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for the Dante Alighieri Society of Denver
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Food and Wine Adventures in Italy



Italian Food Culture

Olive Oil 101

Wine Touring

Pasta and Pizza

Cooking School Ideas

Putting Together Your Own Tour

Experiencing Food through
Markets

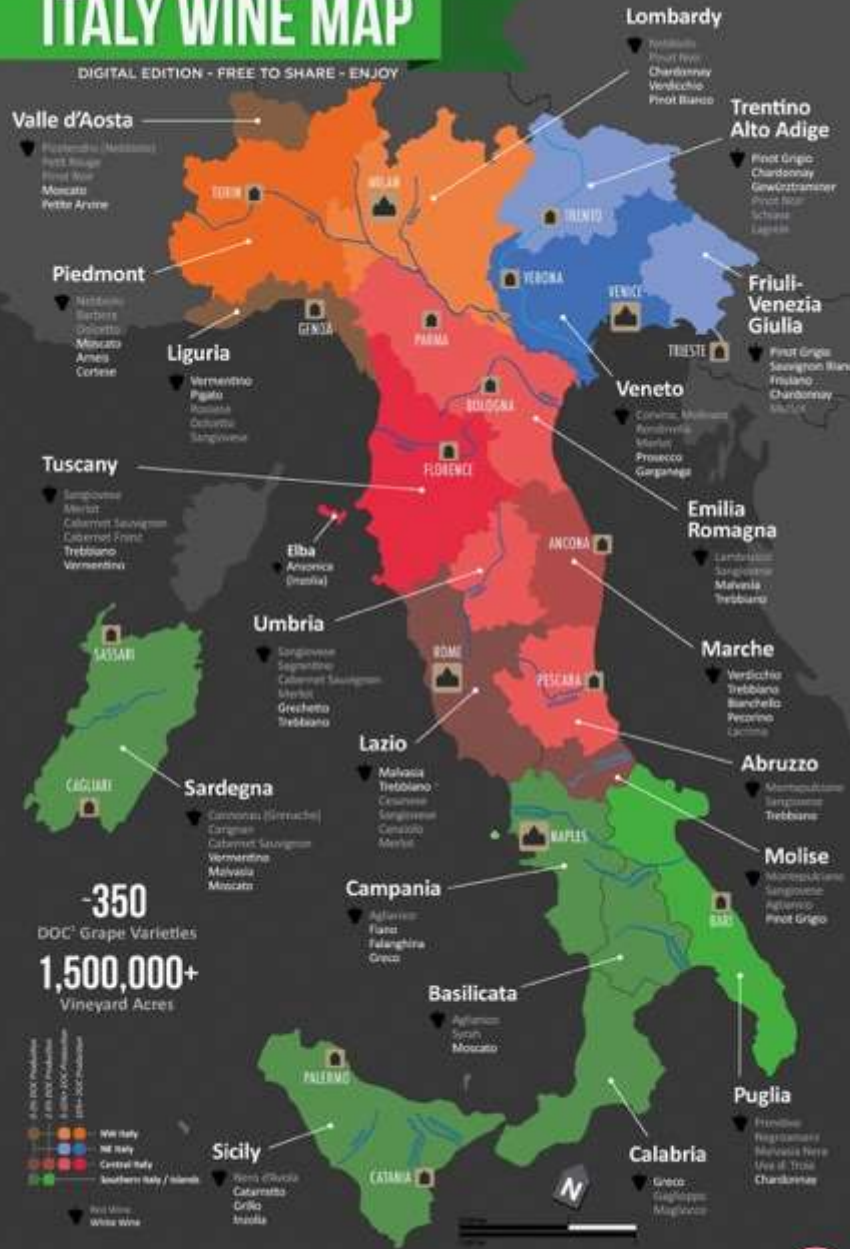
Off the Beaten Path Experiences

Cooking with Michele in Italy

My Little Black Book

ITALY WINE MAP

DIGITAL EDITION - FREE TO SHARE - ENJOY



-350
DOC Grape Varieties
1,500,000+
Vineyard Acres

0-4m DOC Production
 4-8m DOC Production
 8-12m DOC Production
 12-16m DOC Production
 16-20m DOC Production
 20-24m DOC Production
 24-28m DOC Production
 28-32m DOC Production
 32-36m DOC Production
 36-40m DOC Production
 40-44m DOC Production
 44-48m DOC Production
 48-52m DOC Production
 52-56m DOC Production
 56-60m DOC Production
 60-64m DOC Production
 64-68m DOC Production
 68-72m DOC Production
 72-76m DOC Production
 76-80m DOC Production
 80-84m DOC Production
 84-88m DOC Production
 88-92m DOC Production
 92-96m DOC Production
 96-100m DOC Production

Win Italy
 All Italy
 Central Italy
 Southern Italy / Islands
 Red Wine
 White Wine

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 SOURCE: winefolly.com
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Source:

winefolly.com/review/italian-wine-regions-map/

Other sources to learn more about Italian wine:

- International Wine Guild in Denver
- Wine Enthusiast: www.winemag.com/2015/03/25/master-italian-wine-facts-terms/
- Italian Wine Central: italianwinecentral.com
- Food & Wine: www.foodandwine.com/articles/italian-grapes-from-a-to-z



Single Day Cooking Classes:

