



Southern Adriatic Food Adventures with Paola Bacchia 1th – 7th May 2020

This is a beautiful gastronomic discovery through the region of Puglia, Italy, which lies in the heel of the boot, along the sun-drenched Adriatic Sea. Puglia offers access to the freshest seafood, crowd-free open spaces, irresistible desserts and pastries, distinct wines, and the 50 million olive trees that make Puglia the world's leading producer of olive oil. Come to Puglia and hear the voices of the past call out over the *trulli* houses...we promise, once you discover it, Puglia will leave a lasting impression.



Paola Bacchia

Paola's family originate from Veneto and Venezia Giulia in North Eastern Italy. Based in Melbourne, Australia her love of Italy has led her to embrace the growing, making and sharing of food through the culture that her parents gave her. Paola returns to Italy every year to explore the food and culture, visiting friends and spending time with her extended family, sharing meals, talking and hearing stories of days long gone. Her blog 'Italy on My Mind' showcases these experiences with outstanding photography taken by Paola herself. In 2016 Paola's book Italian Street Food was published and her new book "Adriatico", which features a few chapters on Pugliese cooking came out in 2018. Paola's greatest passion is to inspire others through her love of food, photography and storytelling

Fri 1 May: Welcome to Puglia

Our adventures starts at the beautiful Masseria Montelauro, a restored farmhouse in the typical style of Salento. We recommend you book your flight into Brindisi Airport (about 1 hour's drive). Our group will meet for drinks and an orientation to kick-off the week, followed by a delicious first dinner featuring local seasonal produce. Welcome to Puglia!

Overnight: Masseria Montelauro (D)

Sat 2 May: The Coastal Day

This morning we are heading south, to Santa Maria di Leuca, the very tip of Italy's heel. En route we will also stop at a cheese-maker for an experience in the fresh cheeses of the area such as ricotta. Known in Roman times as Finibus Terrae, Santa Maria di Leuca really is land's end. On certain days you can even see a line in the water where the Adriatic meets the Ionian Sea and the shores of not-so-distant Albania! Learn about the ancient fishing traditions of the town as we walk along the pier and enjoy a typical seafood lunch. This evening we will head into Otranto, just a few miles from our hotel. This historic town has a distinctly Byzantine feel and is lapped by crystal clear sea waters. We'll stroll by the imposing castle and cathedral. You are free for dinner at one of the town's many restaurants.

Overnight: Masseria Montelauro (B, L)



Sun 3 May: The Pasta & Nonnas Day

Can you think of a better setting for a pasta-making class than in the kitchen of a private castle? In this incredible property, that has been in the same family for over 70 years, we will meet the local cooking ladies who will be delighted to share their culinary secrets with you. The town in which the castle is located seems to be have frozen in time and even speaks a dialect more similar to Ancient Greek than Italian. If you have any room left, we'll enjoy a light dinner at the hotel this evening!

Overnight: Masseria Montelauro (B, L, D)



Mon 4 May: The Vineyard Day

We leave Masseria Montelauro this morning and head north. En route we visit the astonishing city of Lecce, full of baroque palaces and ornate churches. Our guide will share the best treasures of the city with us, including the some lovely artisan boutiques and a signature pastry a "pasticiotto leccese" filled with a delicious custard. You are free for lunch before we head for one of Puglia's leading wineries. We will stroll around the vineyards and enjoy a tasting! Next we transfer to your second lodging, a tasteful working estate, Masseria Montenapoleone. Dinner at the hotel

Overnight: Masseria Montenapoleone (B, D)



Tues 5 May: The Olive Oil Day

This morning you will discover the passion that the owners of Masseria Montenapoleone have for organic farming and indigenous crops, fruits and vegetables. Giuliano will take us on a foraging tour of the estate and then conclude our visit with a hands-on cooking lesson in the country kitchen. In the afternoon you will be treated to a visit of one of the world's most exceptional olive oil estates. Featuring majestic trees dating back to Roman times, and a fascinating underground mill, this is a truly unique experience. Of course you get to taste the olive oil too! Following the visit we take a walk around the famous White Citadel of Ostuni where you are free for dinner.

Overnight: Masseria Montenapoleone (B, L)



Wed 6 May: The Fishing Day

Head to the coast this morning and meet with Leonardo, our favourite local charismatic fisherman. Leonardo will welcome us aboard his genuine fishing boat for a morning of octopus fishing! A popular local delicacy, octopus has long been a staple of the Puglia culinary tradition. After a few hours on the water we will head to the famous cliff-top town of Polignano a Mare for a walk through the town (and some scenic photo spots) and then a seafood lunch. To finish off our memorable week, we'll enjoy a final gala dinner in a special setting at the hotel.

Overnight: Masseria Montenapoleone (B, L, D)

Thurs 7 May

Departure (B)



PRICE PER PERSON

€3249 Based on double occupancy

€699 Single Supplement

What's Included

3 nights lodging at Masseria Montelauro

3 nights lodging at Masseria Montenapoleone

6 breakfasts

4 lunches

4 dinners

Expert local guides and hosts

Private transportation for all activities

Pasta making and cooking at a private castle

A visit to Santa Maria di Leuca – the tip of the heel of the boot!

Visit to a local dairy farm for an insider's look at burrata / mozzarella making

Visit to a prestigious local winery with tasting

Cooking class at the organic estate of Masseria Montenapoleone

Olive oil experience at a locally-owned Roman Olive Oil estate

Boat experience with a local fisherman

Visit to the towns of Otranto, Lecce, Ostuni, Monopoli & Polignano a Mare

Your Lodging

MASSERIA MONTELAURO

The culmination of "Salento Chic", this intimate masseria captures all the magical ingredients of Puglia's southern-most province. White stone, a shimmering blue swimming pool, simple but tasteful décor, friendly staff and home-cooked meals combine in this beautiful ambience. Located just 4km from the Byzantine city of Otranto, the hotel provides a great base for exploring the area, from the beaches of both coasts, to Baroque Lecce and Gallipoli.



MASSERIA MONTENAPOLEONE,

Masseria Montenapoleone, is a beautifully restored farmhouse in the very heart of Puglia. What makes this place stand out from other lodgings is how the owners have lovingly restored every detail to maintain harmony with the original architecture and above all with nature. The estate produces extra virgin olive oil and boasts many fruit trees and a garden brimming with vegetables. Guests are encouraged to explore the grounds and enjoy the abundance of fruits, flowers and vegetables grown and celebrated at the Masseria. Naturally breakfast each morning is made with produce from the estate and includes such delicious treats as house-made preserves and freshly baked cakes. The rooms are individually decorated and feature wooden beams, original antique floors and country-style furnishings.

