



Sardegna

... Typical products and recipes ...

SARDEGNA - 7 NIGHT GOURMET TOUR

ITINERARY:

Alghero - Bosa - Torralba - Nuoro - Orgosolo -
Cannigione - Costa Smeralda - La Maddalena Archipelago -
Berchidda - Oschiri - Alghero



MALVASIA WINE



PANE CARASAU



CANNONAU WINE



FIORE SARDO CHEESE

SARDEGNA - You will be captivated by this land. The sea, the scents, the flavours, the music, the people - everything here is incredibly beautiful.



PORCEDDU



SPAGHETTI WITH
BOTTARGA



SEADAS



TORRONE



SMERALDA COAST



Sardegna

... Itinerary ...



ALGHERO - CELLAR
SELLA&MOSCA



NEPTUNE'S GROTTA



TORRALBA - NURAGHE SANTA
ANTINE



NUORO - MUSEUM OF COSTUME



ORGOSOLO - MURALES



COOKERY CLASS

SARDEGNA - 7 NIGHT GOURMET TOUR

7 nights/8 days

Overnights in:

ALGHERO for 3 nights

CANNIGIONE for 3 nights

ALGHERO for 1 night

SERVICES INCLUDED & HIGHLIGHTS:

7 nights accommodation in high level 3 star and 4 star hotels with breakfast - 6 dinners - 1 fish-based lunches - 1 lunch with the shepherds - 1 cookery class with lunch - 1 lunch on board - 2 typical product tastings/lunches - 3 wine tastings - Boat tour to the Nettuno Grotto - Excursion by boat to the islands of La Maddalena archipelago.

Guided tours of Alghero - Bosa - Torralba - Barbagia - Smeralda Coast.

DAY 1: ALGHERO

Arrival in Alghero airport and transfer to the hotel. Welcome cocktail and dinner.

DAY 2: ALGHERO

Breakfast in hotel. Visit to the city of Alghero, which has maintained the Catalan language and traditions. Visit to the biggest cellar on the island, Sella&Mosca and tasting of wines and typical produce. Free time in the city centre and departure to visit Neptune's Grotto by boat.

Shopping or relax in the city centre and back to the hotel for dinner.

DAY 3: EXCURSION TO BOSA AND TORRALBA 170KM

Breakfast in hotel and departure to Bosa, along the scenic coastal road. Bosa is famous for its lace and Malvasia dessert wine. Fish-based lunch in restaurant. On our way back to Alghero, stop in Torralba to visit the Nuraghe Santa Antine, one of the largest megalithic edifices of the island. Dinner in hotel.

DAY 4: ALGHERO TO NUORO, ORGOSOLO, CANNIGIONE 345KM

Breakfast in hotel and departure to the Barbagia area, the heart of Sardinia, where ancient traditions are still deep-rooted. Visit to the Museum of Costume. Our tour continue to Orgosolo, a small town famous for its murals. Lunch with the shepherds based on the most typical Sardinian dishes: cheese, cured meat, lamb, porchetto arrosto, ricotta cheese, sweets and of course Cannonau wine and filu ferru spirit. At the end of the meal, enjoy with Sardinian songs entertainment. Departure to the Gallura region, in the nord-est of Sardinia and accommodation in hotel in Cannigione.

DAY 5: EXCURSION TO PORTO SAN PAOLO AND SMERALDA COAST 90KM

Breakfast in hotel and departure to Porto San Paolo for a fun hands-on cookery class on pasta and cakes. Tasting of the prepared dishes. In the afternoon, tour the amazing Smeralda Coast with its beautiful landscapes characterised by granite rocks and fragrant plants such as myrtle, broom, junipers, arbutus, mastic, heather, holm oaks and beautiful olive trees and seascapes. Stop in Porto Cervo for a walk in the narrow alleys and shopping. Back to the hotel for dinner.

DAY 6: EXCURSION BY BOAT TO LA MADDALENA ARCHIPELAGO MARINE PARK

Breakfast in hotel and transfer to the port. Departure by motorboat, to the islands of La Maddalena Archipelago. Stop for a walking tour of the main town. Swim in the sea in the beautiful coves of the islands St Maria, Budelli and Spargi. Pasta on board. Return to the hotel, free time and relax. Dinner in farmhouse.

