



**Nelly Capra invites you to participate in
An Adventure into the Italian Art of Living
September 16-22 2010**



Nelly Capra invites you to join one-of-a-kind culinary tour in her father's native village, Mombaruzzo, in the world famous Italian wine country. Piemonte, located in the northwestern corner of the Italian peninsula, is the region where best wines of Italy are manufactured and where the Slow Food (now global) movement found its inspiration and its beginnings.

During our week together we will visit several wineries and taste the renowned local wines Barbera, Dolcetto, Freisa, Cortese, Moscato. This area is also famous for its white truffles, porcini mushrooms and the delicacy of its gastronomy both sweet and savory. Piemontese cuisine features an infinite variety of appetizers, fresh and stuffed pastas, the best meats, gorgeous vegetables, interesting cheeses and desserts that were invented for kings. We will tour local cheese factories, learn the secrets of amaretti cookies (for which Mombaruzzo is famous), tour Grappa Berta distillation plant, and visit the charming city of Acqui Terme, famous for its "Boiling Waters" and spas. Following our week in the wine country, an optional 3-day visit to Cinqueterre, the Ligurian coast and Genova is offered. This offer is open also to non-participants of the Piemonte portion of the tour.

In three hands-on cooking classes, lead by chef, instructor and culinary artist Nelly Capra, you will learn the secrets and techniques of combining local ingredients to create the region's gastronomical delights and savor meals that will satisfy your palate and soul..



From water to wine

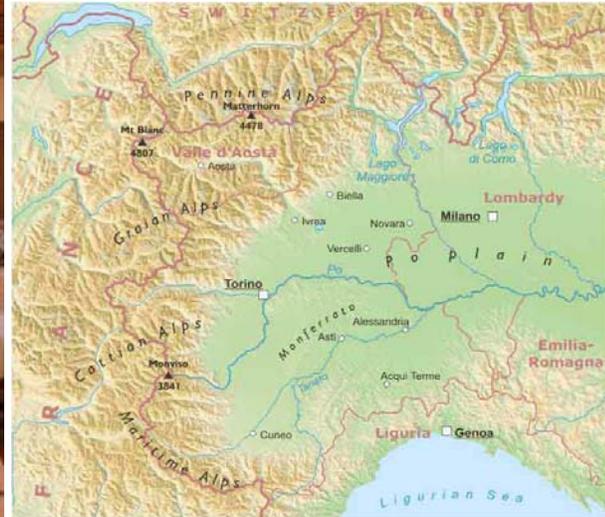
The inquiry into the roots of the feminine that was started last fall in Nelly's mother's region Molise (famous for its mineral water) continues and evolves into the discovery of the masculine energy associated with the fruit of the vines. Through appreciation of the local art, architecture and territory we will explore the relationship between the mysterious geological forces of the area that are active below the ground and what is built and grown at the surface. We will learn how those forces affect us and why ancient temples and churches (some of which we will visit) were built near sources of water, the same water that nourishes the long roots of the grapevine and is transformed into wine and spirit.



We will stay in an ancient farm house, beautifully restored and transformed into a charming agriturismo, I Vigneti del Mandorlo, in the middle of the vineyard-covered rolling hills, a short walk from the center of Mombaruzzo.

There you will meet Nelly's friends and family and directly experience the openness and generosity that the people of this region are noted for..

Through your experiences in the kitchen,, the exploration of the flavors and the spirit of the area and through getting to know the people you will come home to new perspectives and with a sense of being part of an extended Italian family.



Dates: 9/16 - 9/22, 2010

Price: \$ 2,150 (based on the current dollar/euro exchange rate.) for registration within 6/30. After 6/30: \$ 2,400.

Deposit: \$ 500

PROGRAM INCLUDES:

Local touring of the mains sites

Accommodations: 6 nights in charming Agriturismo I Vigneti del Mandorlo. All rooms have private bath. Double occupancy.

Breakfast and dinner (or lunch)

Three dinners will be hands-on cooking classes with chef Nelly.

Additional tour of GENOVA/CINQUETERRE//LIGURIA COAST

This tour can be joined also by non participants in the Piemonte tour and can be customized by adding more days/itineraries.

Dates: 9/22 - 9/24: 3 days/2 nights visit to Genova, coastal towns and Cinqueterre (**Program includes** 2 nights accommodation, breakfast and dinner or lunch and a cooking demonstration at Nelly's former shop Antica Sciamadda): \$ 850 (\$ 950 after 6/30)..

More information/cancellation policy at www.ornellacucinaitaliana.com.

To reserve your space: call Nelly at (650) 964-4265 or send email at

ornella@ornellacucinaitaliana.com.

Reserve now, space is limited to 12 participants.

A suggested reading list will be sent upon receipt of deposit..

