

Merrion Charles
PRIVATE TRAVEL CONSULTANT

Tel: +39 0585 92098 | Mobile: +39 392 155 1464 | Email: info@merrioncharles.com
Via Ariosto 32, Cotto, Fivizzano 54013, MS, Italy

*A genuine Italian
Cooking Experience!*



Cookery courses at Castello dell' Aquila
and Casa Glyn are fun, inspirational
and memorable!

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Italy has the most fabulous and important tradition of food and wine in the world. All Italians – be they Tuscan, Sicilian, Ligurian or Puglian – are passionate about food and this passion is deep rooted in their souls. For them food is all about 'la terra' – the connection between the land and its produce. Each region is proud of its own particular cuisine and ingredients are sourced according to season and climate.

Cookery courses with Merrion are a complete cultural experience giving guests the opportunity to live and learn, to taste and discover, to experience and digest. Lunigiana is an undiscovered area of incredible natural beauty steeped in history and tradition lying on the borders of Tuscany, Liguria and Emilia-Romagna. Cooking is therefore influenced by both sea and mountains and there are many recipes unique to Lunigiana which have been passed down over the centuries.

At Castello dell'Aquila there are lessons every day providing the opportunity to learn and cook a variety of local Italian dishes which can then be savoured & enjoyed together at lunch & dinner. The well equipped kitchen is an excellent environment in which to watch, listen and, most importantly, partake in the cooking. Merrion believes guests should have every opportunity to enjoy the preparation and cooking of recipes as well as to learn about the ingredients, methods and approaches to Italian cuisine.

Importantly, Merrion also uses local Italian chefs who provide added authenticity and fun. All Italians learn to cook from an early age and recipes are not written down but simply remembered and recounted verbally from grandparents through the generations. Simone Tomei and Enrico Fiorentini are a great addition to Merrion's course - their teaching is very much 'hands on' & combines dishes from Simone's home town Lucca including 'zuppa Luccese', delicious 'coniglio con le

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olive' (rabbit with olives) and home made 'ragu' whilst Enrico is superb at the art of fish and seafood dishes, as well as being an expert in matching wines with food and a member of the slow food association in Italy. Both Simone and Enrico can teach the numerous traditional specialities of Lunigiana including 'farinata', 'testaroli' and 'stoccfisso con polenta'. Magical and fun... this is what Italian cooking is all about! Simone and Enrico are 'natural' aficionados of Italian food and wine and can explain all about olive oils, wines, local ingredients and traditions.



Wines, of course, are also important. Carefully sourced and chosen according to the recipes of the day, guests have the opportunity to sample numerous wines of the area in addition to a wine tasting held either at the Castello or a local winery. Castello dell'Aquila, with its stunning courtyard and reception areas, is also a fabulous venue for concerts & parties so an evening of music can also be arranged should guests wish.



Accommodation at Castello dell' Aquila is luxurious & steeped in character. From each of the nine spacious en suite double bedrooms there are magnificent views of the impressive surrounding Lunigiana countryside. Each bedroom is different with tasteful furnishings and fabrics and its own name recounting famous nobility who stayed here in the 1400s & 1500s. Guests at the Castello are warmly welcomed by the Castellana and will love gathering on the roof of the tower for drinks beneath the Apuan mountains!



Merrion includes visits to places of local cultural interest including the market at La Spezia, lunch overlooking the Golf of Poets at Lerici, an evening at a local trattoria sampling 'panigacci' made on the open fire – and lots more!

You will be left mesmerised and wanting to come back for more! Nothing is too much trouble so please call or email for more information!!!

Courses at Castello dell'Aquila are held in late Spring & Autumn when the ingredients are at their best and the temperature is pleasant. Everything is planned and organised in advance so guests do not have to worry about anything and can totally relax & unwind.



Information

Price:

- Based on 10 people on a course
- From Euros 2,550.00 per person for a one week course.
- Prices may vary according to numbers and specific requirements

Included:

- Transfers from/to Pisa Airport
- 7 nights Bed & Breakfast Accommodation
- All meals and Wine
- Tuition
- Additional Excursions
- Wine Tasting

Not Included:

- Flights
- Insurance
- Horse Riding

Accommodation

- 9 Double Bedrooms with bathrooms en suite (one of which can be taken as a Twin Bedroom) at Castello dell'Aquila

Location:

- Gragnola nr Equi Terme, Lunigiana, Northern Tuscany

Places of Interest:

- Pontremoli
- Equi Terme
- Sarzana
- Forte di Marmi
- Lerici
- Lucca
- La Spezia
- Cinque Terre

Airport:

- Pisa 1hr 15minutes

