

VILLA GAIA COOKING COURSES

You will be immersed in the countryside of Southern Tuscany



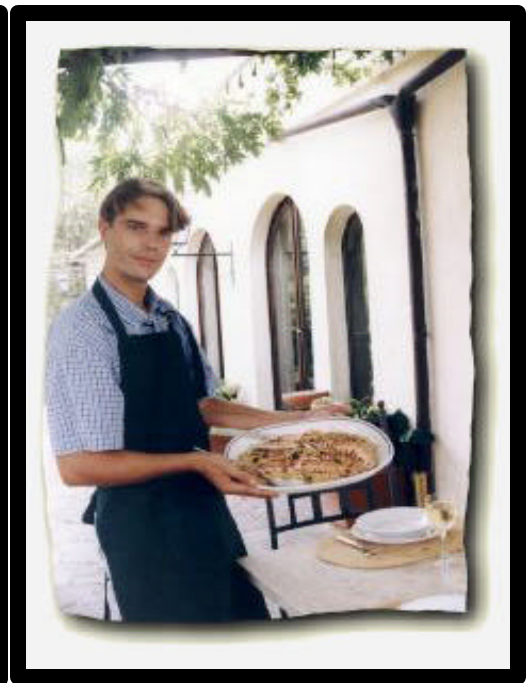
FEDERICA LEONI & FERNANDA BISERNI

MEET YOUR HOSTS

Villa Gaia is owned and operated by the **Cannaviello family**, Maria, and her two sons Francesco and Fabrizio. Originally from Naples, they gave up the busy city life for the peaceful, elegant Seggiano country side. Restoring this villa estate back to its original beauty and luxury, they have graciously agreed to open their doors to aspiring Italian chefs from all over the world. Warm, hospitable, and welcoming, the Cannaviello family personifies Italian fine living and traditional Italian hospitality.

Guided tours – The daily tours are led by experienced charming guides. Federica Leoni and Fernanda Biserni are from the local area and offer guests not only warmth and assistance but true expertise which reveals the wealth of culture and tradition Tuscany is famous for.

Villa Gaia is a **luxurious Italian Villa**, nestled in organic **olive groves, Sangiovese grape vineyards**, and **medieval forests**; Villa Gaia represents **Tuscany** in the **elegant, classical** style of the **Noble Etruscans**. As our guest at **Villa Gaia**, we offer you an **exclusive wine and culinary tour** of our beloved **Tuscany**. The territory of **Seggiano**, where Villa Gaia is located, is rich with the well-preserved **Italian culture and cuisine** of generations of Tuscans. Geographically close to the cities of **Rome** and **Florence**, Seggiano is worlds away from the hectic pace of these urban areas. Here you will be immersed in a **culture** of gentle nobility; **simple, understated elegance**. Traditional **Tuscan foods**, and sublime **Italian wines** combine with a healthful country atmosphere to create a unique **culinary and cultural tour experience** you won't soon forget. Delightful **Italian wine** flows at every meal, fresh, organically grown foods make every meal a **culinary delight**, and your **hands-on cooking courses** will prepare you to dazzle your dinner guests. Your **guided excursions** of the **Italian** countryside will **immerse** you in the **culture** and heartbeat of the **Tuscan** people.

