

# A TASTE OF NAPLES & AMALFI

**Experience an Authentic Italian Dinner at Home**



Capture the magic of an Oldways Culinaria tour—in your home!

## DEAR TRAVEL-LOVER,

### Benvenuto!

Welcome to *A Taste of Naples & Amalfi*. Learn all about, and master, the foods and flavors of this breathtaking region of Italy. It is home to ancient ruins, volcanoes, stunning coastlines and beaches...not to mention, it's the birthplace of pizza, San Marzano tomatoes, and buffalo mozzarella cheese.

Inside you'll find:

- Three recipes for a fabulous, regional 3-course meal
- Suggested wine and tableware
- Fascinating facts about the region's ingredients and mealtime traditions

Ready for more?

Join Oldways and SRV Restaurant Chef Michael Lombardi **October 16-23, 2022 on a real-life culinary tour to Naples & Amalfi.**

Find out more at the end of this guide, or chat with us:



[OldwaysPT.org](https://OldwaysPT.org) 



[travel@oldwayspt.org](mailto:travel@oldwayspt.org)



**(617) 896-4861**

## Naples & Amalfi

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Naples and Amalfi are in Campania, a region on Italy's southwest coast.

Naples, Italy's third largest city, has a fascinating history as a busy trading port. It is also the birthplace of Neapolitan-style pizza! Outside the city limits, you'll find the astonishing ancient ruins of the Roman city of **Pompeii**.

The Amalfi Coast is a picturesque combination of rugged mountains and coastline along the Tyrrhenian Sea. Locals describe it as "a piece of heaven fallen down to earth."

# WHAT MAKES NAPLES & AMALFI SO SPECIAL?

## A Few of Our Favorite Things

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### LEMONS

The lemons that grow in this region are abundant, fragrant, and so sweet, some even eat them whole. They are an icon of both the cuisine, and the scenery in this region.



### BUFFALO MOZZARELLA

You haven't tried mozzarella until you've tried it in Campania, home to Mozzarella di Bufala, DOP (Protected Designation of Origin). Fresh-from-the-farm buffalo milk lends it a signature sweetness.

### HISTORY

History and art abound—churches, castles, and museums in Naples; the storied ruins of Pompeii; the ancient Greek city of Paestum; and the town of Pioppi, which has a lasting link to the Mediterranean Diet, thanks to summer resident Ancel Keys.



### NEAPOLITAN PIZZA

The art of pizza-making in Naples is so important, it was added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.

# HOW TO PLAN YOUR ITALIAN DINNER

Let's Get Started

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Travel with Oldways

## SHARE YOUR MEAL

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Show us your Italian-inspired meal! Share a picture on Instagram and tag **@Oldways\_PT**

We can't wait to see what you make!

We're bringing  
you the best  
of Italy  
to you  
on Instac

# SET THE TABLE

## Ceramic Servingware & Pottery

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You'll find colorful ceramics of all shapes and sizes when you dine in this region of Italy. Dinnerware, serving platters, vases—now is the time to pull out your pottery, if you want to serve a truly Italian-inspired feast!

The small towns and villages along the Amalfi coast are a pottery paradise, since the time of Ancient Rome.

You may start to notice patterns and motifs in the pottery from this region, including lemons, fish, and sunflowers. Almost all the pieces you'll find are bright and colorful.

## ADD TO YOUR COLLECTION



On Day 6 of our Naples & Amalfi Coast tour, we'll visit **Vietri sul Mare**, a small village renowned for its ceramics tradition. We will browse, see the artists and potters, and of course, shop for special pieces to bring back to our own kitchens.

# SALUTE!

## Pair Your Dinner with a Regional Wine

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With rich volcanic soil, Campania (the region home to Naples & Amalfi) is a productive wine region. As you begin to get acquainted with these special wines, here are three iconic grape varieties to know:

 **Fiano:** This grape has been cultivated for more than 2,000 years! It is used to make white wines, the most famous being Fiano di Avellino

 **Greco:** The name of this grape suggests Greek origins. It is used in the iconic Greco di Tufo, a crisp white wine that is best enjoyed on a warm evening along the Amalfi Coast

 **Aglianico:** This may be the region's best-known grape. It creates two of the region's most prized red wines: Taurasi and Aglianico del Taburno

*Information from Wine Searcher's [Campania Wines](#)*

## TRY YOUR FIRST GLASS WITH US



On Day 1 of our Naples & Amalfi Coast tour, we'll start things off with a **tasting of the Wines of Campania** before our Welcome Dinner. You'll get a sense of the region's flavors and traditional food and drink—plus, mingle with your fellow travelers!