- Awaiting Table, Lecce
- Flavia Pantaleo, Rome
- Dianne Seed, Rome
- Pamela Sheldon Johns, Montepulciano
- Toscana Saporita, near Lucca
- CIBO, Bologna
- Cristini Fortini, Bologna
- Food & Wine List by Region: www.foodandwine.com/articles/italys-top-cooking-schools



Traditional Markets in Rome

- Campo dei Fiori is largely junk now
- The Testaccio Market is large and features many different stalls from meat to fish to vegetables to baked goods – it's a staple with Romans
- Campagna Amica Market near Circus Maximus in Rome is a true farmers' market, open Sat and Sun mornings





Off the Beaten Path

Experience Italy with less tourists and more like a local

Buonconvento in Tuscany with Maddine and Joe

Combine a half day Tuscan landscape painting class for beginners with lunch and a brunello wine tasting at the artists home, then shop for art in their gallery and gifts in the small town



Lunch and Wine Tasting with the Biondis in Sicily

Meet Stephanie to tour the vineyards on Mt. Etna, then retreat to Cisterna Fuori set in a vineyard for a grilled lunch while Ciro explains his family's history in the wine business and guides you through a tasting



Hike to Montepertuso Above Positano

Instead of fighting the traffic and crowds in Positano and other Amalfi Coast towns, hike up to Montepertuso from Positano and join the locals for a leisurely Sunday lunch before taking the bus back to town



Taste Olive Oil at a 700 Year Old Family Orchard

Take a drive into the countryside of Sicily near Ragusa to meet Lorenzo Piccione of Pianogrillo, taste both his fabulous olive oil and his interesting wines, tour the mill, then buy some oil to take home to friends and family



The Jewish Ghetto in Rome

Skip the Vatican crowds and spend time in the tiny Jewish Ghetto, a counterpoint to Catholicism in Italy; learn the history, sample the famous baked goods, and have lunch at Nonna Betta or Da Gigetto



Visit the Tuscan Coast

Instead of spending all of your time in Florence, visit the western coast of Tuscany, stay at the undiscovered but spectacular Poggio Ai Santi, hike the hillsides, and visit Bolghieri to taste the famous Sassicaia wines before lunch of the classic papardelle with wild boar ragu



The Smaller Hill Towns of Tuscany

Pick any central spot to stay, and spend a week driving to the smaller hill towns of Tuscany like Volterra, Casole d'Elsa, and Colle di Val d'Elsa – shop, sightsee, and lunch in each town, then return to your base at night



Have Dinner in a Private Home

Through organizations like HomeFood Italy or Italy Food Nest you can take a cooking lesson or have a meal in a private home – meet locals, learn about their work, their families, their lives, and then enjoy a traditional meal from the region



The Awaiting Table Cookery School, Lecce, Puglia

Silvestro Silvestori, Direttore

www.awaitingtable.com



La Torretta, Casperia, Umbria

Maureen & Roberto Scheda

www.latorrettabandb.com

Gusto al Borgo, Casperia, Umbria

www.gustoalborgo.com

Italy Food Nest

Cristini Fortini, fortini.cristina@gmail.com

Flavia Pantaleo, flaviapanta@gmail.com



HomeFood Italy

www.homefood.it/en/

Maddine & Joe Insalaco, Buonconvento, Tuscany

www.etruscan-places.com

Guides:

Michele Morris, michele@cookingwithmichele.com

Inger Rasmussen, Rome, ingerras@yahoo.com

Elizabeth Minchilli, Rome & other places,

elizabethminchilli@yahoo.com

Guido, wine tours in Tuscany, info@travelsintuscany.com

My Blog: www.cookingwithmichele.com/travel-journal/

Wine:

www.castellodellapaneretta.com, Chianti Classico in Tuscany

www.enotecalafortezza.com, Montalcino

www.ibiondi.com, near Etna, Sicily

www.planeta.it, various locations in Sicily

www.pianogrillo.it, southeastern Sicily

www.cookingwithmichele.com/2013/10/bolgheri-in-tuscany/,

for tasting Sassicaia

www.pietrobeconcini.com/, Tuscany

www.casaemma.com/, Tuscany

Hotels – a few of my favorites throughout Italy:

Albergo Santa Chiara, Rome (perfect central location)

Hotel de Russie, Rome (splurge, near Via Condotti)

Raphael, Rome (splurge, rooftop restaurant with views)

Suite Hotel Santa Chiara, Lecce (central, rooftop breakfast views)

B&B Idomeneo 63, Lecce (quiet location, still central)

Palazzo Gorgoni B&B, Lecce (quiet location, still central)

Palazzo Ravizza, Siena (has parking, sunset views in garden)

Hotel Florence, Bellagio (lakefront views of Lake Como)

Hotel Eden, Portofino (affordable in an expensive town)

Relais Poggio ai Santi, San Vincenzo, Tuscany (romantic retreat)

Hotel in Pietra, Matera (stay in a converted Sassi church cave)

Villa Ducale, Taormina, Sicily (patio views of Mt. Etna)

Hotel Dell’Orologio, Ragusa, Sicily (views over Ragusa)

Hotel Punta Tragara, Capri (romantic splurge)

Sources:

[Gustiamo](#)

[Gourmet Cooking and Living](#)

