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GRANDMOTHER'S RECIPES

Stay in the South of Piedmont, discovering the wine and food of a special land



Who should pass on the cookery culture of our land better than our grandmothers? From the humble traditional country dishes, like gnocchi, bagna cauda and stuffed onions, to designer courses of Piedmontese cooking, such as vitello tonnato, agnolotti, brasato, bollito, etc...

How many times, having enjoyed a great meal, have you thought: "Ah, if only I could have the recipe?" Well, here is your opportunity! *Pro Loco* (a local association) along with *Colori di Langa*, organises cooking classes and demonstrations in Sinio, a small medieval village in the heart of the Langhe. The women of the village have collected their stories and best recipes, and will be delighted to teach those who would like to explore the art of local cooking, and take home a special memory of our land.

Participants: min. 2 - max. 8 people

Subjects of the cooking classes:

- Introduction to Piedmontese and Langarola cooking
- Wine and food matchings
- Demonstration and Practicals (starters, first course, second course, dessert)
- Making cheese at a local farm (upon request)
- Tasting the food prepared together

Proposals and Rates:

WEEK END (2 nights)

Staying (accommodation + activities): from **122.00 €/person**

A 4 hour cooking class: from **50.00 €/person**

FIVE DAYS (4 nights)

Staying (accommodation + activities): from **182.00 €/person**

7 hours of cooking classes: from **90.00 €/person**

A WEEK (7 nights)

Staying (accommodation + activities): from **254.00 €/person**

10 hours of cooking classes: from **128.00 €/person**

Proposal n. 1 - WEEKEND (2 nights)

Programme

Friday:

Arrival in Sinio in the afternoon, welcome aperitif and a brief introduction to the cooking course. Transfer and Accommodation. Evening free.

Saturday:

Transfer to Alba for the big weekly market; where we will buy everything we need for the classes. Lunchtime free. In the afternoon – cooking class; followed by a dinner of the dishes prepared.

Sunday:

"From vineyards to winery": a tour from Sinio to Serralunga, where we will visit the Castle. On the way back, wine tasting at a farm with an aperitif in the vineyards. Lunch: picnic with cheese, ham and meat. Relax and departure.

Individual rate for the stay:

122.00 €/person

Cost includes:

2 nights in a double room, breakfast included
1 picnic and 2 aperitifs
1 visit to the Castle
"Colori di Langa" card and insurance

Cost doesn't include:

transfers by car or minibus
any meals not described in 'Cost Includes'
a tour guide for the market in Alba and for the excursion
"From vineyard to winery"
anything else not described in 'Cost Includes' "

Individual rate for the cooking class:

For 2 people: 64.00 €/person

From 4 to 8 people: 50.00 €/person

Cost includes:

1 lesson (4 hours)
one or more cookers
1 tutor
1 dinner with the dishes prepared
information pack

Cost doesn't include:

Purchase cost of food for the course (expected 10.00 - 15.00 €/person)
Translation service
anything else not described in 'Cost Includes'

Extra charges:

Single room	48.00 € person
Rental bus, max 9 seats	108.00 € a day (fuel and driver not included)
Interpreter or a tour guide	60.00 € for half a day 120.00 € for a whole day
Guide	48.00 € for the market in Alba



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Proposal n. 2 - FIVE DAYS (4 nights)

Programme

- Wednesday:** Arrival in Sinio in the afternoon, welcome aperitif and a brief introduction to the cooking course. Transfer and Accommodation. Evening free.
- Thursday:** *“From vineyards to winery”*: a tour from Sinio to Serralunga, where we will visit the Castle. On the way back, wine tasting at a farm with an aperitif in the vineyards. Lunch: picnic with cheese, ham and meat. Relax and departure.
- Friday:** Free day – It's possible to take part in one of the excursion suggested
- Saturday:** Transfer to Alba for the big weekly market, where we will buy everything we need for the classes. Lunchtime free. In the afternoon – cooking class; followed by a dinner of the dishes prepared
- Sunday:** Guided visits to a small food factory in Sinio: Antica Torroneria Piemontese (nougats). Departure.