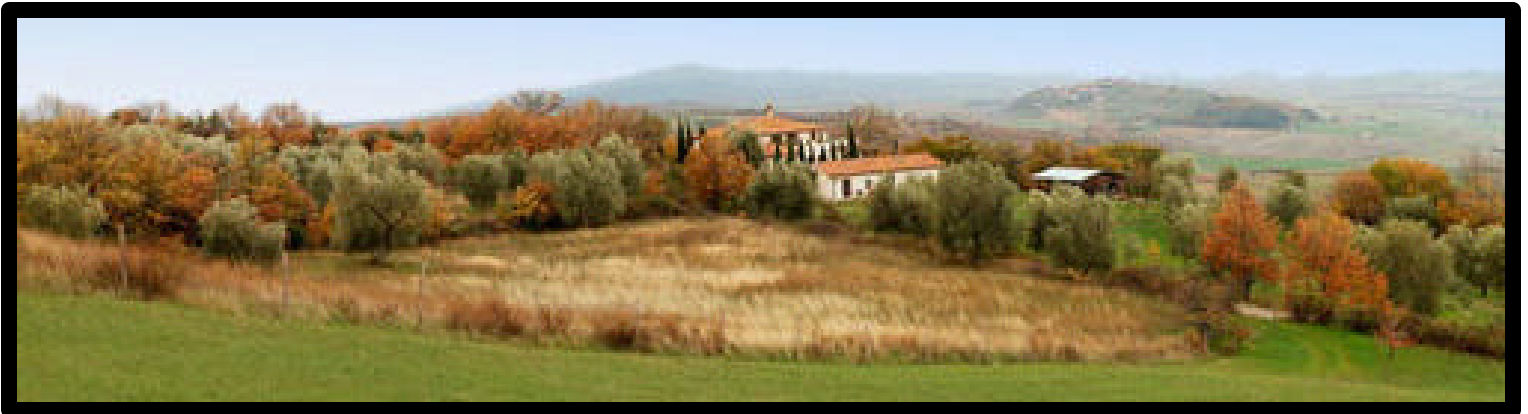


WHERE YOU WILL STAY:

In the countryside of the Seggiano township (Province of Grosseto just a few kilometers from the border with the Province of Siena) – A charming storybook landscape of a lesser-known area that is considered by many Italians to be one of the most beautiful areas of Tuscany. It's about 50 minutes away from the seaside, less than 1 hour South of Siena, about two hours from Florence, and two and a half hours north of Rome.

Villa Gaia lies sheltered by the rolling hills of **Monte Amiata** and cooled by the sea breezes of **Castiglione della Pescaia**. As yet un-exploited by tourism, this region, famous for its sublime **Italian wines**, delicious, smoky **Pecorino cheeses**, and award winning **organic olive oils**, remains true to its pure **Italian culture**, maintaining its traditional **Tuscan flavors** and style. The Villa Gaia estate lies next to the **San Bernardino** 15th century **Franciscan monastery**. It features **frescoes** painted by **Italian artists Bernardino Gagliardi, Clemente Maioli, Giovanni de Vecchi, and Biagio Puccini**. Villa Gaia is also located in the center of some very important **Italian cultural** locales, where we often take part in **traditional Italian cultural and music festivals, Italian art exhibits, and theatre events** during the spring and summer months. Villa Gaia reminds one of the country gentry, the noble Romans and Florentines who built their homes here, with simple, comfortable elegance.

At Villa Gaia, you will live with elegant Tuscan styled creature comforts, newly designed and renovated, amidst the rich fertile lands and countryside of perhaps the most beautiful, if we daresay such a thing, lesser known micro-region in Tuscany.



AMIATA & RONDINI



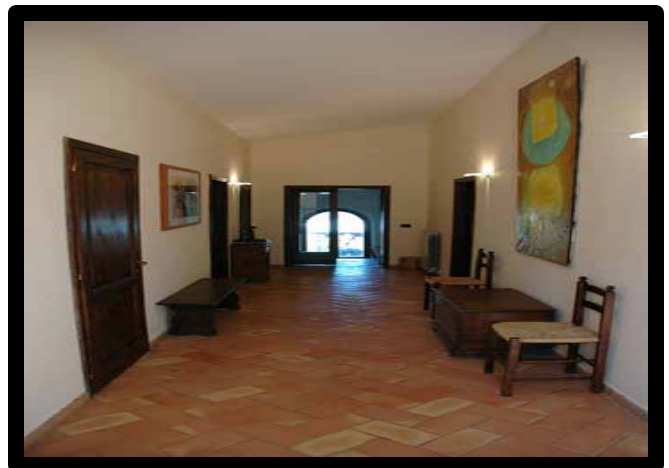
FORRESTERIA



Amiata Apartment



Rondini Apartment



WHERE YOU WILL SLEEP

Villa Gaia is comprised of a main house and a separate building. The separate building is called La Foresteria, which has four double rooms, each with its own en-suite bathroom. These rooms enjoy the use of a large common living room with fireplace, kitchen, laundry, storeroom, telephone and a large summer porch.

The main house has two apartments: *Amiata* on the first floor and *Le Rondini* on the second floor. Both *Amiata* and *Le Rondini* have their own separate private entrances. *Amiata* has a large living room, kitchen, two double bedrooms with one large bathroom and a beautiful outdoor porch. *Le Rondini* has three bedrooms, two bathrooms, a living room with a fireplace, kitchen and a 550 square foot panoramic terrace that has an external wood-burning stove.



