



SICILY

COOKING EXPERIENCE

tasting the travel

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**sts**
SICILIAN TOURIST SERVICE



SICILY

INTRODUCTION

COOK, EAT, EXPLORE...

Combining the love of good food, the warm welcome of Sicily, and the desire to re-evaluate a territory rich in resources and culture, we offer our guests a very special experience. They will live unique culinary sensations, thanks to the use of organic, seasonal and locally grown products, prepared following the ancient and respected methods of "Grandma's cooking", composed of simple gestures steeped in history and passion.

The cooking classes are experiences designed for everyone, from the beginner to the experienced chef. They are held in different locations, in an informal and relaxed atmosphere similar to a large family gathering.

To live a STS cooking class means: to touch the roughness of the flour made from antique grains, to smell the scent of aromatic herbs freshly picked from our gardens, to see the vibrant colors of organic, locally grown products, to taste the result of your work in the kitchen, made with techniques and ingredients that belong to the Sicilian tradition.

WHERE DO WE COOK?

Our main location, for an experience with a local, is the House of Annalisa, in Favara, the town of the Agnello Pasquale (a lamb-shaped confection made with marzipan

stuffed with pistachio, typical of Easter), but there are alternatives!

Would you prefer to cook at a Museum of Contemporary Art? Maybe you'd find the Almond Museum fascinating or would you prefer the countryside? We offer various and original locations that will frame your cooking experience just perfectly.

NOT JUST COOKING CLASSES

We don't limit ourselves to putting our hands in the dough, but we offer different experiences for your senses! We have expanded our offer, thus including a "food activity" section.

City tours, walks among the olive trees, wine tasting in the cellars, visits to the cheese producers are just some of the food experiences that await for you! You can also participate in a cooking class, for a full day of learning about the traditions and the most authentic Sicily. Consult our catalog and enjoy yourself while composing the experiences you like!

Let yourself be pampered and remember: the best souvenir you can bring home from your trip to Sicily will be the experience you enjoyed!

CHOOSE YOUR EXPERIENCE

1. Cooking Classes at Annalisa's House
2. Favara Walking & Tasting Tour
3. Cooking Classes at the Almond Museum
4. Cooking Classes at Farm Cultural Park
Contemporary Art Museum
5. Cooking Classes in the Countryside
6. Let's make the agnello pasquale of Favara
7. Sicilian dinner experience with cooking show
8. Dairy Tour
9. Olive Oil Tour
10. Wine Tour

1. COOKING CLASSES AT ANNALISA'S HOUSE

A true journey through time. We will travel back half a century or more, to literally enter grandma's kitchen, breathe its scents and relive those emotions. Not surprisingly, the sweetest feelings of childhood are precisely linked to these lovely memories.

We have arranged an experience recalling a family lunch among friends at our home: in an apartment that replicates the atmosphere of Sicily after the Second World War, when there was an air of rebirth and renewal in the air but without neglecting the tradition.

You can stop and admire the vintage objects and furnishings (an original typewriter of the period, an old record player and much more) that will accompany you pleasantly along this emotional journey during the years of the Italian economic boom.

In the kitchen, as well as in everyday life, the teachings of our grandmothers have been handed down to today in the culture of healthy eating and the search for genuineness. The most beautiful sensation is to rediscover the taste of slowness and the importance of dedicating the right time to the preparation of a dish, even the simplest. It's a joy for the heart and also for the palate to savour the simple and natural taste of food prepared according to old methods.

We've taken care of every detail of the furniture, the appliances, the decorations in order to recall old emotions. We will cook together, in the same place and with the same recipes of the Sicilian grandmothers. And just like them we will retell the story of each dish and the memories connected to it.



THE EXPERIENCE INCLUDES:

- Welcome drink
- A cooking class with organic, local products and preparation of a menu composed of three dishes
- Tasting of the prepared dishes at the table, accompanied by water, fruit and local wine
- Storytelling of the dishes prepared, with references to the history and tradition of each of them

 **DURATION OF THE EXPERIENCE** 4 hours

 **NUMBER OF PARTICIPANTS**
min 2 max 15 persons

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

2. FAVARA WALKING FOOD TOUR

Certainly the best way to get to know Favara, its monuments, its traditions, its food, and its people. An unforgettable experience to live, even for half a day, which can be enriched with an afternoon cooking class that will end with a Sicilian style dinner, eating the delicacies you've prepared with your own hands.

The city tour provides a pleasant walk comprising the majestic Renaissance-style Main Church and its imposing dome (among the largest in Sicily) as well as Piazza Cavour, the beating heart of town life. You can also admire the Chiamontano Castle, which was home to several noble families and their interesting stories, and the surprising Library of Baron Mendola, great benefactor to Favara. During this walk, among the narrow streets of the old center, you will participate in various Taste Experiences. In fact, we will enter pastry shops and laboratories to taste, discover and listen to the stories of their owners; stories that tell about love, their passion for their work and their land.

It is very hard to describe the various tasting, you should absolutely try them first-hand. Take the "Cannolo Experience" for example: here each guest is the undisputed protagonist in filling his/her own cannolo with ricotta cream made from sheep's milk, decorate it with orange peel and chopped pistachio and, in the end, taste it in all its majesty! The walk also includes a visit to Farm Cultural Park, a Museum of Contemporary Art from which the cultural revolution of Favara sprang over the last 10 years, and Marzipan - the Museum of the Sicilian Almond - which is housed in the former almond sorting center. On request, the cooking classes may also be held inside their welcoming and original kitchens (in the case of the full day experience)

If you prefer the half-day experience, the Favara Walking Food Tour will end with a typical Sicilian lunch that includes a series of appetizers, a first course, water, wine and fruit.



THE EXPERIENCE INCLUDES:

- City walk around 2 hours long among shops, monuments and museums
- A visit to the old town center, the church and the public library
- 2 traditional confectionary tastings
- 1 cannolo experience
- Ticket and visit to the museums and the castle
- Typical lunch in a small restaurant in town (upon request lunch can be organized at Annalisa's home)
- Local guide for the entire time

 **DURATION OF THE EXPERIENCE** 4 hours (including lunch)

 **NUMBER OF PARTICIPANTS**
min 2 max 50 persons

The tour is held in English or Italian, with interpretation in other languages available upon request only. For a complete experience, combine the Favara Walking Food Tour with our cooking class, for a full-day experience at a special rate!

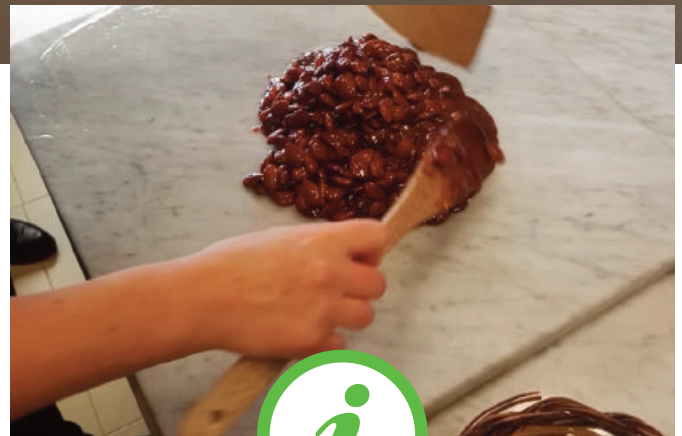
3.

COOKING CLASS AT THE ALMOND MUSEUM

In the evocative location of the Almond Museum, you can discover the traditions and the Sicilian cuisine of the past.

The guided tour of the Almond Museum allows you to learn the story and peculiarities of a nut that is very important in Sicilian economy and crucial for our typical pastry. Taste the delicious milk and the famous cookies and learn about the 180 varieties of almonds in the museum.

At the end of the visit, roll up your sleeves and start your cooking class, using organic, local products inside the wonderful Marzipan kitchen. You can taste your creations (a menu composed of three dishes accompanied by water, fruit and local wine) in the museum's dining room or on the panoramic terrace (summer months only).



THE EXPERIENCE INCLUDES:

- Welcome drink of almond milk and pastries
- Cooking class, using organic, local foods to prepare a menu composed of three dishes
- Tasting of prepared dishes, accompanied by water, fruit and local wine
- Ticket and visit to the Marzipan Almond museum of Favara
- Storytelling of the dishes prepared, with references to the history and tradition of each of them

 **DURATION OF THE EXPERIENCE** 4 hours (including lunch)

 **NUMBER OF PARTICIPANTS**
min 2 max 15 persons

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

4. COOKING CLASS AT FARM CULTURAL PARK MUSEUM OF CONTEMPORARY ART

The art gallery Farm Cultural Park is the first cultural tourism park built in Sicily. It has been listed by British travel blog Purple Travel as the sixth most popular tourist destination for contemporary art around the world. Farm Cultural Park is located in the old center of Favara, just a few meters from Annalisa's house.

You will be greeted with a welcome drink and our guide will accompany you on a visit of the art gallery, the characteristic courtyards, the temporary exhibitions, the garden, the vintage shop and much more.

At the end of this artistic full immersion, get busy and prepare delicious dishes with organic and local products. Live it up in this particular cooking class!

The tasting (accompanied by water, fruit and local wine) will take place inside the characteristic "N'zemmula" community space.



THE EXPERIENCE INCLUDES:

- Welcome drink
- Farm entrance fee
- Guided visit of the art gallery and courtyards (exhibitions in progress, garden, vintage shop, etc.)
- A cooking class with organic, local products and preparation of a three dishes' menu
- Tasting of prepared dishes, accompanied by water, fruit and local wine.

 **DURATION OF THE EXPERIENCE** 3 1/2 hours
(including lunch)

 **NUMBER OF PARTICIPANTS**
min 2 max 15 persons

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

5.

COOKING CLASS IN THE COUNTRYSIDE: BACK TO YOUR ROOTS

Immerse yourself in the atmosphere of Sicily with this cooking class "from the past" and discover the dishes of the ancient country kitchen. Wear the apron and turn yourself into a perfect "grandma".

Under the guidance of your teacher, you will learn how to prepare the dough by hand, to form the bread in its characteristic shape and finally to cook it in a classic Sicilian wood oven. In addition, you'll create tasty *Mignolate* (a local specialty, stuffed with black olives, onions, sausage and cheese), typical *Sfincione*, the flavourful *Pane Cunzatu* and you can't miss an inviting dessert, the popular *Sfingi*.

You will learn about the many characteristics of antique Sicilian grains and all the raw materials used in the class. Naturally, at the end of this cooking lesson in a country atmosphere, you will taste the dishes you have cooked, always accompanied with water, fruit and local wine.



THE EXPERIENCE INCLUDES:

- Welcome drink
- A cooking class with organic, local products and preparation of "pane cunzatu" "sfincione", "mignolate" and "sfingi"
- Tasting of prepared dishes, accompanied by water, fruit and local wine

 **DURATION OF THE EXPERIENCE** 4 hours

 **NUMBER OF PARTICIPANTS**
min 2 max 15 persons

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

6.

LET'S MAKE THE AGNELLO PASQUALE OF FAVARA



The experience includes the preparation of an Easter confection (though requested year-round), typical of Favara, so much so that this place has been declared "the city of the Agnello Pasquale" (Easter Lamb).

This delicacy is prepared with marzipan and is filled with pistachio, both products of the territory. An ancient recipe that, even today, is handed down from mother to daughter and makes this delicacy incomparable.

After having tasted our welcome drink, get to work and prepare almond and pistachio dough. Next, you'll shape and decorate a lamb of about 500 grams. You can pack it and decorate it as you please or, if you prefer, taste it at that moment.



THE EXPERIENCE INCLUDES:

- Welcome drink
- Preparation of almond and pistachio dough
- Shaping and decoration of a lamb weighing about 500 grams
- Tasting of the Easter lamb
- Wrapping and packaging of the lamb

 **DURATION OF THE EXPERIENCE** 3 hours

 **NUMBER OF PARTICIPANTS**
min 2 max 20 persons

PERIOD All year round

LOCATION At the Marzipan Almond Museum,
upon request

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

7.

SICILIAN DINNER EXPERIENCE WITH COOKING SHOW

Don't have enough time to get your hands on? Don't despair! Immerse yourself in the Sicilian flavours of the past.

This type of experience includes a rich appetizer and a demonstration of the preparation of *Cubàita*, the famous almond torrone, appreciated and described by Camilleri in the Eulogy of the *Cubàita*.

Participants will be welcomed with a lemon drink and a buffet of simple dishes, prepared with organic, local and seasonal ingredients, following the recipes of grandma's cooking. You'll taste olives, *Feddri cull'ova*, cheeses, savory pies, various seasonal dishes and of course *Cubàita*.

There will be no shortage of water, local wine and seasonal fruit.



THE EXPERIENCE INCLUDES:

- Sicilian lunch (or dinner) composed of a series of appetizers (caponata, cheeses, frittata, vegetables, olives, etc.) and a first course
- Demonstration how to make torrone (cubaita)
- Tasting of the sweets
- Water, local wine, seasonal fruit

 **DURATION OF THE EXPERIENCE** 2 hours

 **NUMBER OF PARTICIPANTS**
min 4 max 25 persons

LOCATION Annalisa's home. Other locations upon request. The formula of the lunch is flexible. The menu can be changed upon request (for example adding specific dishes).

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

8. 9.

DAIRY TOUR OLIVE OIL TOUR

DAIRY TOUR

During this tour you will have the opportunity to visit a dairy as well as its herd of goats and cows.

The building where we will assist to the production process of ricotta, mozzarella and typical cheeses is original, built in stone and calcarenite rock, and is located in a charming bucolic landscape surrounded by beautiful olive and large palm trees (in line with the Sicilian Style) that will capture your heart along this particular sentimental journey.

This will be followed by a pleasant tasting of freshly-made artisanal dairy products and, upon request, we can have lunch on site, with strictly seasonal and local products.

OLIVE OIL TOUR

This experience is connected to the olive pressing period (autumn), even though it's also possible to take a tour of the oil mills all year round.

The tour includes a visit to the oil mill, where an expert will explain each phase of the oil production, a special tasting and a pleasant walk in the surrounding countryside.

You will experience unique sensations: the characteristic smell of the aromatic green gold will bring you back in time, to be renewed again, thanks to the spectacular uncontaminated landscapes and now-forgotten sentiments, linked to the values of the past and the truest nature.



THE EXPERIENCE INCLUDES: DAIRY TOUR

- Visit of the farms and dairies with an expert guide
- Demonstration of the cheese preparation process (ricotta or another one depending on the processing of the day)
- Cheese and dairy product tasting

OLIVE OIL TOUR

- Visit to the oil mill with an expert guide
- Extra virgin olive oil tasting with hot bread and local snacks

 **DURATION OF EACH EXPERIENCE** 2 hours

 **NUMBER OF PARTICIPANTS**
min 2 max 25 persons

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

10.

WINE TOUR

WINE TOUR

You will visit the winery where a technician will explain the processes of wine-making. This will be followed by a wine tasting (usually 2 to 4 wines) and a light lunch with local products.

It will be a particularly engaging tour: the distinctive scent of the must and floral scents will accompany this unique sensory experience. You will admire the beautiful vineyards and the aromatic barrels, and will have lunch in a suggestive country location that will involve you further in a timeless atmosphere.

TOUR CUSTOMIZATION

As an additional option not to be underestimated we offer the possibility of mixing our tours to create your ideal itinerary. Would you like to visit Favara but not miss a cooking class? Why not! Or would you like to spend a day among oil mills, wine cellars and dairies? Or listen to live Sicilian music? Just ask.

Combining our experiences we'll give you a special rate. Our tours are designed to suit every type of person, so that everyone can easily find the most suitable and exciting experience.



THE EXPERIENCE INCLUDES:

- Visit to the winery with an expert guide
- Wine tasting accompanied by local snacks

 **DURATION OF THE EXPERIENCE**
2 hours

 **NUMBER OF PARTICIPANTS**
min 2 max 25 persons

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

GENERAL INFORMATION

- The cost of each experience includes everything described under "The Experience Includes"
- The above rates are to be considered as net (excluding agency commissions);
- For the cooking class the cost includes everything needed to make the dishes on the menu.
- The menus may vary according to the seasonality and availability of ingredients.
- The cooking classes are subject to the availability of locations, which can be occupied with other activities
- It is essential that you make any allergies or intolerances known at the time of booking the experience.
- Children under the age of 4 is free of charge. Children 5 to 12 years old pay 50%

CANCELLATION

In the event STS cancels an event that has already been confirmed, the entire sum will be returned (in case a payment has already been made). If the applicant cancels an event that has already been confirmed, the following fees will be applied from the amount paid or due to STS:

- from 1 month to 20 days before the experience a portion equal to 20% of the total amount invoiced will be retained (even if no amount has yet been paid)
- from 19 to 10 days before the experience a portion equal to 40% of the total amount invoiced will be retained (even if no amount has yet been paid)
- from 9 to 4 days before the experience a portion equal to 70% of the total amount invoiced will be retained (even if no amount has yet been paid)
- 3 days before the date of the experience, no refund will be made and STS will retain the full amount invoiced (even if no amount has yet been paid)

SUPPLEMENTS

- Language Interpretation where required. Standard experiences are carried out in English and Italian.
- Folk Music Service to enrich the experience (at the end of dinner or lunch). The service is available at a cost of €150 for 3 pieces (guitar, accordion, friscaletto).