# ANTIPASTO

## Insalata Caprese

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### INGREDIENTS

- 4 medium tomatoes, sliced into rounds
- 8 ounces fresh mozzarella cheese, sliced into rounds
- 1/2 cup packed, fresh basil leaves
- Olive oil, salt, and pepper, to taste

### DIRECTIONS

1. Arrange the tomato and mozzarella slices, alternating and overlapping them, on a large plate or salad platter.
2. Top with basil leaves, and drizzle with olive oil, salt, and pepper to taste.



*Photo courtesy Gail Willett*

**Insalata Caprese is named for the island of Capri off of the Amalfi Coast. The first recorded mention of Insalata Caprese was on the menu at the Hotel Quisisana in Capri in the early 1920s.**

**Today, it is an iconic regional dish. It illustrates the beauty of simplicity and the importance of fresh ingredients. For the very best Insalata Caprese, use ripe, in-season tomatoes, extra-virgin olive oil, and mozzarella di bufala, or mozzarella made from buffalo's milk.**

# LEARN MORE ABOUT

## Buffalo Milk Mozzarella from Campania



Photo by K. Dun Gifford



Mozzarella di Bufala Campana DOP is a special cheese. The **DOP**, or **protected designation of origin**, is a certification that ensures it is produced using fresh buffalo milk from farms located in a certified area.

Milk from water buffaloes gives this cheese a signature chewiness and an unusual sweetness.

With this milk, produced under specific environmental conditions, Mozzarella di Bufala Campana is created using traditional processing methods.

It is made by kneading and stretching the milk curds in hot water, and shaping chunks of the cheese into balls roughly the size of a tennis ball.

This delicious, rich, extremely fresh product is one-of-a-kind, available only in this special region of Italy.

– Information from the [Consorzio Tutela Mozzarella di Bufala Campana DOP](#) 

## MEET THE BUFFALO



On Day 6 of our Naples & Amalfi Coast tour, we'll visit a farm where water buffalo are raised, followed by a tour of a dairy producing buffalo mozzarella and ricotta (and a tasting, of course!)

# PRIMO

## Pasta with Quick Marinara and Shrimp

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### INGREDIENTS

- 1 lb pasta (spaghetti or other long pasta), preferably whole grain
- 1 lb fresh or frozen thawed shrimp, peeled and deveined
- 2 tablespoons extra-virgin olive oil, divided
- 1 small white onion, minced
- 2 cloves of garlic, minced
- ¾ cup red wine (optional)
- 1 (28-ounce) can of San Marzano tomatoes in juice
- 2 teaspoons sugar
- ¼ cup fresh chopped basil
- Salt to taste
- ½ cup grated Parmigiano Reggiano cheese



**San Marzano tomatoes come from the Naples & Amalfi region of Italy. Grown in the rich volcanic soil, they are sweet, low-acidity, and will create a delicious marinara sauce**

### DIRECTIONS

#### **Cook the shrimp:**

1. Fill a large stock pot with 6 quarts of cold water and 1 tablespoon of salt. Turn heat to high and cover to bring to a rolling boil.
2. In a small skillet, heat 1 tablespoon olive oil over medium heat until hot, about 3 minutes. Place the shrimp in the pan to cook on one side, turning after 2 minutes or so. Let cook one more minute, then remove to a plate.
3. Add approximately 2 tablespoons of the onion to the same pan and saute until it starts to brown. Remove the pan from the heat and add the sauteed onion and oil to the shrimp on the plate, covering to keep warm.

# PRIMO

## Pasta with Quick Marinara and Shrimp

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### DIRECTIONS (CONTINUED)

#### Make the sauce and pasta:

1. In a large saucepan, heat the remaining olive oil over medium heat and saute the remaining onion for 3-4 minutes. Add the minced garlic and continue to saute for another few minutes.
2. Pour in the red wine, if using, and continue to cook, stirring to deglaze any onion on the pan. Add the tomatoes and their juice, and the sugar, and bring to a bubbling simmer. Reduce heat, add basil, and cook, covered, on low for 15 minutes.
3. Uncover the pan and break up the tomatoes with a wooden spoon. Taste the sauce and add a bit more sugar if there is a “ketchupy” or metallic taste; you’ll want to add salt to taste at this point as well. Cover pot and let simmer for another 10–15 minutes, further breaking up tomatoes if necessary.
4. Remove pan from heat and add the shrimp, onion, and accumulated juices from the plate. Cook pasta until al dente and drain, reserving about ½ cup of the cooking water in the stockpot. Put pasta back into stockpot and drizzle with a touch of olive oil. Add the marinara sauce and shrimp to the pasta, using kitchen tongs to toss the pasta. Add the cheese and serve immediately.

