



Sicilia

... Typical products and recipes ...

ITINERARY I - CATANIA & EAST SICILIA

Catania - Mount Etna - Taormina -
Siracusa - Noto - Ragusa - Modica

ITINERARY II - PALERMO & WEST SICILIA

Palermo - Monreale - Trapani - Erice -
Marsala - San Vito Lo Capo



SICILIA - There are so many things to see and taste in Sicily that one tour only would not be enough. The east coast tour lets you discover the most beautiful cities of the Sicilian Baroque, the incredible archaeological site of Taormina and Siracusa and the impressive and luxuriant nature of Mount Etna and Val di Noto. The Palermo and west coast tour takes you to unspoilt areas with incredibly beautiful beaches, natural reserves and vineyards. Then there's the food and wine culture, that on both tours, will surprise you with its traces of all cultures that dominated the island over the millennia.



PARMIGIANA DI
MELANZANE & PACHINO
TOMATOES



CHOCOLATE FROM
MODICA



RAGUSANO CHEESE



CANNOLI & CASSATA
SICILIANI



NERO D'AVOLA WINE



PASSITO WINE



MALVASIA WINE



ARANCE ROSSE &
PISTACCHI DI BRONTE





Sicilia

... Itinerary - E. Coast ...



CATANIA



MOUNT ETNA
TAORMINA - GREEK THEATRE



TAORMINA - SEASIDE



FOOD & WINE TASTING



SIRACUSA - THE WHITE PEARL



ORTIGIA - CASTLE

7 NIGHT GOURMET TOUR - CATANIA & EAST SICILIA

7 nights/8 days

Overnights in:
ACIREALE for 4 nights
MODICA for 3 nights

SERVICES INCLUDED & HIGHLIGHTS:

7 night accommodation in 4 star hotels on half-board basis including ¼ litre wine and ½ litre water per person - 3 lunches - 1 cookery class with lunch - 3 wine tasting sessions.

Tastings of typical produce: Ragusano cheese, Sicilian cassata, granita (crushed ice specialty), honey, Modica chocolate and more.

Guided tour of Etna, Catania, Taormina, Siracusa, Noto, Modica and Ragusa Ibla.

DAY 1: CATANIA

Arrival in Catania Airport and transfer to the hotel on the East Coast (Acireale, Etna, Catania area).

Dinner and overnight.

DAY 2: EXCURSION TO MOUNT ETNA

Breakfast in hotel. Departure to Mount Etna, Europe's highest active volcano. Stop in Zafferana Etnea to visit a honey laboratory and taste some of the produce.

The coach takes us to a height of 1,900 metres, where we can enjoy a visit to the dormant craters with lava flows and a breathtaking panorama over the coast. We will then visit a cellar on the slopes of Mount Etna and enjoy a wine tasting followed by lunch in a farmhouse. Back to the hotel for dinner and overnight.

DAY 3: EXCURSION TO CATANIA & TAORMINA

Breakfast in hotel. Travel south to Catania along the coast. Guided walking tour of Catania's historical Baroque centre, listed as a UNESCO World Heritage Site.

Lunch at the Cappella Bonajuto with a buffet of numerous appetisers, followed by the famous Cassata Sicilian dessert and Nero D'Avola wine, from Cantine Donnafugata.

After lunch, guided tour of Taormina, perched on a rocky spur at 200m. Taormina occupies a fabulous position, overlooking the sea and right opposite Mount Etna.

This is a charming hilltop town, probably the most popular in Sicily, with its ancient Greek Theatre, narrow streets and many boutiques. Return to the hotel for dinner and overnight.

DAY 4: COOKERY CLASS

Breakfast at the hotel.
Today we will take part in a cookery class in a beautiful estate to learn how to prepare some typical Sicilian dishes. After the class, we will enjoy a wine-tasting in the cellar and the lunch. Return to the hotel. Free time. Dinner and overnight.

DAY 5: CATANIA TO SIRACUSA AND MODICA

Breakfast in hotel. Departure to Siracusa, called the 'Perla Bianca' (White Pearl) for the use of the sandstone for the construction of its magnificent Baroque buildings. Guided tour of the famous archaeological area with the Greek theatre and the Dionisio Ear and then the island of Ortigia, considered the heart of the ancient city. Lunch in restaurant. Accommodation in hotel in Modica. Dinner and overnight.

DAY 6: EXCURSION TO NOTO & MODICA

Breakfast in hotel. Departure to Noto, capital of the Sicilian baroque, that became a World Heritage Site in 2002, thanks also to its spectacular cathedral.

