



**The International FarmerChefs Association
“Lucio Polegri” APS**

**In cooperation with Casale Polegri s.s.,
Farm, Winery and Cooking School
and
FarmerChef Lorenzo Polegri**

Present:

GRAND TOUR OF NORTHERN ITALY – PART 1 EMILIA ROMAGNA AND LOMBARDY



DAY 1– Bologna Airport

Arrival at Bologna Airport– (morning)

12:00 pm Transfer to the Hotel

1:00 pm Check-in at the Hotel and lunch

3:00/5:00 pm

Walking tour of Bologna and its lively atmosphere. *A journey in the discovery of one of the capitals of Italian gastronomy, among culinary excellence and tasting experiences. In the heart of Bologna's historical center lies an artisan, trade and commerce tradition dating back to the Middle Ages. Leaving behind the elegant Piazza Maggiore, one enters the narrow and fragrant alleys of the ancient market of medieval origin and in this area there are plenty of artisan shops where, often, families have handed down the craft from generation to generation.*

7:00 pm

Dinner in Bologna

Night in Bologna

DAY 2 – Bologna

8:00 am Breakfast in the Hotel

9:30 am/ 1:00 pm

WALKING TOUR OF THE MARKET and COOKING CLASS with the masters of pasta:
Tortellini, Tortelloni and Tagliatelle!!!

1:00 pm

Lunch at the school

3:00 pm/7 pm

FREE TIME FOR SHOPPING

7:30 pm

Dinner in Bologna

Night in Bologna



DAY 3 - Bologna and Modena

8:00 am Breakfast in the Hotel

9:00 am/12:00 pm

Visit to the Ferrari Museum in Modena



1:00 pm/2:30 pm

Lunch

3:00 pm/4:30 pm

Visit to Acetaia Giusti in Modena, the oldest Balsamic Vinegar producer in Italy, since 1605!!! Workshop, tasting and Museum. *Since the seventeenth century, the Giusti family has been producing Balsamic Vinegar, passing down a recipe that creates a complex harmony of flavors and a product of excellence, appreciated all over the world. Creating an exceptional balsamic vinegar depends on the competence,*

experience, attention to detail and the lengthy period of aging. Proud of a know-how which has been refined over its 400 year family history.



5:00 pm/6:00 pm Trip to Parma

6:00 pm Check-in at the Hotel

7:00 pm Dinner in Parma

Night in Parma

DAY 4 - Parma

8:00 am Breakfast in the Hotel

9:00 am/11:30 am **Workshop at Caseificio Paverazzi, the best Parmigiano Reggiano producer in Parma.** *In the Middle Ages the Benedictine and Cistercian monks, committed to finding a cheese that could last long, were the first producers: using salt and the milk of the cows bred in the farms belonging to the monasteries, the monks obtained a dry paste cheese in large wheels suitable for long preservation. In the 17th century the need to protect the product on the market from other similar cheese led the Duke of Parma Ranuccio I Farnese to make the designation of origin official with a deed dated 7 August 1612. The deed defined the places from which the cheese called “from Parma” should come: this date marks the beginning of the history of the Designation of Origin, which is now acknowledged at a European level. Over the centuries, Parmigiano Reggiano has not changed its production method: today as in the Middle Ages, the product is made in a natural way without additives.*

12:00 pm/1:00 pm **Worshop at Canetti producer of the famous Prosciutto di Parma.** *In Parma, making prosciutto is part of an age-old tradition passed on from generation to generation and many of the methods used thousands of years ago have remained the same. Prosciutto di Parma was born in the ancient Roman times when Cato the “Censor” first mentioned the extraordinary flavor of the air-cured ham made around the town of Parma in Italy. At the time, the legs were left to dry, greased with a little oil and aged without spoiling, leading to a tasty meat with a pleasant flavor. The rolling hills around Parma create an ideal environment that includes the Apennine Mountains, which offer crisp breezes that flow from the Tyrrhenian Sea and a distinct microclimate that gives Prosciutto di Parma its uniquely sweet flavor.*

1:00 pm Lunch

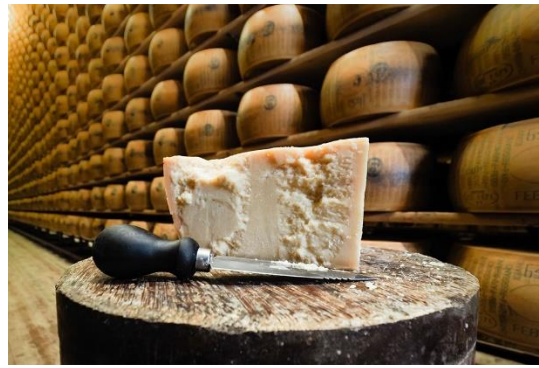
3:00 pm/7:00 pm Free time for exploring Parma

7:00 pm Dinner in Parma

Night in Parma



(Prosciutto di Parma)



(Parmigiano Reggiano)

DAY 5 - Franciacorta and Lake of Como

8:00 am Breakfast in the Hotel

10:30 am/12:00 pm **Franciacorta Winery Ca' Del Bosco, visit and tasting.** *A magical territory with a wine culture spanning more than a millennium. When you start speaking about Franciacorta, an area known for its high-quality sparkling wine, it is first necessary to look at the origin of its strange name. It is worth correcting a common misconception that the word Franciacorta is somehow connected with France. It isn't. The name Franciacorta appears for the first time in 1277. It derives from the Italian "corti franche," which were medieval villages exempt from tax or levies. Nowadays it's famous for its DOCG sparkling wines.*

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| 1:00 pm | Lunch |
| 2:00 pm/4:00 pm | Trip to Bellagio (Lake of Como) |
| 4:00 pm | Check-in at the Hotel |
| 4:30 pm/7:00 pm | Free time for exploring Bellagio |
| 7:00 pm | Dinner in Bellagio |
| Night in Bellagio | |



DAY 6 - Lake of Como

8:00 am Breakfast in the Hotel

10:30 am/12:00 pm Tour of the Lake of Como.

1:00 pm Lunch

2:00 pm/4:00 pm Trip to Lecco (Pasturo)

4:00 pm/6:00 pm **Visit and workshop at Carozzi cheese factory and tasting the famous Italian Blue Cheese (Gorgonzola).** *Gorgonzola is an uncooked, straw-white cheese whose green streaks are due to the process of marbling, that is, the formation of mold. Gorgonzola is a very old cheese; some claim that it was first made, in the town of the same name on the outskirts of Milan, in the year 879.*

7:30 pm Check-in at the Hotel in Milan

8:00 pm Dinner in Milan

Night in Milan



(Lake of Como)



(Gorgonzola Cheese)

DAY 7 - Milan

8:30 am Breakfast in the Hotel

10:00 am/2:00 pm **COOKING CLASS Explore the products and recipes from Lombardy...Lunch at the school**

4:00 pm/6:00 pm **Walking tour of Milan. Guided tour of the Duomo**

7 pm **Panettone tasting and aperitivo at Massari, the most famous pastry shop in Milan.**

8:00 pm Dinner in Milan

Night in Milan



(Milan)



(Cooking Class)

Day 8 Milan Airport

Morning transfer to Milan Airport, see you guys soon! Ciao Italia!!!!



Ada and Lorenzo, your pilots, guides, chefs, historians, wine companions and travel inspirers