



Spend a week on a culinary adventure in Sicily with Oldways and Chef Jamie Adams of Il Giallo Restaurant

May 3-10, 2020

Palermo • Agrigento • Ortigia

***FOR BOOKING FLIGHTS: Fly into Palermo (PMO), fly out of Catania Airport (CTA)**

Sunday, May 3: Benvenuto

All day

Arrival in Palermo and check-in at the Grand Hotel Wagner

Take time to unpack, rest and take a walk around Palermo. The hotel is close to the historical center of Palermo.

6:30 pm

Welcome, a Sicilian Wine Tasting, and a Welcome Dinner

We'll meet at the hotel for an introduction to the week and a wine tasting of the wines of Sicily. You'll have time to meet and talk with your fellow travelers, and as the group gathers, we'll have an introductory session with Jamie Adams and Sara Baer-Sinnott. Wines from Sicily will take over and give us an introduction to the wines of Sicily, including a tasting of both white and red wines from Sicily. After our tasting we'll enjoy our first Sicilian dinner.

Monday, May 4: Tradition

7:00 am

Breakfast Buffet

9:30 am

Introduction to Palermo: a walking tour

To start our tour, we'll take a bus to Palermo's Cathedral and work our way back through Palermo's city and winding streets. Our guide, Lilly, will take us inside the Cathedral for a visit, and then lead us back through the historical center.

1:00-3:00 pm

Lunch at Corona Trattoria with presentation by cookbook author and culinary historian Mary Taylor Simeti

We have a double treat in store: a great lunch (Corona Trattoria was named Best Trattoria in Sicily 2018) and time spent with cookbook author and culinary historian extraordinaire, Mary Taylor Simeti. Chef Giovanni Corona has prepared a special lunch for us (he's usually closed on Mondays) and Mary will circulate during our lunch, talking about Sicily's culinary heritage.

Afternoon

Free time or Siesta



Evening You'll have time after lunch to take a nap, a walk, or head out to explore Palermo on your own. In the evening, we'll enjoy a Sicilian pizza dinner.

Tuesday, May 5: Wine & Cooking

7:00 am Breakfast Buffet

7:30 am A Day of Wine and Cooking

We'll leave the hotel for a drive to the spectacularly beautiful wine estate.

10:00 am Wine Tour and Tasting

We'll start with a tour of the wine estate, and conclude with a wine tasting in their beautiful tasting room. We'll then move onto a Cooking School for a lesson and lunch.

12:00 pm Cooking Class and Lunch

We'll immerse ourselves in typical Sicilian food traditions with a cooking class by Chef Jamie Adams. We'll then enjoy a lunch of the dishes featured in the cooking class.

Late afternoon Return to Palermo and Free Evening

After a long day, we've scheduled a free evening for time on your own.

Evening Free evening – dinner on your own

Wednesday, May 6: Art and Culture

7:00 am Breakfast Buffet

9:45 am Palermo Street Food Tour

We'll leave the hotel lobby to meet our Street Food guides at 10 am at Teatro Massimo. We'll divide into four groups (each with its own guide) for the three-hour tour, sampling *panelle* (chickpea fritters), *cazzilli* (potato croquette), *arancina* (rice ball), *sfincione* (pizza tomato), and *pani ca meusa* (tripe roll). All four groups will reconvene at the Bar in Vucciria for a group toast and will move to the Cafè Lucchese in Piazza San Domenico for cannolo. (NOTE: This is lunch!)

2:30 pm Guided Tour of the Cathedral of Monreale

We'll have time to briefly rest before leaving from the hotel for our guided tour of the Cathedral of Monreale, known for its spectacular mosaics.



Evening **Early dinner in Palermo**
With a long day ahead on Thursday, we'll have an early (and not too long or large) dinner close to the hotel.