AMIATA BEDROOMS



RONDINI BEDROOMS



FORRESTERIA BEDROOMS

COOKING COURSES AND WINE TASTING

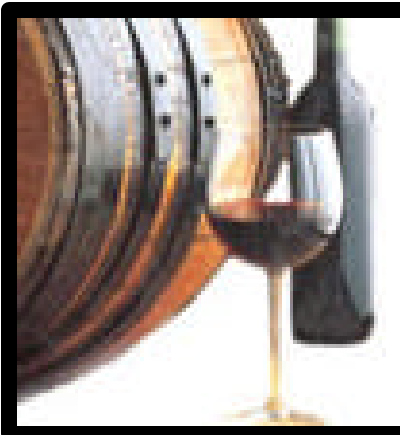
The cooking courses are taught by several guest chefs each bringing his or her own specialty to our kitchen and table. The cooking courses teach the traditional Tuscan "Cucina Povera" (country cooking of the peasants). We will also have Anna Cannaviello who will show us how to prepare **hand-made pasta** and who will fire up the Tenuta Villa Gaia's wood-burning oven to show us how to make **authentic Italian pizza**. Guests will learn genuine Tuscan dishes and secrets from these talented people. The courses are informal and taught in a large rustic kitchen.



EXCURSIONS & ITINERARY:

We will take you to discover the famous Southern Tuscan wine towns of Montalcino (Brunello wine & great shopping for ceramics) & Montepulciano (Vino Nobile di Montepulciano) as well as some of the charming villages of Monte Amiata: Santa Fiora, Abbadia San Salvatore & Arcidosso. We will also visit a town known for its hot springs called Bagni di San Filippo and another town famous for being the ideal model of Renaissance architectural planning: Pienza. We will be following parts of the "Strada del Vino" (the celebrated 'Road of Wine' that is recognized by the Region of Tuscany Authority & Governing Body). Specifically, we will be visiting and tasting wines in the wine cellars of these different towns as much as possible

Experience the deep, red **Italian wines**; smoky; enticing **Pecorino cheese**; gourmet, organic, cold pressed **olive oils**; unspoiled **vineyards** and centuries-old **olive groves**. The pure, delicious flavors of **Tuscan peasant cooking**; fish fresh from the unspoiled sea, vegetables hand-picked from the Tuscan soil every morning, **pasta hand-made** by your chef's *nonna* (grandmother). **Wine tastings** in ancient **Italian wine cellars**; the aroma of **Italian breads** baking in traditional stone ovens; meals enjoyed like a true **Italian** in **authentic Tuscan trattorias (popular restaurants)**, shopping for groceries in an outdoor market that is **hundreds of years old**. These are just some of the **exclusive cultural and culinary experiences** you will enjoy as a welcome guest at Villa Gaia.



VACATION OPTIONS:

We created two exciting packages for you:

[1 Week Vacation](#)

[1/2 Week Vacation](#)

Upon request we can arrange your stay at Villa Gaia for fewer or more days with or without cooking courses.

THE ONE WEEK TRIP INCLUDES:

* 6 nights accommodations at the country estate of Villa Gaia, near the small village of Seggiano, province of Grosseto.

* All meals as indicated in the itinerary.

* Small groups: 4 to 12 people.

* 4 hands-on cooking courses in "La Cucina Povera Toscana" – Tuscan country cooking, Tuscan seafood & homemade pasta making.

* 2 wine tastings at wineries in Montalcino & Montepulciano

* 5 guided excursions to the enchanting towns of Monte Amiata; Montalcino and Montepulciano (home of the Brunello & Nobile wines); the early Renaissance town of Pienza; the hot springs of Bagni di San Filippo and the seaside village of Castiglioni della Pescaia.

* All transportation (including transfers to and from Rome).

SAMPLE ITINERARY:

DAY 1 (Sat) – Meet in Rome – Arrival at Villa Gaia

Our meeting place will be in Rome. After having arrived at the Villa Gaia Estate (about 2.5 hours drive from Rome) you will settle into your rooms. Then you can relax, feel at ease at the villa and receive a welcome tour of the estate. Dinner at Villa Gaia.

DAY 2 – Montalcino & Wine tasting

Today you will visit the renowned Senese (Siena area) town of Montalcino. You will be visiting La Rocca, the 14th century fortress and Montalcino's main piazza where you can stop and have a cappuccino in the piazza's authentic liberty style café as well as shop for pottery in a local store. Then we will take you to visit a winery where you can have a light lunch and a tasting of the best wines of the Val d'Orcia including Brunello. Evening cooking course at the villa followed by dinner.

