



Emilia Romagna

EMILIA ROMAGNA 7 NIGHT GOURMET TOUR THE FOOD VALLEY

ITINERARY:

Bologna – Parma – Modena – Rimini – Ravenna



EMILIA ROMAGNA - With some of the best-preserved artistic Italian cities, Emilia Romagna retains an extraordinary historic and cultural heritage. Plus an incomparable variety of local products and culinary excellence that earned this region the well-deserved nickname of Food Valley. Its people have an innate propensity for enjoying life and being hospitable. Emilia-Romagna is a land of food, smile and soul. It lies on the ancient Via Emilia, between the Po River and the mountains of the Tuscan-Emilia Apennines. The east coast, the famous Adriatic Riviera offers 160km of beaches, hotels, restaurants and discos. This is a region of irresistible charm, to be discovered slowly, riding a bicycle or walking under the cosy arcades of the cities.



TRADITIONAL BALSAMIC VINEGAR FROM MODENA



PARMA HAM



PARMIGIANO REGGIANO



TORTELLINI



MORTADELLA
& CULATELLO



PIADINA WITH
SQUACQUERONE CHEESE



LASAGNE



BRANDY ITALIANO



BOLOGNA



Emilia Romagna



TORRECHIARA CASTLE



PARMA



MODENA - MUSEO FERRARI



MODENA - ACETAIA



BRANDY DISTILLERY



ROCCA DI DOZZA - ENOTECA REGIONALE

EMILIA ROMAGNA 7 NIGHT GOURMET TOUR THE FOOD VALLEY

7 nights/8 days

Overnights in:

PARMA for 2 nights

BOLOGNA for 2 nights

RIMINI for 3 nights

SERVICES INCLUDED & HIGHLIGHTS:

7 nights accommodation in 4 star hotels with breakfast - 7 dinners - 5 lunches - 1 cookery class with tasting.

Tastings of typical product: Parmigiano Reggiano, Parma Ham, Balsamic Vinegar of Modena, Tigelle, Tortellini, Piadina, Eel and more - 1 wine tasting - 1 Brandy tasting

Guided tours of: Parma, Museo Ferrari, Bologna, Rimini, Valli di Comacchio by boat, Ravenna.

DAY 1: BOLOGNA TO PARMA 100KM

Arrival in Bologna airport and departure to Parma.

Accommodation in hotel and dinner.

DAY 2: PARMA

Breakfast in hotel and departure to see two of the most typical and appreciated Italian products being made - Parmigiano Reggiano and Parma Ham. Tasting of both products.

Lunch in the area of the Torrechiara Castle. After lunch guided tour of Parma city centre and free time to relax or shop.

Back to the hotel for dinner.

DAY 3: PARMA TO MODENA AND BOLOGNA 110KM

Breakfast in hotel. Departure to Modena and a visit to the Museo Ferrari, where you will experience the extraordinary world of Ferrari.

Arrival in Modena to enjoy a buffet lunch in a typical restaurant.

After lunch, visit to a typical Acetaia to discover the secrets of the production of the Traditional Balsamic Vinegar of Modena. Departure to Bologna and accommodation in hotel.

Dinner in restaurant based on typical Bolognese dishes.

DAY 4: BOLOGNA

Breakfast in hotel and guided tour of the beautiful historical city centre of Bologna. The area behind the Cathedral is full of food shops. We will discover how to prepare the famous tortellini starting with a little “sfoglina” of dough. Cookery demonstration and lunch based on hand-made pasta, cured meat, tigelle bread and dessert. Visit to the best Italian brandy distillery, located in a wonderful villa with a three-centuries-old garden. Free time for shopping and to enjoy walking along the streets and under the porticoes. Dinner in restaurant.

DAY 5: BOLOGNA TO RIMINI 150KM

Breakfast in hotel and departure to the Enoteca Regionale, situated in the Rocca di Dozza. A professional sommelier will guide us in the tasting of typical wines accompanied by local products. On our way to Rimini stop in Forlimpopoli to visit Casa Artusi, the centre of gastronomic culture dedicated to Italian home cooking. Cookery class on homemade pasta and tasting. We continue to Rimini on the Adriatic coast, the capital of the Italian movida. Accommodation and dinner in hotel.

DAY 6: RIMINI

Breakfast in hotel. In the morning visit to the indoor market full of fruit, vegetables, meat, bread and more. The market is particularly known for its numerous fish shops. The tour continues in the centre of Rimini. Lunch in trattoria based on typical products of the area, like the piadina with cheese and rocket salad. Free time to enjoy the beaches and the promenade. Fish-based dinner in restaurant by the sea.

DAY 7: EXCURSION TO VALLI DI COMACCHIO AND RAVENNA

Breakfast in hotel and departure for a full day excursion to the Valli di Comacchio by boat. Lunch with tasting of the typical dish of the area, the eel. In the afternoon guided tour of Ravenna. Back to the hotel for our farewell dinner. The night will continue in one of the famous discos of the area.