*An Oldways recipe and photo*

### WHAT'S A DOP?



On Day 3 of our Naples & Amalfi Coast tour, we'll learn all about San Marzano tomatoes. This product has a DOP, or **Protected Designation of Origin**, a label that certifies it is locally grown and produced according to traditional methods.

# DOLCE

## Baba Limoncello with Lemon Cream

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### INGREDIENTS

#### Cake

- ½ cup milk
- ¼ oz (1 packet) active dry yeast
- 2 cups plus 3 tablespoons bread flour
- 3 large eggs
- 1 tablespoon sugar
- ½ teaspoon sea salt
- ½ cup (1 stick) unsalted butter, melted

#### Lemon Cream

- 1 cup milk
- 5 tablespoons sugar
- Grated zest of 1 lemon
- Pinch of sea salt
- 3 tablespoons cornstarch
- 1 large egg plus 1 large egg yolk
- 5 tablespoons unsalted butter
- ½ cup heavy cream

#### Limoncello Syrup

- Grated zest of 10 lemons
- 2 cups water
- ¾ cup sugar
- 5 tablespoons limoncello



**"Ever since I stepped off the plane in Naples, babas were omnipresent...Instead of the usual dousing in rum, these babas were saturated in limoncello.**

**Compared to those packed in rum, babas in limoncello are more perfumed and generally less sweet, with a welcome tartness from lemon zest. "**

**—Melissa Clark in *The Oldways Table***

# DOLCE

## Baba Limoncello with Lemon Cream

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### DIRECTIONS

#### Prepare the cake:

1. In a saucepan over low heat, gently warm the milk. Pour it into the bowl of an electric mixer or other large bowl and sprinkle with the yeast. Stir until the yeast dissolves.
2. Whisk in  $\frac{1}{2}$  cup plus 3 tablespoons of the flour and cover the bowl with plastic wrap. Let rise in a warm place until the mixture has doubled, about 30 minutes to 1 hour.
3. Using an electric mixer set with the paddle attachment or a food processor fitted with the dough blade, beat the eggs, sugar, salt, and the remaining  $1 \frac{1}{2}$  cups flour into the yeast mixture until very smooth. Gradually mix in the melted butter and continue to mix until smooth.
4. Spoon the dough into a greased 12-cup muffin tin, filling each cavity halfway. Grease a piece of plastic wrap and cover the muffin tin. Let rise until the dough has risen just above the level of the muffin tin, about 1 hour.
5. Meanwhile, preheat the oven to 350.
6. Remove the plastic wrap and bake the babas until they are dark golden brown on top and the bottoms sound hollow when tapped, about 20 minutes.
7. Transfer the tin to a wire rack to cool.

### LIMONCELLO

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Lemons grow abundantly along the Amalfi Coast, and tend to be larger and sweeter than those found in the U.S. The peels of these lemons are the key ingredient in limoncello, a sour-sweet liqueur enjoyed throughout the region—often after dinner in a small, chilled glass.

Some people make their own limoncello at home. It's a short ingredient list (lemon peels, sugar, and vodka). The real key ingredient is time to let the flavors distill.

## Baba Limoncello with Lemon Cream

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### DIRECTIONS (CONTINUED)

#### Make the lemon cream:

1. In a saucepan over medium heat, bring the milk, 3 tablespoons of the sugar, the lemon zest, and salt to a boil, stirring until the sugar dissolves.
2. Meanwhile, in a bowl, whisk together the cornstarch, the remaining 2 tablespoons of sugar, the egg, and yolk. Whisking constantly, pour the hot milk mixture gradually into the egg mixture. Whisk to combine, then transfer the mixture back to the saucepan.
3. Warm the liquid over medium-low heat, whisking constantly, being sure to scrape the bottom and sides of the saucepan. As soon as the liquid reaches a boil, take the saucepan off the heat. Whisk in the butter, a tablespoon at a time. Transfer the mixture to a shallow bowl and lay a piece of plastic wrap directly on the surface of the lemon cream. Refrigerate until well chilled, about 2 hours.

