



Living in Italy

Indulge the *Dolce Vita* of
Tuscan Cooking

TUSCAN CULINARY ENRICHMENT TRACK

alumniacademy.yale.edu/siena25

If you love Italian food and long to explore the flavors of this sun-drenched landscape, here is your opportunity to indulge the *dolce vita* of Tuscan cooking. The Tuscan Culinary Enrichment Track opens the *cucina* doors to you with sessions that meet twice a week exclusively for our Yale Alumni Academy group. This is the perfect enhancement to your *Living in Siena* program if you're looking to visit local markets, savor new vintages of locally produced Tuscan wines, and delight in "homework," that will bring your own kitchen in Siena to life.

Once each week, you'll venture to a local cooking school where we've designed a customized program just for you. Weekly classes with expert chefs will be hosted in Italian with English interpretation provided. Faculty will offer lessons in preparing traditional Tuscan meals complete with appetizers, fresh pasta dishes, meats, and desserts. You'll dive into the art of handmade pasta and learn to choose wines that bring out the vibrant flavors of your dishes. Menus for this private experience will be composed of locally sourced, seasonal ingredients, and as your lessons progress, you'll come to understand the history and heritage of this remarkable culinary tradition. Dine together with your classmates and enjoy the delectable flavors of your new discoveries.

Further enhancing this track is a second set of weekly sessions with a local Sienese cook who invite you to their own home for food, local wines, and *conversazione*. In small groups, you'll visit specially chosen English speaking hosts, and experience what it's like to prepare a meal inspired by generations of family history. Unlock the secrets of their kitchens for recipes and techniques that will reinvigorate your culinary repertoire.

This program promises Tuscan tastes that will linger on your palate long after you've returned home to your own kitchen.

Sessions:

Mondays: 2:00pm - 5:00pm*

Fridays: 2:00pm - 5:00pm*

During the final week of the program, sessions will meet Monday and Wednesday. Note that gluten-free options for this track are, unfortunately, unavailable.

**Times and dates are subject to minor changes to accommodate scheduling updates.*

Suggested Reading List:

The Food of Italy by Waverly Root

Science in the Kitchen and the Art of Eating Well by Pellegrino Artusi

Chewing the Fat - An Oral History of Italian Food from Fascism to Dolce Vita by Karima Moyer-Nocchi



Pricing

\$500 per person