



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



PARMIGIANA DI
MELANZANE & PACHINO
TOMATOES



CHOCOLATE FROM
MODICA



RAGUSANO CHEESE



CANNOLI & CASSATA
SICILIANI

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.



NERO D'AVOLA WINE



PASSITO WINE



MALVASIA WINE



ARANCE ROSSE &
PISTACCHI DI BRONTE





Sicilia

... Itinerary - W. Coast ...



PALERMO



FOCACCIERIA S. FRANCESCO



MONREALE - CATHEDRAL



CENTRE OF CULINARY CULTURE - COOKERY CLASS



ERICE - PASTRY & WINE TASTING



MARSALA - SALINE

7 NIGHT GOURMET TOUR - PALERMO & WEST SICILIA

7 nights/8 days

Overnights in:

PALERMO for 1 night

TRAPANI for 3 nights

SAN VITO LO CAPO for 3 nights

SERVICES INCLUDED & HIGHLIGHTS:

7 night accommodation in 4 star hotels and typical Sicilian Baglio - 5 dinners - 2 lunches - 1 cookery class with lunch - 1 excursion by boat with lunch on board - 2 wine tasting.

Tastings of typical produce: Sicilian cakes, Sicilian street food, products preserved in salt, extra virgin olive oil, tuna, ice cream, fish cous cous and more.

Guided tour of Palermo, Monreale, Erice, Marsala, Trapani and Riserva dello Zingaro.

DAY 1: PALERMO

Arrival in Palermo airport and hotel check-in.

DAY 2: PALERMO, MONREALE & TRAPANI

Breakfast in hotel and panoramic guided tour of the city of Palermo with stop to visit the Cathedral. Lunch in the famous Focacceria S. Francesco.

Continue up to Monreale, on a hill overlooking Palermo and visit the marvellous cathedral.

Departure to the province of Trapani, accommodation in hotel, dinner and overnight stay.

DAY 3: COOKERY CLASS & ERICE

Breakfast in hotel.

Fun cookery class in a beautiful setting, an ancient mill that houses the Centre of Culinary Culture dedicated to Sicilian gastronomy.

Lunch with the prepared dishes.

Travel to Erice, a spectacular hilltop town. Guided tour and then we meet Mrs Maria Grammatico in her pastry shop. She will guide us in a tasting you won't forget.

Along the Strada del Vino Erice Doc we will visit a beautiful cellar with vineyard for a tasting of great wines.

Back to the hotel for dinner and overnight stay.

DAY 4: EXCURSION TO MARSALA

Breakfast in hotel and departure for the Saline of Marsala. Visit the Ettore Infersa mill and tasting of products preserved in salt.

Boat tour to explore the Stagnone and then visit the historical city centre of Marsala. Some free time for lunch and then a tasting of the famous Marsala Doc wine.

Back to the hotel, dinner and overnight stay.

DAY 5: TRAPANI TO SAN VITO LO CAPO

Breakfast in hotel and visit to the historical city centre of Trapani and the WWF Saline Reserve.

Extra virgin olive oil tasting and Sicilian lunch with music in Baglio, a traditional Sicilian estate villa with courtyard.

Departure to San Vito Lo Capo enjoying a scenic drive.

Stop to taste the tuna of the Tonnara. Accommodation in hotel and free time to enjoy one of the most beautiful Sicilian villages. Overnight stay.

DAY 6: BOAT TOUR RISERVA DELLO ZINGARO

Breakfast in hotel.

Boat tour of the Riserva dello Zingaro from San Vito to Scopello, with amazing scenery of bays, rocks and blue sea. Lunch on board and time for swimming. Back to the hotel for dinner and overnight stay.

DAY 7: SAN VITO LO CAPO

Breakfast in hotel.

Free day to enjoy this charming seaside town of white houses, white sandy beach and crystal-clear water. San Vito has been voted the best beach in Italy for the second year.

The town has plenty of restaurants, bars and pastries and souvenir shops.

Dinner in restaurant to taste the famous fish cous cous.

DAY 8: SAN VITO LO CAPO TO PALERMO

Breakfast in hotel and departure to Palermo airport.



TRAPANI



A TRADITIONAL BAGLIO



SAN VITO LO CAPO



RISERVA DELLO ZINGARO

Travelling around the Eolian Islands Marco found a bizarre chandelier! Nothing better than Pachino tomatoes to represent the colours and flavours of Sicily.





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.