#### Prepare the syrup:

1. In a saucepan, combine the lemon zest, 2 cups water, and sugar, and bring to a boil, stirring to dissolve the sugar. Simmer until the liquid is yellow, about 2-3 minutes.
2. Strain the liquid through a fine sieve into a bowl. Stir in the limoncello. Let cool.

#### Assemble the Baba Limoncello:

1. Just before serving, whip the heavy cream until it forms soft (not stiff) peaks.
2. Whisk the chilled lemon cream well to loosen it, then gently fold in the whipped cream.
3. Slice the babas in half vertically. Submerge each baba in the limoncello syrup for 10 seconds. Arrange the babas on plates cut sides up, and drizzle them with some more of the syrup. Top the babas with large dollops of lemon cream and serve immediately.

*Recipe courtesy of Melissa Clark for Oldways Table book. An iStock photo*

## LIMONE COSTA D'AMALFI & LIMONE DI SORRENTO



On Days 4-8 of our culinary tour to Naples & Amalfi, we'll be based in Sorrento, which bears the name of the iconic Limone di Sorrento lemon. Another prized variety from the region is the Limone Costa d'Amalfi—with low-acidity and a delicate flavor, some say you can eat them whole!



# HUNGRY FOR MORE?

Join us in Naples & Amalfi  
October 16-23, 2022

## Quick Facts



### 7 DAYS

Tours, museums, cooking classes, and more—split between Naples and Sorrento, with a day in Capri. We'll take you on outside-the-guidebook experiences

### 1 EXPERT CHEF

Chefs Michael Lombardi of Boston's **SRV Restaurant** will be our guide. He will lead cooking demos and join along with us as we tour the region

### 4- AND 5-STAR HOTELS

Luxury accommodations so you can relax & unwind. Both hotels look out over the sea!

## TAKE A PEEK AT WHAT'S IN STORE

### SUNDAY, OCTOBER 16

Wine tasting and welcome dinner at our first home, the **Royal Continental Hotel in Naples**, looking out at the sea and Castel dell'Ovo.

### MONDAY, OCTOBER 17

Get oriented on our **historical and cultural walking tour** of Naples. Enjoy free time for lunch and shopping, before our **cooking class with the Chefs**

### TUESDAY, OCTOBER 18

Today we'll get to know some of the region's signature ingredients, with a **winery tour** and a visit with a **producer of San Marzano tomatoes**. We'll stop for lunch in the town of Gragnano, known throughout the world for its **pasta**—Oro di Gragnano, **the Gold of Gragnano**. You're free tonight to explore Naples!

### WEDNESDAY, OCTOBER 19

We'll have a guided tour of **Pompeii**, before arriving at our next hotel, the **Parco dei Principi** in Sorrento. For dinner, we'll have a **seafood cooking class** with the chefs.

## And so much more!



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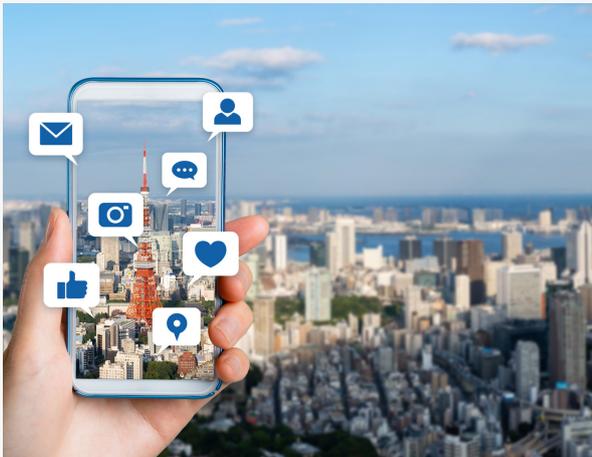
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# STAY CONNECTED

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## ABOUT THE OLDWAYS CULINARIA PROGRAM

Culinary travel tours to feed your soul, nourish your mind, and delight your palate. Our tour groups travel with acclaimed chefs, and include carefully curated week-long itineraries. Learn more at [OldwaysPT.org/Travel](https://OldwaysPT.org/Travel) 



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