DAY 3 – Bagni di San Filippo & Pienza

Tuscany abounds with natural hot springs. During this tour you will visit the hot springs of Bagni di San Filippo. You will then continue to Pienza, where you will have lunch in a local restaurant and then visit its main

square, Piazza Pio II, which is a model of Renaissance planning. Once home at the villa, you can prepare a healthy Tuscan dinner (cooking lesson).

DAY 4 - Montepulciano & Wine Tasting

Visit the magnificent town of Montepulciano with architectural masterpieces by Rossellini, and then enjoy its wines including Nobile di Montepulciano at a wine estate nearby. Dinner at Villa Gaia with cooking lesson.

DAY 5 – The villages of Monte Amiata

Today you will go to Santa Fiora, a village on the slopes of Monte Amiata. There you'll visit the historic center and an ancient Parish Church which contains fine terracotta bas-relief by Andrea della Robbia (15th century), and La Peschiera, the private gardens and swimming pool of the Sforza family (16th century). Then you will continue to the other side of the mountain and stop in Abbadia San Salvatore where you will visit its famous abbey and crypt. For lunch you will stop in Arcidosso and pay a visit to Carlo. Cooking course and dinner at Villa Gaia.

DAY 6 – Castiglione della Pescaia

For the last day in southern Tuscany, you will enjoy a trip to the seacoast to the pretty seaside village of Castiglione della Pescaia. This old fishing village stands up high on a hill with its castle looking over the turquoise bay. You will enjoy a tasty lunch at a local restaurant. In the evening, you'll enjoy dinner at one of the best-known restaurants in the area of Monte Amiata, which specializes in mushrooms and truffles.

DAY 7 - Departure

Transfer to Rome.

DATES & PRICES - 2007 SCHEDULE

*Dates not listed may be available on request. Scheduled dates are sometimes flexible and subject to change.

Please inquire regarding any dates. Blackout dates are not possible.

SUNDAY TO SATURDAY		SUN TO FRI	SATURDAY TO FRIDAY				
CASA INNOCENTI	LA LOCANDA	BAGNO VIGNONI	VILLA CASTELLETTI	VILLA GAIA	VILLA POGGIARELLO	ROSE WINDS	VILLA SIEVE
JANUARY							
Jan 7-13	Jan 7-13	Jan 7-12	Jan 20-26	Jan 6-12	Jan 6-12	Jan 6-12	
Jan 14-20	Jan 14-20	Jan 14-19		Jan 13-19	Jan 13-19	Jan 13-19	
Jan 21-27	Jan 21-27	Jan 21-26		Jan 20-26	Jan 20-26	Jan 20-26	
Jan 28-Feb 3	Jan 28-Feb 3	Jan 28-Feb 2		Jan 27-Feb 2	Jan 27-Feb 2	Jan 27-Feb 2	
FEBRUARY							
Feb 4-10	Feb 4-10	Feb 4-9	Feb 10-16	Feb 3-9	Feb 3-9	Feb 3-9	
Feb 11-17	Feb 11-17	Feb 11-16		Feb 10-16	Feb 10-16	Feb 10-16	
Feb 18-24	Feb 18-24	Feb 18-23		Feb 17-23	Feb 17-23	Feb 17-23	Feb 18-24
Feb 25-Mar 3	Feb 25-Mar 3	Feb 25-Mar 2		Feb 24-Mar 2	Feb 24-Mar 2	Feb 24-Mar 2	
MARCH							
Mar 4-10	Mar 4-10	Mar 4-9	Mar 24-30	Mar 3-9	Mar 3-9	Mar 3-9	Mar 3-9
Mar 11-17	Mar 11-17	Mar 11-16		Mar 10-16	Mar 10-16	Mar 10-16	Mar 10-16