DAY 8: RIMINI TO BOLOGNA 130KM

Breakfast in hotel and departure to Bologna airport.



CASA ARTUSI - COOKERY CLASS



RIMINI - BEACH



VALLI DI COMACCHIO



RAVENNA

Guido Zarri, owner of Brandy Villa Zarri Distilleria, took part to one of the numerous Italian Fair organised by Flavour of Italy. Celebrating the great positive response received from the Irish operators with Marco and Maurizio.





Emilia Romagna

Not to be missed



FERRARI MUSEUM - MARANELLO



PIADINA ROMAGNOLA



CIBUS FAIR

THE MOTOR VALLEY

Emilia-Romagna is the land of motors. Within a few kilometres there are beautiful museums and unique private collections. In Maranello, the Ferrari Museum is one of the most-visited museums in the world, the guardian of the myth of the "Reds". In Modena, the museum Casa Enzo Ferrari tells the story of Enzo Ferrari. In Santagata Bolognese Lamborghini are produced, in Borgo Panigale, outside Bologna, there is the Ducati Museum, a sanctuary for motorcycle lovers.

PIADINA ROMAGNOLA

The Piadina Romagnola is the most typical dish of Romagna. It's a flat bread, composed of a mixture of wheat flour, water, salt, olive oil or lard. It's then rolled out in a thin circular shape and baked on iron plates. You can enjoy the piadina stuffed with any sort of delicacies: parma ham, salame, sausages, squacquerone soft cheese and rocket salad and even chocolate.

CIBUS FAIR IN PARMA

The best products in the agribusiness, the latest trends and most sought-after tastes are found at the Cibus International Exhibition, scheduled every May at the Fiera di Parma.

Our Friends



GUIDO ZARRI OWNER OF BRANDY VILLA ZARRI DISTILLERIA

Made by distilling wine produced from Trebbiano grapes grown on the hillsides of Tuscany and Emilia-Romagna, Villa Zarri Brandy is the result of painstaking empirical work coupled with rigorous scientific research with one goal in mind - the production of Italy's finest spirit.

Among the best products that make us proud to be Italian!

Villa Zarri is partner of Flavour of Italy.

The Flavour of Italy Group hosted a unique event in its Italian Restaurant Pinocchio, in Ranelagh: a special tasting dinner with VILLA ZARRI and its Italian Brandy.

Some of the most important food & wine operators and journalists attended the event.

During the night the guests enjoyed a delicious 4-course meal matched with 4 special Villa Zarri Brandy.

The food and the brandy were magnificent and authentically Italian.

Just
FOR YOU!

The best picture taken during the tour will
WIN A BOTTLE OF BALSAMIC VINEGAR OF
MODENA.

Lasagne

The versions of this dish are countless not just in Emilia Romagna, its region of origin, but all over the country. Here is the delicious version that we teach in our Italian School of Cooking in Dublin.

SERVES 4 PEOPLE

INGREDIENTS:

LA PASTA (the dough):

100g semolina flour
300g 00 flour
4 eggs
Extra virgin olive oil

RAGÙ BOLOGNESE (Bolognese sauce):

Onion, carrots, celery
500g Minced beef
½ glass of good Red Wine
1,5 litre tomato passata
salt

LA BESCIAPELLA (the white sauce):

2 litres milk
200g 00 flour
200g butter
2 tsp salt
1 tsp grated nutmeg



METHOD:

LA PASTA (the dough): place the flour in a mound on a smooth work area. Create a well in the centre. Pour the eggs into the well. Slowly pull the flour into the eggs until it is all incorporated. Add a drop of extra virgin olive oil. Finish kneading by hand. Let the dough rest for about 1 hour in fridge, wrapped in cling film. Divide the dough into small disks and put them through a pasta roller until thin, working through all the settings on the machine, from the widest to the narrowest. Cut in strips able to fully cover the bottom of your oven tin.

IL RAGÙ (Bolognese sauce): thinly slice the onion, chop the carrot and celery and cook them in a pan with olive oil until they soften. Add the minced beef and once golden pour the wine and let it evaporate. Then add the passata of tomato, season with salt. Stir and leave it to gently cook over a low flame for 2 hours.

LA BESCIAPELLA (white sauce): melt the butter over a low flame and add the flour until you create a greasy ball that comes away completely from the sides of the pot. Add the milk little by little and stir the sauce slowly over a moderate flame until it thickens. Add salt and nutmeg and let it rest.

STRATI (layering): use a deep oven tin. Start with some spoons of white sauce and some of ragu for the bottom of your tin to prevent the pasta sticking to it. Layer the pasta, add few spoons of the ragu Bolognese sauce and few spoons of white sauce as a binding element, sprinkle with grated Parmesan cheese and start another layer of pasta, and so on 4 times. Finish it off with a generous quantity of Parmesan cheese.

Infornare (in the oven): cook in the oven at 180° for 40 minutes covered with tin foil. Remove the foil and bake for another 15 minutes.

IMPIATTARE (in the dish): after cooking the lasagne let it set for 10 minutes and then serve.

