



# arianna&friends

the most authentic tours in Tuscany

## TYPICAL TUSCAN COOKING CLASSES



**Arianna & Friends – The most authentic tours in Tuscany** Via Salaiola 50/10 & 50/11, 56030, La Rosa - Terricciola (PI) ITALY [www.ariannandfriends.com](http://www.ariannandfriends.com)  
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## COMMUNITY TOURISM IN RURAL TUSCANY: EMBRACE, LEARN, AND CREATE LASTING MEMORIES

Dear Guests,

Allow us to provide you with a deeper understanding of who we are, our operational ethos, and, most importantly, why **choosing us is a distinctive experience**. Meet the faces behind Arianna & Friends: Arianna, Massimo, and our cherished companions Consuelo, Luca, Moira, Anna, Yvonne and Davide.

What sets us apart from other tour operators is **our commitment to personal connection**. Our "Friends" include both collaborators and customers. When you book with us, you're not just a client; **you become our Tuscan friend**. To us, tourists are not mere visitors; they are embraced as friends, treated with the warmth reserved for dear companions when they explore our homeland. We take pride in **showcasing the beauty of our native land and crafting tailor-made itineraries for your Tuscan stay**.

Our tours and guided **visits to local farms, producers, and historical towns** are exclusively led by the internal staff of Arianna & Friends and selected collaborators who share our friendship. With us, you are not just getting guides; you are getting the **best – knowledgeable, passionate, enthusiastic, and fun story-tellers**. We firmly believe that **people make the difference in your tour experience. Don't you agree?**

Our relationships with local producers go beyond business; they are friendships cultivated through **shared passion and dedication**. You'll have the opportunity to meet them, delve into their lives, companies, choices, and philosophies. Our goal is to offer a **highly personalized and authentic experience, selecting destinations that make you feel at home while immersing you in every aspect of our culture**.

In addition to tours, we arrange **private chef services, cooking classes, private transportation**, small civil and symbolic **weddings, trekking, e-bike tours**, and special packages, such as the ones including **tickets to Teatro del Silenzio for Andrea Bocelli's annual event in Lajatico** and **vespa tours** and a visit to the nearby Piaggio/Vespa Museum.

Operating in the **"Terre di Pisa" region**, we present a unique facet of the Tuscan countryside. **In this small area, you'll discover a diverse range of captivating and typical Tuscan tours within a few kilometers**. This distinct feature enables us to **support local farms and offer day tours designed for visitors seeking an authentic experience, away from mainstream mass tourism**.

Our goal is for you to feel part of a community, to grasp the various facets of our culture, and to become friends whom you can reconnect with whenever you return to our beautiful region. **Let us assist you in creating memories that will last a lifetime**. As one of our guests rightly put it: **"With Arianna & Friends, you arrive as a friend and leave as family!"**



Choose your favorite authentic cooking class in Tuscany

- **Private cooking class at Rita's farm**

Location: Montefoscoli

- Typical traditional menu
- Pasta menu
- Pizza menu
- Truffle menu
- Pastry and sweets
- Combine the class with a truffle hunt
- Combine the class with an Italian language lesson
- Combine the class with an olive oil tour

- **Shared cooking class at Rita's farm**

- Pasta & Pizza menu
- Typical traditional menu

Location: Montefoscoli

- **Private cooking class at local wineries**

Location: Terricciola or San Miniato



## B. PRIVATE COOKING CLASS AT RITA'S FARM & MINERVA TEMPLE

Step into the charming world of Rita's farm in Montefoscoli, a rustic heaven that boasts a rich history spanning two centuries. The farm, a living testament to the bygone era, welcomes you with open arms. **Here, amidst free-roaming chickens, donkeys, and other farm companions**, you'll be treated to a **panoramic spectacle of the enchanting Tuscan hills**, with the picturesque town of Peccioli in clear view.

All our exclusive cooking classes offer more than just culinary delights – they include a visit to a **hidden gem, the XIX century Minerva Temple**. This historical site shares tales of noble families, poets, scientists, and even a connection to the fascinating world of Frankenstein!

Nestled within Rita's farm is "My Tuscan Kitchen," the ideal setting for preparing traditional recipes in a **bucolic atmosphere**. Families with young children are especially welcome. **Our delightful local cooks and English-speaking staff are ready to guide you through the creation of Tuscany's most cherished dishes**, using **Rita's own wines and olive oil**. And, of course, enjoy the experience with our signature **unlimited wine** offering.

What we provide is more than a cooking class – it's a complete immersion into our culture, traditions, and way of life. Our goal is to make you feel like part of the family as you cook alongside us. Choose from a list of dishes we offer, and embrace the personable, educational, and, above all, fun atmosphere.