DAY 7: CANNIGIONE TO BERCHIDDA, OSCHIRI, ALGHERO 170KM

Breakfast and departure to Berchidda to visit the Wine Museum, the first multi-media structure dedicated to wine in Italy. Tasting of local produce. Continue to Oschiri to visit a laboratory for the manufacture of honey, almond and walnut torrone. Some free time for shopping and departure to Alghero. Stop to visit the Romanesque Basilica of SS. Trinità Saccargia. Accommodation in hotel and dinner.

DAY 8: ALGHERO

Breakfast in hotel and transfer to the airport.



PORTO CERVO



ARCHIPELAGO DE LA MADDALENA



FOOD & WINE TASTING



BASILICA OF SS. TRINITÀ SACCARGIA

Maurizio is crazy about Sardinia and its crystal-clear sea water. Who wants to go on a beach tour with him?





Sardegna

... Not to be missed ...

Not to be missed



A SWIM IN A
CRISTAL CLEAR SEA

A SWIM IN THE CRYSTAL CLEAR WATERS OF THE EMERALD COAST
You won't believe your eyes: the water is so crystal clear that will make you feel as if you landed in a postcard.



LUNCH WITH
SHEPHERDS

A LUNCH WITH SHEPHERDS IN THE BARBAGIA REGION
Immersed in untouched traditions, enjoy genuine food – a lot of food – accompanied by the superb Cannonau wine and music from the local shepherds.



SHOPPING

SHOPPING IN PORTO CERVO
A walk on the docks to admire the best boats in the Mediterranean, then shopping in the beautiful alleys full of shops and prestigious Italian brands followed by an aperitif in the main square.

Our Friends



ANGELA TANGIANU
FORMER DIRECTOR OF THE ITALIAN
INSTITUTE OF CULTURE IN DUBLIN

She really enjoyed Irish culture, hospitality and friendship. Everyone interested in the Italian culture appreciated her work in organizing many cultural, artistic and get-together initiatives in Ireland.

My dear Irish friends,
It will be a great pleasure and honor to welcome you to Sardinia, my region and one

of the most beautiful Mediterranean islands.
This land is as wild, beautiful and unspoiled as its nature.
1,850km of coastline with endless white-sand beaches set within natural pink granite, crystal emerald waters, hidden bays, rocky coves and dream islands!
The heart of Sardinia hides ancient traditions, the villages are full of scents, flavours and colours.
Not to mention the gastronomic delights and the great wines!
I am already waiting for you!

Just
FOR YOU!

Go to Sardinia with us and get 25% OFF
ANY OF OUR COOKERY CLASSES.

Malloreddus al ragù di agnello

Sardinian gnocchi with lamb sauce.



SERVES 6 PEOPLE

INGREDIENTS:

SARDINIAN GNOCCHI:

400g 00 flour

180g water

30g extra virgin olive oil

5g saffron

Pinch of salt

LAMB SAUCE:

Onion, carrot, celery

500g minced Irish lamb

½ glass of good red wine

1,5 litres tomato passata

½ litre vegetable broth (water, carrot, celery, onion)

Salt

METHOD:

Melt the saffron in the water. Knead the flour with a pinch of salt, oil and water until you get a smooth dough.

Wrap in cling film and let it rest in the fridge for 1 hour.

Cut a piece of the dough, sprinkle the working surface with flour and roll the dough into a long cylinder. Cut it into very small pieces.

With your thumb, press and roll each piece on a gnocchi liner.

Place your gnocchi on floured trays.

THE LAMB 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 and the broth. Season with salt. Stir and leave it to gently cook over a low heat for 2 hours.

Cook the Malloreddus pasta in salted boiling water for about 5 minutes, drain the pasta and transfer to a saucepan together with the lamb sauce.

Add some extra virgin olive oil and mix well over a high heat.

Serve each portion dressed with some grated Sardinian pecorino cheese and a drizzle of extra virgin olive oil.

