATION OF THE EXPERIENCE 4 hours

NUMBER OF PARTICIPANTS min 4 max 40

# **5.** FOOD TOUR IN CATANIA

Explore the Baroque city of Catania, discover its history and satisfy your love for food in this walking tour with samples of the best Sicilian delicacies.

At the *Piscaria*, the oldest and colourful open-market of Catania, we discover our great cured meats and cheeses, like spiced pancetta or pecorino cheese with black pepper. We also taste a selection of traditional snacks, as the calia: chikpeas cooked in hot sand.

Along our way we won't miss the famous Sicilian cannolo and other pastries in one of the most appreciated pastry shops in town.

Final stop in a cafè for a tasting of Sicilian street food – such as an arancino in its Catanese version, with fried eggplants and basil – or in a trattoria, the perfect place to enjoy a lunch with a nice selection of tasty appetizers (the Italian antipasto): caponata, eggplant parmigiana, zucchini in agrodolce with ricotta salata cheese and mint...

Want to add an extra activity? Try our pizza making class in a nearby pizzeria to discover the secrets of this world famous dish and its Sicilian versions

### THE EXPERIENCE INCLUDES:

- Walking tour, led by a Sicilian food storyteller (1 every 25 people)
- Note: tour guide not included. Ask for further in formation
- Radio system for guided visit (1 receiver + headset pp, from 16 people)
- Food tastings:
- selection of traditional pastries, almond milk or Sicilian liqueur
- a selection of traditional and almost forgotten snacks
- a selection of the best Sicilian cheese and cured meats

Choose one of the following options (representing the last stop of the tour):

- **1** Street food: selection of typical street food. 1 glass of wine or 1 beer or a soft drink pp, water
- **2** Antipasto: selection of about 10 Sicilian appetizers. 1 glass of wine or 1 beer or a soft drink per person, water, coffee
- 3 Pizza: you learn how to make pizza from scratch and prepare some traditional Sicilian pizzas. All the pizzas prepared are served as a pizza tasting. The menu also includes appetizers and dessert. 1 glass of wine or 1 beer or a soft drink per person, ½ It water pp; coffee

O DURATION OF THE EXPERIENCE 4 hours

NUMBER OF PARTICIPANTS min 2 max 100



### CATANIA

The red umbrellas of the fishmongers, the fish on their desks, the voices of the merchants, the colours of fruits and vegetables, the smells of spices, people in the streets between the Baroque buildings... Here's a quick impression of the *Piscaria*, the historical food market of Catania, nestled between Piazza Duomo and the 16th century gate of Charles V.

Visiting the food market is an opportunity to taste some local products and to buy some of the ingredients that will be used to season the pizzas: olives, salted anchovies, tuma and ricotta cheese, fresh tomatoes, etc.

Then we move to a pizzeria (just 2 minutes from the food market) to start our hands-on activity: under the guidance of the pizza chef, everyone stretches and seasons the pizza!

After the lunch with tasty appetizers and the pizzas prepared, it's time for the Sicilian cannolo cooking show and tasting!

### Locations in Catania

*Sicilia in bocca*, restaurant pizzeria. Near Piazza Duomo, within the 16th c. walls of the city, a restaurant and pizzeria specializing in the flavours of Sicilian traditional cuisine.

*Gisira*, restaurant pizzeria. In the *Piscaria* area, the traditional and colourful food market of the city, a pizzeria that stands out for its long leavening dough and the quality of its ingredients.

### TAORMINA

Are you in Taormina? Join us for a pizza making in a Villa Zuccaro a few steps from Piazza Duomo.

*Villa Zuccaro*, home of the well-known pizzeria of the same name, is located in the historic heart of Taormina, a few

steps from the Duomo and Porta Catania. Its large terrace and easy accessibility make it an ideal venue for groups staying in the city of Taormina or wishing to visit it.