*Our courses vary in duration, lasting between 2 to 4 hours, depending on the menu and your leisurely enjoyment.*  
Available every day upon request

Select from the following exciting options:

- ✓ **2-3-4 Typical Tuscan Menu:** Choose 2, 3, or 4 dishes from the provided menu list. [CLICK HERE](#) to see the menu list.
- ✓ **Pasta Lab:** Dive into the world of pasta-making, preparing pappardelle, stuffed pasta like ravioli or gnocchi, accompanied by two delectable sauces.
- ✓ **Pizza Class:** Master the art of pizza-making, from dough to toppings, including focaccia and a sweet pizza.
- ✓ **Truffle Menu:** Indulge in a truffle-themed culinary adventure, crafting 1 antipasto, 2 main courses, and 1 dessert, all featuring truffle-based products and fresh seasonal truffles.

Your rate includes a private guide, exclusive kitchen use, all ingredients, a delectable lunch or dinner, a private chef, kitchen aprons, a booklet for notes, and, of course, unlimited wine. Immerse yourself in the magic of Tuscan cuisine and create unforgettable memories.

More info: <https://www.ariannandfriends.com/cooking-classes/cooking-on-farm-tuscany/>



## PRICES

### **B2. 2-course typical Tuscan menu**

or **B6. Pizza lab**

or **B7. Pasta class**

€ 450 for 2 people

**Additional person:**

€ 50 adult

€ 40 teen (12-17 years)

€ 30 child (4-11 years)

### **B3. 3-course typical Tuscan menu**

€ 490 for 2 people

**Additional person:**

€ 55 adult

€ 45 teen (12-17 years)

€ 35 child (4-11 years)

### **B4. 4-course typical Tuscan menu**

or **B8. Pasta & Pizza**

€ 530 for 2 people

**Additional person:**

€ 60 adult

€ 50 teen (12-17 years)

€ 40 child (4-11 years)

### **B9. Truffle menu**

€ 610 for 2 people

**Additional person:**

€ 70 adult

€ 50 teen (12-17 years)

€ 40 child (4-11 years)

From **October to end of December** we will use the **fresh winter white truffle** with a **surcharge** of € 35 per adult, € 25 per teen, € 20 per kid



## A. SMALL GROUP COOKING CLASSES AT RITA'S FARM

Immerse yourself in the **secrets of Italian cuisine, connect with locals, and forge new friendships** at Rita's farm. Our culinary school, My Tuscan Kitchen, offers two engaging hands-on shared classes:

### 1. Tuesday Classes - Typical Tuscan Recipes:

Every Tuesday, we delve into the world of typical Tuscan recipes. Using seasonal ingredients, we collaboratively craft a traditional Tuscan menu comprising 3 or 4 courses, depending on the freshest available produce.

### 2. Thursday Classes - Fresh Pasta and Pizza:

On Thursdays, our focus shifts to the art of fresh pasta and pizza-making. Weather permitting, we utilize the farm's wood-burning oven for pizza baking. Learn the art of crafting the perfect pasta dough, a delectable pasta sauce, and master the intricacies of pizza dough, focaccia, pizzas, and even sweet pizza!

Meet Rita, her wonderful family, and the charming farm animals, including hens and donkeys. Share this culinary adventure with guests from around the globe, **creating a rich tapestry of cultural exchange**. Discover the history, culture, and traditions of our land as you prepare and savor delicious meals together. Food is not just sustenance; it's a cultural experience, and as you master recipes, you'll gain insights into the history of Tuscany and Italy.

**The ambiance at Rita's farm is inviting, laid-back, and familial.** Everyone is encouraged to actively participate in the cooking process, fostering a sense of togetherness akin to a family kitchen. For those who prefer not to cook, no worries – enjoy the explanations, wines, and delightful company while anticipating the delicious meal.

Have burning questions about Italian culinary mysteries? We've got you covered:

*Who invented Tiramisu, and what does the word mean?*

*What do the colors of the Margherita pizza symbolize, and who crafted the world's first pizza?*

*How do you determine when pasta is al dente, and is throwing it at the wall a valid method?*

**This experience promises not only culinary education but also a joyful, interactive adventure suitable for the whole family. Join us for a delightful blend of fun and learning! 😊**

More info:

<https://www.ariannandfriends.com/cooking-classes/my-tuscan-kitchen/>

## A1. TYPICAL TUSCAN MENU 2024

- From January 2<sup>nd</sup> to 29<sup>th</sup> October class starts at 3:30 pm
- July 16<sup>th</sup>, 18<sup>th</sup> and 20<sup>th</sup> special Bocelli week typical cooking class: class starts at 3:30 pm \*
- November 5<sup>th</sup> and 19<sup>th</sup> special truffle cooking class, starts at 10:00 am \*
- November 12<sup>th</sup> and 26<sup>th</sup>: class starts at 3:30 pm
- December 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> class starts at 10:00 am
- December 20<sup>th</sup> and 27<sup>th</sup>: special Christmas cooking class, starts at 3:30 pm \* (Friday)
- Not available on February 13<sup>th</sup>, December 24<sup>th</sup> and 31<sup>st</sup>

