



EAT local – Cookery & Crafts

An example of a culinary journey at the discovery of local tastes and traditional recipes, in the beautiful setting of the "macchia mediterranea" (Mediterranean scrub)

Highlights: typical local cuisine lessons, Italian warmth and hospitality, personal assistance with multilingual guide.

- Departure in the morning. Start your day with a typical Italian style breakfast in a local cafe (cappuccino and cornetto or granita)
- Meet our chef, who will lead us to the local fruit and vegetable markets. Our chef will help you choose the best local products for your dishes that day
- Cooking class, techniques and secrets of typical local cuisine.
- Lunch all together, enjoying your own dish, coffee relax and chat under the shade of an olive tree
- Visit in the surroundings
- Return in the evening

Duration: full day

Type of itinerary: guided workshop

Departure and arrival: Bari e/o Brindisi

Transport: private car/minivan

Languages: Italian, English



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