



# Molise

... Typical products and recipes ...

## MOLISE 7 NIGHT GOURMET TOUR

ITINERARY:

Isernia - Alto Molise - Termoli - Campobasso



CACIOCAVALLO



TINTILIA WINE



TRUFFLE



PAMPANELLA

*MOLISE is one of the smallest and most beautiful Italian regions. If you are looking for a tour off the beaten path, this is the one. Travelling to Molise is not just visiting a different place, it's a journey through time.*

*You will find beautiful, unspoilt landscapes, meet genuine people and discover little villages perched on the hills that hide treasures you wouldn't expect.*



SOPRESSATA



VENTRICINA



CAVATELLI PASTA



BRODETTO DI TERMOLI



ALTO MOLISE - CERRO AL VOLTURNO



FRASCHESTERIE



ABBAZIA DI MONTECASSINO



PALEOLITHIC MUSEUM - ISERNIA



SPA HOTEL



ALTO MOLISE



BELL MUSEUM - AGNONE

## MOLISE 7 NIGHT GOURMET TOUR

7 nights/8 days

**Overnights in:**  
*FRASCATI* (Roma) for 1 night  
*ISERNIA* for 1 night  
*TERMOLI* for 2 nights  
*CAMPOBASSO* for 3 nights

### SERVICES INCLUDED & HIGHLIGHTS:

7 nights accommodation in 4 star hotels or farmhouses with breakfast - 7 dinners - 4 lunches - 1 cookery class with lunch - 1 picnic lunch - 1 wine tasting.

Tastings of typical products: mozzarella, caciocavallo, pasta, pizza, truffle and more.

Visit to Frascati, Isernia, Alto Molise, Adriatic Coast, Campobasso and Ripalimosani.

### DAY 1: ROME TO FRASCATI

Arrival in Roma Ciampino or Fiumicino airport and transfer to Frascati.

Accommodation in hotel and dinner in one of the typical fraschette, where you can enjoy the local wine matched with the food that we will buy at the local market.

### DAY 2: FRASCATI TO ISERNIA 188KM

Breakfast in hotel.

Departure to Molise. Stop to visit the Montecassino Abbey.

Accommodation in Spa hotel in the Isernia area.

Visit to Isernia and the National Paleolithic Museum to see what has been claimed as Europe's most important paleo-anthropological discovery.

Tasting lunch in the city centre.

90 minutes free entrance to the Spa area of the hotel.

Dinner and overnight stay in hotel.

### DAY 3: ISERNIA TO ALTO MOLISE-ADRIATIC COAST 90KM

Breakfast in hotel.

Departure to Alto Molise, the mountain area around Isernia with beautiful views. Visit to Agnone and its bell museum. For 1,000 years, Agnone has been making bells for the Vatican and churches in many countries.

Agnone is also well known for its cheese production. Lunch in Restaurant with typical recipes from Molise.

Next stop Termoli, on the Adriatic coast. Accommodation in farmhouse with vineyard and dinner at hotel restaurant.

#### DAY 4: ADRIATIC COAST

Breakfast in farmhouse.  
Visit to the vineyard and chance to take part in the activities of the farm (harvest in Autumn).  
Tasting of Tintilia together with other wines from Molise and light lunch with local produce.  
Tour of Termoli, aperitif overlooking the sea and fish-based dinner in the city centre.

#### DAY 5: ADRIATIC COAST TO CAMPOBASSO 70KM

Breakfast in farmhouse.  
Departure to Campobasso. Visit to a mozzarella cheese factory.  
Light lunch with mozzarella cheese tasting.  
Visit to the historical city centre of Campobasso.  
Accommodation in hotel and dinner in pizzeria.  
We will finish our night out in a local pub.

#### DAY 6: JEEP TOUR

Breakfast in hotel. Full day Jeep tour on the tratturo, the old tracks used for transhumance (seasonal movement of people and livestock between summer and winter pastures).  
We will enjoy breathtaking landscapes, see old castles and villages and visit genuine farms. Picnic lunch with typical produces. Time for shopping in Campobasso and tasting dinner in restaurant in the historical city centre.

#### DAY 7: CAMPOBASSO

Breakfast in hotel. Visit to the picturesque village of Ripalimosani where you can see a copy of the Holy Shroud in the main church.  
Cookery class hosted by Italian mums, in the charming convent of the village, to learn how to cook the most traditional recipes, lunch with the prepared dishes.  
Farewell aperitif and dinner in rural restaurant in old forest, in the charming village of Montagano.

#### DAY 8: CAMPOBASSO TO ROMA 216KM

Breakfast in hotel. Departure to Roma Ciampino or Fiumicino airport.



TERMOLI



COOKERY CLASS



JEEP TOUR ON THE TRATTURO



RIPALIMOSANI

*Every year in September Marco and Maurizio come back to their beloved homeland to take part to the grape harvest. Will you join them this year?*





# Notise

... Not to be missed ...

## Not to be missed



TRATTURO

**A WALK ON THE TRATTURO** - *the old tracks used for thransumance*  
You will be surrounded by breathtaking landscapes, admire old castles and villages and visit genuine farms.

**A CHAT WITH ELDERLY RESIDENTS** in the main square of an old village, discovering ancient "dialetti" and traditions.



TINTILIA RED WINE

**TASTING OF TINTILIA WINE** - *made with the indigenous grape of Molise*  
Due to the introduction of more productive varieties, this grape was at risk of extinction.

Fortunately a recent recovery project saved the Tintilia, the grape most intimately tied to the Molise tradition. PaoloTullio in his 10/10 review of Pinocchio Restaurant really appreciated this "huge red called Tintilia del Molise".



TRABUCCHI - TERMOLI

**VISIT TO THE TRABUCCHI IN TERMOLI**

Extraordinary fishing constructions on the coast.

## Our Friends & Awards



**NINO IAMMARINO**  
*CULTURAL EXPERT AND MUSICIAN FROM RIPALIMOSANI*

He was a great connoisseur of history and astronomy and contributed to strengthen the bond between the region of Molise and Ireland.

In his recent past he performed a duet with Barney MC kenna, one of the greatest Irish musicians, in Dublin at the Sugar Club. The match between Nino's mandolin and Barney's banjo is unforgettable.

### PREMIO MOLISANI ALL'ESTERO

The Flavour of Italy Group received in June 2013 the prestigious award "MOLISANI ALL'ESTERO" from the Italian Academy of Cuisine for steadily promoting authentic Italian cuisine and food culture in a warm and familiar ambience.



## Baccalà arraccanato

The modern flavour of an ancient cuisine.



SERVES 4 PEOPLE

### INGREDIENTS:

Irish cod 4 skinless fillets

Breadcrumbs 5 tbsp

Walnuts 3 tbsp

Parsley 1 tbsp

Capers 1 tbsp

Olives

Cherry tomatoes

Black olive pate

Extra virgin olive oil

Salt

### METHOD:

In a bowl mix the breadcrumbs with chopped walnuts, capers and parsley.

Season with a pinch of salt and extra virgin olive oil.

Let it rest in the fridge for about 2 hours to allow all the flavours to come together.

Cook the cod in boiling water for 7 minutes.

Spread evenly the mixture of bread onto the cod. Add a drop of extra virgin olive oil and bake in pre-heated oven for 6 minutes at 200 degrees.

Place over a base of black olive pate, decorate with cherry tomatoes and serve.