## A2. PASTA & PIZZA 2024

- From April 18<sup>th</sup> to May 30<sup>th</sup>: class starts at 10:00 am
- From June 6<sup>th</sup> to September 12<sup>th</sup>: class starts at 3:30 pm
- From September 19<sup>th</sup> to October 24<sup>th</sup>: class starts at 10:00 am
- Not available on July 18<sup>th</sup> and August 15<sup>th</sup>

### Prices \*:

Adult: **90 Euro**

Teens (12-17 years): **65 Euro**

Kids (4-11 years): **35 Euro**

Younger kids are welcome and free of charge

\*Different rate for the special dates. See below

### **AX.** Special dates

**Valentine's day** romantic cooking class with dinner,  
*Wednesday 14 February at 3:30 pm, € 100/adult*

**Andrea Bocelli** week cooking class with Bocelli wines, *Tue. 16, Thu. 18, Sat. 20 July at 3:30 pm, € 100/person*

**Halloween masquerade** cooking class, *Thursday 31 October at 3:30 pm, € 100/adult, € 75/teen, €40/kid*

**Truffle** cooking class with lunch, *Tuesday 5 and 19 November at 10:00 am, € 125/adult, € 90/teen, €50/kid*

**Christmas** cooking class with dinner, *Friday 20<sup>th</sup> and 27<sup>th</sup> December at 3:30 pm, € 110/adult, €80/teen, €45/kid*

The menu for our shared classes is curated by our experienced staff. To ensure everyone's enjoyment, please inform us in advance of any food restrictions or allergies. Unfortunately, last-minute changes are not possible, so early notification is crucial to guarantee a menu that accommodates all participants.

Morning sessions conclude with a delightful lunch, while afternoon sessions wrap up with a satisfying dinner. In both cases, you'll savor the fruits of your labor, enjoying the dishes you've personally prepared.

Additionally, your experience includes:

- **Unlimited Wine:** Enhance your culinary journey with the wines produced at the farm.
- **Kitchen Apron:** Dive into the cooking process in style and comfort.
- **Booklet for Taking Notes:** Capture the essence of the recipes and techniques shared during the class.

Your experience beyond the kitchen with:

- **A Visit to the Farm:** Visit the rustic charm of Rita's farm, exploring the vibrant life of vineyards, olive groves, and the intriguing Minerva Temple.

For your convenience, the meeting point is at the Arianna & Friends office 15 minutes before the scheduled class time. Alternatively, you can meet directly at the farm at the specified calendar time. Punctuality is appreciated, as it is a self-drive service.

We look forward to welcoming you to a culinary adventure where every detail is crafted to ensure an unforgettable and enjoyable experience for all participants.







## D16. SHOPPING & COOKING LIKE LOCALS

Discover the true essence of Tuscan living with our "Shopping & Cooking Like Locals" experience. We invite you to **actively participate in the preparation of your Tuscan cooking class** by **joining our guide on a shopping adventure** in one of the enchanting hilltop towns near the cooking venue. Possible locations include Peccioli, Lajatico, Terricciola, or Palaia. By doing so, you not only enhance your experience but also contribute to **supporting the local small communities of Tuscany**.

Here's what the experience entails:

### 1. Shopping Excursion:

- Accompanied by our knowledgeable guide, explore the local little shops in the chosen hilltop town.
- Engage with local vendors, seek their advice on the best ingredients, and immerse yourself in the vibrant atmosphere.
- Experience the authenticity of Tuscan life as you select the freshest fruits, vegetables, the perfect cut of meat, or the finest piece of bread, just as the locals do.

### 2. Cooking Class:

- Drive to the cooking venue and embark on a culinary journey with our local cook.
- Learn the art of preparing a lunch featuring three traditional dishes, delving into the most typical family recipes of Tuscany.
- Throughout the class and lunch, indulge in local wines that complement the flavors of your creations.

By participating in this unique experience, you not only refine your culinary skills but also engage with the local community, fostering a genuine connection with the people and traditions of Tuscany. It's a delightful blend of cultural immersion and hands-on cooking, creating memories that linger long after the meal is enjoyed. Join us in supporting local communities and savoring the true essence of Tuscan life. [CLICK HERE](#) to see the menu list

More info:

<https://www.ariannandfriends.com/cooking-classes/cooking-like-locals/>



**Available from Monday to Saturday**

**€ 550** for 2 people

Additional person:

**€ 55** adult

**€ 45** teenager (12-17 years)

**€ 35** child (4-11 years)

**This is a private class**

For parties of max 12 people

## D17. COOKING LAB & GELATO TASTING

Prepare your taste buds and soul for an authentic treat!