Individual rate for the stay:

182.00 €/person

Cost includes:

4 nights in a double room, breakfast included
1 picnic and 2 aperitifs
1 visit to the Castle
“Colori di Langa” card and insurance

Cost doesn't include:

transfers by car or minibus
any meals not described in ‘Cost Includes’
a tour guide for the market in Alba and for the excursion *“From vineyard to winery”*
a whole day excursion
anything else not described in ‘Cost Includes’

Individual rate for the cooking class:

For 2 people: 114.00 €/person
From 4 to 8 people: 90.00 €/person

Cost includes:

2 lesson (7 hours as a whole)
one or more cookers
1 tutor
2 dinner with the dishes prepared
information pack

Cost doesn't include:

Purchase cost of food for the course (expected 15,00 - 30,00 €/person)
Translation service
anything else not described in ‘Cost Includes’

Extra charges:

Single room	72.00 € person
Rental bus, max 9 seats	108.00 € a day (fuel and driver not included)
Interpreter or a tour guide	60.00 € for half a day 120.00 € for a day whole
Guide	48.00 € for the market in Alba





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Proposal n. 3 - ONE WEEK (7 nights)

Programme

<u>Sunday</u>	Arrival in Sinio in the afternoon, welcome aperitif and a brief introduction to the cooking course. Transfer and Accommodation. Evening free.
<u>Monday</u>	A group purchase: all together to the market or to a farm, to buy everything we need for the class Lunchtime free. In the afternoon – cooking class; followed by a dinner of the dishes prepared.
<u>Tuesday</u>	Day Free – unless you want to take part in one of the excursions suggested
<u>Wednesday</u>	<i>Relax and lunchtime free.</i> In the afternoon – cooking class; followed by a dinner with the dishes <i>prepared</i> .
<u>Thursday</u>	<i>"From vineyard to winery"</i> , a round trip (Sinio-Serralunga-Sinio); We will have: wine tasting at a farm with an aperitif in the vineyards visit to the Castle of Serralunga lunch: picnic with cheese, ham and meat stop on the "Strada Romantica of the Langhe and Roero"; the panoramic stopping point in Sinio is a perfect place of rest and observation. Evening free
<u>Friday</u>	Day Free – unless you want to take part in one of the excursions suggested
<u>Saturday</u>	Transfer to Alba for the big weekly market, where we will buy everything we need for the classes Lunchtime free. In the afternoon – cooking class; followed by a dinner of the dishes prepared
<u>Sunday</u>	Guided visits to a small food factory in Sinio: Antica Torrioneria Piemontese (nougats). Departure



Individual rate for the stay:

254.00 €/person

Cost includes:

7 nights in a double room, breakfast included
1 picnic and 2 aperitifs
1 visit to the Castle
"Colori di Langa" card and insurance

Cost doesn't include:

transfers by car or minibus
any meals not described in 'Cost Includes'
a tour guide for the market in Alba and for the excursion
"From vineyard to winery"
a whole day excursion
anything else not described in 'Cost Includes'

Individual rate for the cooking class:

For 2 people: 159.00 €/person
From 4 to 8 people: 128.00 €/person

Cost includes:

3 lesson (10 hours as a whole)
one or more cookers
1 tutor
3 dinner with the dishes prepared
information pack

Cost doesn't include:

Purchase cost of food for the course
(expected 20.00 - 45.00 €/person)
Translation service
anything else not described in 'Cost Includes'

Extra charges:

Single room	108.00 € person
Rental bus, max 9 seats	108.00 € a day (fuel and driver not included)
Interpreter or a tour guide	60.00 € for half a day 120.00 € for a day whole
Guide	40.00 € for the market in Alba