Thursday, May 7: Agrigento

7:00 am **Breakfast Buffet**

8:00 am **Check out of the hotel and Departure for Agrigento**

10:30 am **Guided tour of Agrigento – the Valley of the Temples**
We'll divide into two smaller groups, each with a guide, to tour the spectacular UNESCO World Heritage site, Agrigento. As described by UNESCO, founded as a Greek colony in the 6th century BCm Agrigento became one of the leading cities in the Mediterranean world. Its supremacy and pride are demonstrated by the remains of the magnificent Doric temples that dominate the ancient town, much of which still lies intact under today's fields and orchards.

1:00 pm **Lunch at Kolymberta Garden and an Olive Oil Tasting**
We have the incredibly wonderful luck of having our lunch at Koluymberta Garden, the Valley of the Temple's Hidden Garden. It is also an archaeological site, which had been abandoned for many years until restored by FAI (Fondo Ambiente Italiano – Italy's National Trust). With five areas – citrus, almond-olive grove, scrubland, riparian vegetation, and rocky vegetation, the garden was opened to the public in 2001. We will also have an olive oil tasting of Olio Taibi!

Late Afternoon Depart for Ortigia/Siracusa and check-in at our hotel – Antico Hotel Roma
Settle back in your seat on the bus and take a post-lunch nap as we drive east toward Siracusa and our next home-away-from-home, Ortigia.

Evening **Free evening in Ortigia**
With a long day, we've left the evening free for a night on the town, room service, or just sleep. You'll find a list of Ortigia restaurants in the program book.

Friday, May 8: Markets and Cooking!

7:00 am **Breakfast Buffet**



10:00 am **Visit to Ortigia Market**
We'll have the very special treat of Chef Maurizio Moceo of Macallè Sicilian Bistrot leading us through the Ortigia Market. In addition to visiting Maurizio's favorite vendors of fish, herbs, nuts, vegetables, we'll have a special cheese tasting at the famous Caseificio Borderi.

12:00 pm **Cooking Demo and Lunch at Macallè by Chef Jamie Adams**
We will be treated to a cooking demonstration by Chef Jamie. We hope you'll be inspired to cook these dishes when you return home. We'll enjoy them for lunch today at Maurizio's restaurant, Macallè Sicilian Bistrot.

Afternoon **Free time in Siracusa**
You'll have time on your own to shop, exercise, rest, or explore the magical island of Ortigia.

Dinner: **Traditional Sicilian dinner at Ristorante Veliero in Ortigia**
Fish is featured on tonight's menu at Ristorante Veliero.

Saturday, May 9: **Options!**

7:00 am **Breakfast Buffet**

Morning **Participants attend the tour chosen previously:**

Visit to Terre di Noto or Planeta winery
Enjoy a tour and a tasting at Terre di Noto or Planeta winery, wineries about one hour from Ortigia. We'll have tastings of typical Sicilian products, accompanied by a tasting of wines.

Visit to Modica
With our guide, Maria, we'll visit the cultural sites of Modica, with special attention to chocolate making. After visiting the brick and mortar cultural highlights of Modica, we'll visit Bonajuto, a chocolate maker in Modica. We'll get a historical introduction of the Sicilian chocolate, an explanation of its distinctive techniques and we'll go into the laboratory to participate in the "beating" stage of chocolate. We'll end with a tasting of chocolate followed by lunch next door at Vico dei Santi.

Guided tour of Ancient Siracusa and Medieval Ortigia



Lilly will guide us through highlights of Ancient Siracusa, including the Temple of Apollo, the Greek Theatre (Teatro Greco) and Ampitheatre. We'll then return to Ortigia for a guided tour of the medieval highlights of this island, concluding with a great lunch.

Free time on own

Feel like you need a day on your own to shop, sightsee or shop? This is the option for you.

Afternoon

Free afternoon

You'll have some free time to buy last minute treasures or pack for your trip back home.

8:00 pm

Farewell dinner at Macallè Sicilian Bistrot

Although we spent time at Macallè for Jamie's cooking class, we knew we wanted you to experience Chef Maurizio's traditional Sicilian cooking with a modern twist! A perfect end to a perfect week!

Sunday, May 10: Departure from Catania Airport