



## SPEAK AND COOK WITH MAMMA

**Experience duration:** full day (10 a.m. – 9 p.m.) or half day (4 p.m. – 9 p.m.)

*Learn and speak Italian while preparing the traditional Italian and regional food. You will cook and taste a wide range of local organic food and live a great experience of one of the key elements of the Italian culture. You will live a hands-on cooking lesson, held by a typical Italian “Mamma” and you will have dinner in a friendly and familiar atmosphere!*

### Programme (half day):

- Hands-on cooking lesson, held by a real Italian “Mamma” preparing some traditional dishes like pizza, olive all’ascolana, tagliatelle and a surprise dessert
- Introduction to the Italian language about Italian food traditions and regional delicacies and vocabulary of the kitchen, the name of ingredients and traditional dishes.
- Dinner together with the teacher and the Italian family, enjoying the friendly and convivial atmosphere while speaking Italian.

### Programme (full day):

- Morning - Tour of the old town of **Grottammare** and shopping at the local food market with the teacher, discovering the typical gastronomy of Le Marche
- Street food lunch or aperitif in a local restaurant or café.
- Afternoon – Introduction to the Italian language about Italian food traditions and regional delicacies and vocabulary of the kitchen, the name of ingredients and traditional dishes.
- Cooking lesson, held by a real Italian “Mamma” preparing traditional dishes like pizza, olive all’ascolana, tagliatelle and a surprise dessert.
- Dinner together with the teacher and the Italian family, enjoying the friendly and convivial atmosphere while speaking Italian.

The programme and the menu can vary according to the season or upon request. Please advise any possible intolerances, food allergies or dietary habits.

