

Cooking And Wine Tour In A Castle In Puglia Italy



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Join Stile Mediterraneo Cooking School Italy on a cooking and wine tour in a castle Puglia Italy. This tour runs from October 2 to October 9, 2010.

This tour includes cooking classes, wine tours, market tours and visits to the best places in Puglia.

Accommodation and cooking classes are provided in a beautiful 16th century castle with a swimmingpool in Puglia Italy.

It is a unique opportunity to visit Puglia (one of the top destinations in Italy) with local people, who speak fluent English. Stile Mediterraneo Cooking School focuses on providing first class services: from very select restaurants and accommodation, to excellent wines and very personal attention provided to all guests.

About the Cooking Classes:
Cookery classes are truly hands on and for small groups so to give personal attention to everybody.

Cooking classes are in English and given by two teachers native to Puglia, who speak fluent English. Classes feature the preparation of traditional dishes from Puglia with a focus on the health benefits of the Mediterranean cuisine of Puglia (one teacher is also a Cardiologist).

The cuisine of Puglia is truly Mediterranean and home made, based on lots of vegetables, fresh pasta, seafood, legumes and extra virgin olive oil.

About the Culinary tour

The one week culinary tour includes visits to the best markets where you meet the farmers and learn about the local cuisine and recipes. Also you will visit beautiful wineries and taste some of the best wines from Puglia Italy with a sommelier. The tour includes visits to some of the most beautiful places in Puglia Italy. Puglia has beautiful beaches and sea water and lots of beautiful historical centers and medieval towns.

For more information about itinerary and prices please contact Stile Mediterraneo

Cooking School via email: info.stile@gmail.com or visit the website: <http://www.italycookingcourses.com> tel: 0039 348 451 4324

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