Indulge in the best of Tuscan cuisine and sweetness in a single, delightful day with our unique combination of a **typical cooking class and gelato tasting**.

### MORNING - TYPICAL COOKING CLASS AT RITA'S FARM:

Join us for a hands-on cooking class at Rita's farm, where you'll prepare two typical Tuscan dishes. Whether it's pasta, gnocchi, meat, or vegetarian delights, the choice is yours for a personalized and flavorful lunch. In the company of our skilled cook, you'll unlock the **secrets of Italian cuisine and actively participate in the creation of dishes** deeply rooted in our tradition. It's not just about cooking; it's about sharing an experience that transcends flavors.

### AFTERNOON - GELATO TASTING IN PECCIOLI:

Following this enjoyable and educational cooking session, embark on a short drive to the enchanting **hilltop town of Peccioli**. Marvel at its **majestic suspended terrace and distinctive arabesque bell tower**, setting the stage for the next chapter of your culinary adventure.

Here, you'll meet Lorella, the owner of a renowned pastry shop, and her son **Nicolò, a master of crafting excellent organic gelato**. Delight in the rich flavors made with love and precision, **using traditional and artisanal methods**. Nicolò carefully selects the **finest local ingredients**, resulting in gelato **flavors that are not only unique but incredibly delicious**. Indulge in the discovery of at least three of his special gelato creations, each offering a taste of Tuscany's culinary excellence.

This journey promises a fusion of education, fun, and tantalizing flavors—a true celebration of Tuscan culinary traditions and the joy they bring to the palate. Join us for an experience that combines the warmth of tradition with the **delightful surprises of artisanal gelato in the charming town of Peccioli**.

[CLICK HERE](#) to see the menu list

More info:

<https://www.ariannandfriends.com/cooking-classes/cooking-gelato-tasting/>



**Available on Tuesday, Wednesday,  
Thursday, Friday**

**€ 520** for 2 people

Additional person:

**€ 55** adult

**€ 45** teenager (12-17 years)

**€ 35** child (4-11 years)

**This is a private class**

For parties of max 12 people

## D8. COOKING CLASS IN THE KITCHEN OF A TUSCAN PAINTER AND WINE MAKER, WITH WINE TASTING

Embark on a truly exceptional experience that promises to be the highlight of your Tuscan journey. Our Cooking Class in the Kitchen of a Tuscan Painter and Wine Maker offers more than just a culinary adventure; it's an immersion into the lives of a creative and joyful couple. This happy duo comprises a passionate wine maker and a talented painter, and you'll have the privilege of **being welcomed into their lovely Tuscan private home.**

What to Expect

- **Local Cooks and Storytellers:** Meet our local cooks, true storytellers of Tuscan culinary traditions, who will guide you through an authentic cooking class.
- **Unique Setting:** Immerse yourself in the warm ambiance of a charming Tuscan home, where creativity and joy are woven into every corner.
- **Wine Tasting with the Winemaker:** Engage in delightful conversations with the wine maker, who will also serve his exquisite wines, expertly paired with the dishes you prepare. It's an opportunity to learn about the art of winemaking from someone truly passionate about their craft.

### Cooking Class Highlights:

- **Typical 3-Course Meal:** Enjoy a hands-on experience crafting a typical Tuscan 3-course meal. Learn the secrets of Italian food, gaining valuable insights that will empower you to recreate an authentic Italian feast for your friends back home.

It's a rare opportunity to share a meal in the **intimate setting of a Tuscan home**, surrounded by art, passion for wine, and the rich flavors of Italy. Be prepared for an unforgettable experience that goes beyond traditional cooking classes, leaving you with cherished memories and newfound culinary skills. A very special experience which is likely to become the highlight of your trip in Tuscany.

During the meal you'll have the pleasure of **talking to the wine maker and he will serve his delicious wines pairing the dishes** you'll have prepared. The cooking class includes the preparation of a typical 3 course meal and you'll learn the secrets of Italian food, useful for recreating a delicious Italian meal for your friends at home. [CLICK HERE](#) to see the menu list

More info:

<https://www.ariannandfriends.com/cooking-classes/cooking-at-the-painter-house/>



**Available from Monday to Friday**

**€ 650** for 2 people

Additional person:

**€ 100** adult

**€ 70** teenager (12-17 years)

**€ 50** child (4-11 years)

**This is a private class**

For parties of max 16 people

## L10. LEARN ITALIAN WHILE COOKING

Do you want to learn Italian in an unusual way? Embark on a unique journey to learn the Italian language through a hands-on cooking experience with your teacher Massimo.

### WHAT TO EXPECT

#### Cooking and Learning:

- