

Discovering Umbria with ALMA

In Umbria extraordinary art and architecture gems are surrounded by picture-perfect landscapes, covered with vineyards and secular olive trees. Fresh, local and seasonal food - cheese, cereals, legumes, cured meat, saffron, mushrooms, truffles - is the delight of a tasty rural cuisine, whose recipes have passed between generations as a cultural legacy. Discover Umbrian cuisine with ALMA chefs.



Umbrian picture-perfect landscapes



Wine and extra virgin olive oil - part of the cultural patrimony of Central Italy and Umbria - are treasures to discover. Step into their millenary history visiting the Wine Museum and the Olive and Oil Museum in Torgiano, a few minutes from ALMA training center.



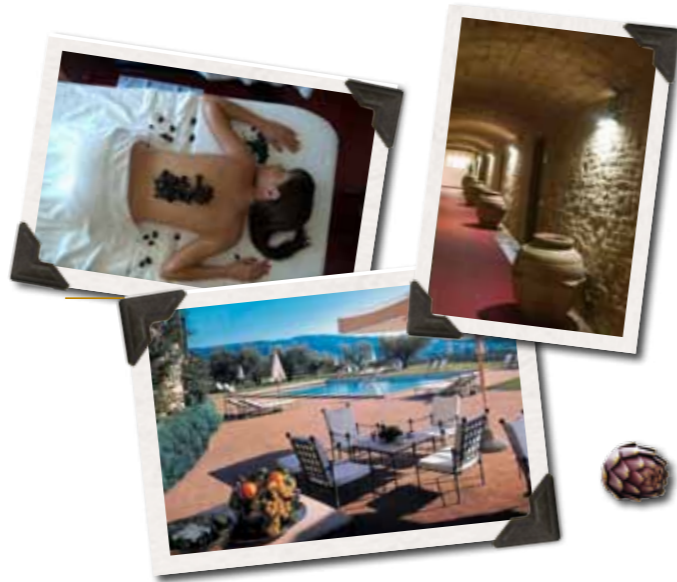
Spring escapes for foodies

4 relaxing weekends to learn Italian regional cuisine "hands-on" with ALMA, the International School of Italian Cuisine, and its chefs. A unique chance to discover the green heart of Italy.

- 🍷 Fresh pasta: different doughs and regional recipes
- 🍷 Meat and game: traditional dishes and regional recipes
- 🍷 Pizzas, flat breads and stuffed pies
- 🍷 Baking traditional sweets

Le Tre Vaselle Wine & Spa Resort:

ALMA training center is based in a special location: Le Tre Vaselle Wine & Spa Resort, in the small village of Torgiano nearby Perugia, owned by the Lungarotti Group - worldly known for its prestigious wines and our partner in this adventure. Torgiano is a must-to-see for foodies - who can visit the Lungarotti Wineries, the Wine Museum and the Olive and Oil Museum - and a strategic point of departure to visit the historical Umbrian towns of Assisi, Spoleto, Montefalco, Spello, Norcia and Montefalco and the art cities of Rome, Florence and Siena, only two hours away.



Tailor made itineraries

To each his own

ALMA designs your own itinerary to discover the flavors of Umbria (traditional trattorias or top quality restaurants, wineries, olive mills, cheese and cured meat artisanal producers), the historical towns and Umbrian traditional regional crafts such as ceramics, high quality cashmere production, textiles and embroidery.



Info and booking:

ALMA Food & Art Italian Experience

Tel. 0521 525290 - italianexperience@scuolacucina.it
www.almaitalianexperience.it

Le Tre Vaselle Wine & Spa Resort

Tel. 075 9880447 - 3vaselle@3vaselle.it
www.3vaselle.it



Spring escapes for foodies

Have fun in the kitchen with ALMA chefs



4 relaxing weekends in the kitchen with ALMA chefs





Fresh pasta

different doughs and regional recipes

Learn tricks and techniques to make perfect fresh pasta from scratch: discover and learn everything about the different shapes, doughs - with or without eggs - and stuffing. Cook fresh and genuine Umbrian recipes.



Weekend in classic room

- Cooking course for 2 persons
- Tasting lunch
- Accommodation for 2 persons + breakfast
- Foodies kit
- Visit at the Wine Museum of Torgiano
- Full access at the Bellaue Spa of the resort

30th Mar./1st Apr. - 12th/13th May 2012

Price for 2: € 580,00



Meat and game

traditional dishes and regional recipes

Learn how to cook traditional meat and game recipes, from the choice of the perfect cut of meat to the cooking techniques. Stuff and roll meat as Italian porchetta, roast it or cook it "in salmì" style: discover all the secrets of Central Italy regional cuisine.



Weekend in classic room

- Cooking course for 2 persons
- Tasting lunch
- Accommodation for 2 persons + breakfast
- Foodies kit
- Visit at the Wine Museum of Torgiano
- Full access at the Bellaue Spa of the resort

13th Mar./15st Apr. - 8th/10th June 2012

Price for 2: € 580,00



Pizzas

flat breads and stuffed pies

Pizzas, flat breads and stuffed pies are always present on Italian tables, with cheese, vegetables and cured meat as appetizers or just as tasty snacks at any time of the day. Learn how to prepare the different doughs, discover baking secrets and cook the traditional recipes.



Weekend in classic room

- Cooking course for 2 persons
- Tasting lunch
- Accommodation for 2 persons + breakfast
- Foodies kit
- Visit at the Wine Museum of Torgiano
- Full access at the Bellaue Spa of the resort

20th/22nd Apr. - 15th/17th June 2012

Price for 2: € 580,00



Baking

traditional sweets

Prepared with honey, almonds, pine nuts or dried fruits, Central Italy sweets, pastries and cakes are closely connected with historical and religious celebrations through the year. Learn to bake these delicious and genuine treats.



Weekend in classic room

- Cooking course for 2 persons
- Tasting lunch
- Accommodation for 2 persons + breakfast
- Foodies kit
- Visit at the Wine Museum of Torgiano
- Full access at the Bellaue Spa of the resort

27th/29th Apr. - 22nd/24th June 2012

Price for 2: € 580,00