Mar 18-24	Mar 18-24	Mar 18-23		Mar 17-23	Mar 17-23	Mar 17-23	Mar 17-23
Mar 25-31	Mar 25-31	Mar 25-30		Mar 24-30	Mar 24-30	Mar 24-30	Mar 24-30
				Mar 31-Apr 6	Mar 31-Apr 6	Mar 31-Apr 6	Mar 31-Apr 6
APRIL							
Apr 1-7	Apr 1-7	Apr 1-6					
(EASTER)							
Apr 8-14	Apr 8-14		Apr 7-13	Apr 7-13	Apr 7-13	Apr 7-13	Apr 7-13
Apr 15-21	Apr 15-21	Apr 15-20	Apr 14-20	Apr 14-20	Apr 14-20	Apr 14-20	Apr 14-20
Apr 22-28	Apr 22-28		Apr 21-27	Apr 21-27	Apr 21-27	Apr 21-27	Apr 21-27
Apr 29-May 5	Apr 29-May 5		Apr 28-May 4	Apr 28-May 4	Apr 28-May 4	Apr 28-May 4	Apr 28-May 4
MAY							
May 6-12	May 6-12	May 6-11	May 5-11	May 5-11	May 5-11	May 5-11	May 5-11
May 13-19	May 13-19	May 13-18	May 12-18	May 12-18	May 12-18	May 12-18	May 12-18
May 20-26	May 20-26	May 20-25	May 19-25	May 19-25	May 19-25	May 19-25	May 19-25
May 27-Jun 2	May 27-Jun 2	May 27-Jun 1	May 26-Jun 1	May 26-Jun 1	May 26-Jun 1	May 26-Jun 1	May 26-Jun 1
JUNE							
Jun 3-9	Jun 3-9	Jun 3-8	Jun 2-8	Jun 2-8	Jun 2-8	Jun 2-8	Jun 2-8
Jun 10-16	Jun 10-16	Jun 10-15	Jun 9-15	Jun 9-15	Jun 9-15	Jun 9-15	Jun 9-15
Jun 17-23	Jun 17-23	Jun 17-22	Jun 16-22	Jun 16-22	Jun 16-22	Jun 16-22	Jun 16-22
Jun 24-30	Jun 24-30	Jun 24-29	Jun 23-29	Jun 23-29	Jun 23-29	Jun 23-29	Jun 23-29
			Jun 30-6	Jun 30-6	Jun 30-6	Jun 30-6	Jun 30-6
JULY							
Jul 1-7	Jul 1-7	Jul 1-6	Jul 7-13	Jul 7-13		Jul 7-13	Jul 7-13
Jul 8-14	Jul 8-14	Jul 8-13	Jul 14-20	Jul 14-20		Jul 14-20	Jul 14-20
Jul 15-21	Jul 15-21	Jul 15-20	Jul 21-27	Jul 21-27		Jul 21-27	Jul 21-27
Jul 22-28	Jul 22-28	Jul 22-27	Jul 28-Aug 3	Jul 28-Aug 3		Jul 28-Aug 3	Jul 28-Aug 3
AUGUST							
Aug 5-11	Aug 5-11	Aug 5-10	Aug 4-10	Aug 4-10		Aug 4-10	Aug 4-10
Aug 19-25	Aug 19-25	Aug 12-17	Aug 11-17	Aug 11-17		Aug 11-17	Aug 11-17
Aug 19-25	Aug 19-25	Aug 19-24	Aug 18-24	Aug 18-24		Aug 18-24	Aug 18-24
Aug 26-Sep 1	Aug 26-Sep 1	Aug 26-31	Aug 25-31	Aug 25-31		Aug 25-31	Aug 25-31
SEPTEMBER							
Sep 2-8	Sep 2-8	Sep 2-7	Sep 1-7	Sep 1-7		Sep 1-7	Sep 1-7
Sep 9-15	Sep 9-15	Sep 9-14	Sep 8-14	Sep 8-14		Sep 8-14	Sep 8-14
Sep 16-22	Sep 16-22	Sep 16-21	Sep 15-21	Sep 15-21	Sep 15-21	Sep 15-21	Sep 15-21
Sep 23-29	Sep 23-29	Sep 23-28	Sep 22-28	Sep 22-28	Sep 22-28	Sep 22-28	Sep 22-28
Sep 30-6	Sep 30-6	Sep 30-5	Sep 30-Oct 9	Sep 29-Oct 5	Sep 29-Oct 5	Sep 29-Oct 5	Sep 29-Oct 5
OCTOBER							
Oct 7-13	Oct 7-13	Oct 7-12		Oct 6-12	Oct 6-12	Oct 6-12	Oct 6-12
Oct 14-20	Oct 14-20	Oct 14-19	Oct 13-19	Oct 13-19	Oct 13-19	Oct 13-19	Oct 13-19
Oct 21-27	Oct 21-27	Oct 21-26	Oct 20-26	Oct 20-26	Oct 20-26	Oct 20-26	Oct 20-26
(OLIVE HARVEST)							
Oct 28-Nov 3	Oct 28-Nov 3	Oct 28-2	Oct 27-2	Oct 27-2	Oct 27-2	Oct 27-2	Oct 27-2
NOVEMBER							
Nov 4-10	Nov 4-10	Nov 4-9	Nov 3-9	Nov 3-9	Nov 3-9	Nov 3-9	Nov 3-9
Nov 11-17	Nov 11-17	Nov 11-16	Nov 10-16	Nov 10-16	Nov 10-16	Nov 10-16	Nov 10-16