### THE EXPERIENCE INCLUDES:

- Guided visit of the historical food market (from Monday to Saturday, only in the morning) to purchase some ingredients for the class
- Hands-on pizza making class: guided by our pizza chefs, learn how to make pizza from scratch and prepare some of the most traditional Sicilian Pizzas
- Cannolo siciliano show cooking and tasting: our chef demonstrates how to make the famous cannolo siciliano
- Food storytelling: discover the connections between recipes and Sicilian history and culture
- Lunch with all the different pizzas made and other delicacies:
  - Three-course menu: appetizers, pizza tasting, dessert Beverage: 1 glass of wine or 1 beer or a soft drink pp,  $\frac{1}{2}$  It water pp; coffee
- Recipes booklet with the recipes used during the class

O DURATION OF THE EXPERIENCE 2,5 - 4 hours

NUMBER OF PARTICIPANTS min 15 max 80



They are as famous as the cannoli and people are "crazy" for them (as Montalbano, the Inspector of the TV series known around the world): we are talking about arancini, Sicilian street food par excellence, almost a symbol of identity. A fried rice ball with a crunchy crust and many differents fillings to discover: the traditional with ragu and saffron, the one with butter and peas or with pistachio cream, the Catanese version with fried eggplants and basil.

But Sicilian street food is not just about arancini, there are many different recipes, such as *scacce*, a stuffed flat bread made with a very thin rectangular layer of dough, folded on itself three or four times and stuffed with different ingredients, such as ricotta cheese and onion, cheese and tomato, tomato and onion, or tomato and eggplant; *pidone*, a crunchy dough filled with anchovies, medium-aged pecorino cheese and curly escarole, and also *siciliana*, *cipollina*, *ravazzata* and many more. Local fast food for real foodies!

### Locations in Catania

The cooking class can take place in *Asmundo di Gisira Palace*. The penthouse of the Palace is occupied by the luminous and elegant kitchen, next to the roof garden: you will surely enjoy the panorama.

*Gisira*, restaurant pizzeria. In the *Piscaria* area, the traditional and colourful food market of the city, a pizzeria that stands out for its long leavening dough and the quality of its ingredients.

### Locations on Etna

*Tenuta Chiuse del Signore*. An ancient and elegant farmhouse surrounded by vineyards and immersed in the silence of the wood, overlooking a spectacular landscape between the sea and Mount Etna. The farmhouse has been renovated respecting the original architecture.

### Locations in Siracusa

*Impact Hub*. The kitchen of Impact Hub, with its wide and bright spaces, full of history, has the flavour of an old place, suited to the industriousness but also to the pleasure of food and conviviality. Impact Hub is located in the heart of Ortigia.



### THE EXPERIENCE INCLUDES:

- Guided visit of the historical food market (from Monday to Saturday, only in the morning) to purchase some ingredients for the class. Note: except for class at Chiuse del Signore
- Hands-on cooking class: guided by our chef who prepare some of the most traditional street food
- Food storytelling: discover the connections between recipes and Sicilian history and culture
- Lunch/dinner with the food made during the class
  + dessert
- Beverage
- Asmundo di Gisira/Chiuse del Signore/Impact Hub: Sicilian wine (1 bottle every 3 people), wate
- Gisira: 1 glass of wine/beer or 1 soft drink pp; ½ lt water pp

O DURATION OF THE EXPERIENCE 3 hours

NUMBER OF PARTICIPANTS min 4 max 24

TRADITIONAL PASTRY

An exclusive pastry making class to discover the fascinating world of this Sicilian traditional art.

During the class we make from scratch some of the most traditional Sicilian pastries according to the time of the year or religious festivals, such as *cannoli*, *minnuzze di Sant'Agata* (pretty and delicate little pastries made in the form of breasts, in memory of the martyrdom of the patron saint of Catania), *cudduri* for Easter, rice *crispelle* for St. Joseph's day, *mustaccioli*, *cuffitelle* and *buccellati* for Christmas. A triumph of beauty and sweetness, stories and curiosities, to reveal the ancient and eclectic history of our Island.

### Locations in Catania

Asmundo di Gisira Palace. This is a surprising venue in the heart of the old city centre of Catania, set between the Baroque churches and the lively and colourful traditional food&fish market 'a Piscaria. Its rooms are arranged by contemporary Sicilian artists or furnished with exsquisite pieces of antique and modern furniture. The penthouse of the Palace is occupied by the luminous and elegant kitchen, next to the roof garden: you heart will surely enjoy the panorama, from Baroque cupolas to Mt Etna.

### Locations on Etna

Tenuta Chiuse del Signore. An ancient and elegant farmhouse surrounded by vineyards and immersed in the silence of the wood, overlooking a spectacular landscape between the sea and Mount Etna. The farmhouse at the centre of the estate has been renovated respecting the original architecture, as well as the characteristics of the landscape of Etna have been kept unchanged, bringing thus the oldest native vines to new glory.