We will then have a tasting of the renowned wine 'Nero d'Avola' in a local cellar together with some local snacks. Proceed to Modica with its peculiar houses built into the mountain and the many interesting baroque buildings. Visit to an ancient chocolate factory to taste the 'Cibo degli Dei' (food of gods), the world-famous chocolate of Modica. Back to the hotel for dinner and overnight.

DAY 7: EXCURSION TO RAGUSA IBLA

Breakfast in hotel. Departure for a guided tour of the town of Ragusa Ibla, that was badly damaged after the earthquake in 1693. The reconstruction brought to life an impressive array of Baroque architecture. Walk along the charming narrow streets to visit the cathedral and the many monuments that illustrate the evolution of Sicilian Baroque. We will then proceed to Vittoria to visit a biodynamic wine factory and enjoy a wine-tasting. Return to the hotel for dinner and overnight.

DAY 8: MODICA TO COMISO

Breakfast in hotel. Departure to Comiso airport.



NOTO



MODICA



RAGUSA IBLA - CATHEDRAL



BIODYNAMIC WINE FACTORY & WINE TASTING

Having breakfast in Sicily under a kiwi tree is a priceless experience.





Sicilia

... Not to be missed ...

Not to be missed



GRANITA & BRIOCHE

GRANITA & SANDWICH ICE-CREAM
Making ice creams and granita is an art in Sicily. The Sicilian granita is like a creamy sorbet, but there is no milk in it. It's refreshing, velvety smooth and delicious. We recommend you to try gelso and almond, but if you want to transform yourself into a real Sicilian, you should try "Brioche con gelato", ice-cream spread inside a buttery brioche roll for breakfast.



COUS COUS FEST

COUS COUS FEST - This is an event that takes place every year in September in San Vito Lo Capo and attracts thousands of visitors from all over the world. It is the International Festival of Cultural Integration, a peaceful and joyful summit focused on cous cous, one of the most popular food in the world, symbol of integration, union and friendship. The setting of the fest is the fishing village of San Vito Lo Capo with its warm climate, crystal-clear sea and an incredibly white beach.



CAMILLERI'S BOOKS

CAMILLERI'S BOOKS - Andrea Camilleri is Italy's most successful and famous contemporary author. His Inspector Montalbano series has been adapted for Italian television and is set in a beautiful 20th Century Sicily. Montalbano is a must-read or must-watch before visiting Sicily. From Siracusa to Agrigento, from San Vito Lo Capo to Scopello, it is like taking a tour behind the scenes of the movie or among the pages of the books.

Our Friends



GIUSEPPE CRUPI
DIRECTOR OF THE ITALIAN SCHOOL OF COOKING IN DUBLIN

Sicilia: a paradise of fire and water. Welcome to the very centre of the Mediterranean, a true melting pot of cultures and flavours.

We will discover the true Sicily with its Arabic roots, Greek temples, Roman ruins and baroque palaces.

Sicily is not just an island of volcanic fires and turquoise waters, it's a state of mind: just change your pace, take your time and savour the flavours of this rich island.

My favorite Sicilian dish? CAPONATA.

Just
FOR YOU!

Go to Sicily with us and get 50% DISCOUNT ON THE NEXT "A TASTE OF SICILY" HANDS-ON COOKERY CLASS at the Italian School of Cooking.

Involtini di pesce spada

Stuffed swordfish rolls served with fennel and orange salad.



SERVES 6 PEOPLE

INGREDIENTS:

500g swordfish
1 cup breadcrumbs
¼ cup grated pecorino
2 tbsp toasted pine nuts
3 tbsp sultanas, soaked in warm water
5-6 tbsp garlic olive oil
12 bay leaves
3 oranges
1 fennel bulb
1 tbsp red wine vinegar
sea salt

METHOD:

Combine breadcrumbs, pecorino, pine nuts, sultanas and olive oil. Slice the swordfish into 18 pieces and slightly flatten it. Place the breadcrumb mix 1/3 of the way into each piece then roll up. Skewer 3 rolls onto each skewer, with alternating bay leaves. Oil the rolls, season and place onto a baking tray, baking for approximately 8-10 mins at 180 degrees.

Serve with orange and fennel salad:

With a knife, peel the orange so that no pith remains. Cut into bite-sized chunks.

Thinly slice the fennel, removing most of the core first.

Toss in a bowl with the oil, vinegar and salt.

Taste and adjust the acidity and seasoning according to taste.