Nov 18-24	Nov 18-24	Nov 18-23	Nov 17-23	Nov 17-23	Nov 17-23	Nov 17-23	Nov 17-23
Nov 25-Dec 1	Nov 25-Dec 1	Nov 25-30	Nov 24-30	Nov 24-30	Nov 24-30	Nov 24-30	Nov 24-30
DECEMBER							
Dec 2-8	Dec 2-8	Dec 2-7	Dec 1-7	Dec 1-7	Dec 1-7	Dec 1-7	
Dec 9-15	Dec 9-15	Dec 9-14	Dec 8-14	Dec 8-14	Dec 8-14	Dec 8-14	
Dec 16-22	Dec 16-22	Dec 16-21	Dec 15-21	Dec 15-21	Dec 15-21	Dec 15-21	
Dec 23-29	Dec 23-29	Dec 23-28	Dec 22-28	Dec 22-28	Dec 22-28	Dec 22-28	

* Note: Our half-week vacations run from Saturday to Tuesday or Sunday to Wednesday.

Please Note: There is some flexibility with regards to dates. Please inquiry with us.

2007 PRICES

*Note: prices shown are double occupancy rates. There is a \$300 Single Occupancy Surcharge

* The price is ALL-INCLUSIVE once you arrive in Italy. Many guests pleasantly find out just how much really is included. We would like to emphasize that all wine (table wine), meals (as indicated in the itinerary), guided excursions, museum tickets, wine/oil tasting, accommodations, transfers and cooking courses are included. Many of our competitors, regardless of price, simply do not have the uniqueness, quality, variety, personality and style we provide our guests (like all meals and wine included).

- 1 Week: \$2790
- 5 Night: \$2325
- 4 Night: \$1860
- ½ Week: \$1395

TRADITIONAL TUSCAN RECIPES

Mussels Grate'

Ingredients (for 6 people)

- *50 gram*1 & ½ kilo (about 3.3 pounds) of mussels s (about 1.76 ounces) of parsley
- *4 cloves of garlic
- *200 grams (about 7 ounces) of dried bread
- *6 tablespoons of **Italian olive oil (Preferably Tuscan olive oil!)**
- *30 grams (about 1 ounce) of bread crumbs
- *Red hot crushed pepper
- *Salt



Preparation

Clean the mussels, boil them until they open up (about 3 minutes) and then drain them keeping one cup of the water. Chop in very small pieces the 4 cloves of garlic and the parsley. Soak the dried bread for 5 minutes. Squeeze out the water and add some **olive oil** to the bread. Put half of the shells of the mussels on some baking tins. Turn on the oven to broil. Fill in the shells with the bread mixture. Sprinkle the bread crumbs on the mussels. Cover the baking tins with a little water of the mussels and then put them in the hot oven. Cook for about 15 minutes. Serve on platters with fresh sliced lemons.

Fusilli con Zucchini



Ingredients (Serves 6)

- *600 grams fusilli pasta
- *5 medium sized zucchini, thinly sliced
- *4 cloves garlic, minced
- *5 tbsp extra-virgin olive oil (preferably Tuscan!)
- *1 handful fresh basil, chopped
- *salt and fresh ground pepper (to taste)
- *freshly grated Parmesan cheese (to taste)



Method

In a large frying pan, gently saute the garlic in the olive oil on medium heat. After a few moments, add the zucchini. Increase temp to high, add salt to taste and cook until zucchini is tender. Add about half the chopped basil, mixing well. Meanwhile, in a large pot, boil water for pasta, bring to a rolling boil, add some salt and the pasta. Cook uncovered until "al dente" Drain pasta and add to the zucchini, turning heat back to medium. Stir well, coating the pasta with the zucchini sauce, add the remaining basil, some freshly ground black pepper, and a few tablespoons of the grated Parmesan. Serve while hot!

Salsa al Pomodoro (fresh tomato sauce)

Ingredients:

- *8 fresh, ripe tomatoes – diced
- *One can of water
- *2 cloves of Garlic
- *1 Onion
- *Half of a celery
- *White wine (one glass)
- *6 Tablespoons extra virgin olive oil
- *Salt
- *Black Pepper or Red crushed Pepper
- *Basil
- *Butter



Instructions:

Place all ingredients in a large, deep cooking pot all at one time. While the sauce cooks, add butter near the end for flavor.