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### THE EXPERIENCE INCLUDES:

- Hands-on cooking class: guided by our pastry chef, prepare 3-4 traditional pastries
- Food storytelling: discover the connections between recipes and Sicilian history and culture
- Light lunch: Selection of local cheese, cured meats and other delicacies, the pastries made during the lesson
- Beverage: Asmundo di Gisira: Sicilian wine (1 bottle every 3 people), water, dessert wine, almonds milk Chiuse del Signore: 2 wines (1 bottle of each wine
- every 3 people), water, dessert wine, almonds milkTake away box with the pastries made
- Desires la solutivita de services una solutividade

### O DURATION OF EACH EXPERIENCE 3 - 4 hours

NUMBER OF PARTICIPANTS min 4 max 16

During the Baroque era the sumptuous facades of churches and palaces, as well as the ceremonies and celebrations, were the spectacular way to enhance the role of the Church and the wealth and the virtues of the great noble dynasties.

AROQUE

The cuisine was no exception to the Baroque style of the time. On the magnificently laid tables of noble palaces, such as the Biscari Palace, the *Monsù* – French trained Sicilian chefs – gratified their masters and hosts with innovative dishes, while the *sguattere* – the women in the service of the nobles – "stole" the precious recipes, preparing them again at home with simple ingredients.

Caponata duchessa for instance was originally a triumph of lobsters, prawns, vegetables and elaborate sauces, while today it is known in its simple version only with vegetables.

Sumptuous and magnificent, Biscari Palace is one of the most important noble palaces in Catania and its mirrors, stuccoes and decorations are of inestimable value. The Palace is also the perfect venue for a gala dinner or lunch, where to discover an almost forgotten piece of our culinary tradition, the Baroque cuisine, carried out by French chefs during the 18th and 19th centuries in many Sicilian noble palaces.

### TOUR CUSTOMIZATION

Some of the cooking classes – such as our Traditional cuisine cooking class, the Pasta masterclass or the Traditional pastries – can be held in hotels and private villas, both for small and big groups. Also the cooking shows can be held in some of the mentioned venues or in hotels and private villas with optional lunch or dinner.

### THE EXPERIENCE INCLUDES:

ore information

- Guided visit of the Palace lead by Ruggero Moncada, heir of the Palace
- Cooking show: our pastry chef shows how to realize some of the most famous Sicilian Baroque pastries
- Food storytelling: discover the connections between recipes and Sicilian history and culture
- Lunch/dinner served in the sumptuous salone
- Four-course menu with recipes inspired by Sicilian Baroque Cuisine (ask for sample menu and beverage)
- Exclusive use of the venue

### OURATION OF THE EXPERIENCE 3 - 4 hours

NUMBER OF PARTICIPANTS min 2 max 25

The cooking show is held in English or Italian,.

# 9. ORGANIC OIL AND WINE

A few minutes from the town of Caltagirone, surrounded by vineyards and olive trees, lies the Tenuta del Nanfro (Nanfro Estate), "home" of two prestigious organic products: the extra virgin olive oil and the Cerasuolo di Vittoria, the only Sicilian wine with DOCG certification.

At the Estate you can take part in a pasta & cannolo cooking class, making different types of Sicilian pasta, such as maccheroni, cavatelli, or the ravioli made with carob flour and stuffed with ricotta cheese, a local and ancient recipe; then make the famous cannoli siciliani: a crispy pastry filled with ricotta cheese.

Lunch is served on the beautiful terrace overlooking the vineyards and surrounded by the scents of the countryside and includes - besides the dishes you have made also olive oil tasting, local cheese, deli meat, olives and dried tomatoes. Cherry on the top 3 of best wines of the Estate.

The guests will also have the opportunity to visit the Baroque town of Caltagirone – Unesco heritage site – and take part in pottery workshops, helping the artisan while creating a unique piece of traditional art, famous all over the world.

Last option, spend some nights at the Tenuta del Nanfro, having some rest by the pool overlooking the vineyard.

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### THE EXPERIENCE INCLUDES:

- Guided visit of the Estate
- Food storytelling by a Sicilian cuisine and culture expert
- Pasta & cannolo cooking class
- Wine & olive oil tasting
- Lunch with the dishes you have made and other local products paired with the best wines of the winery
- Recipes

OURATION OF THE EXPERIENCE 4 hours

NUMBER OF PARTICIPANTS min 2 max 25

The cooking show is held in English or Italian,.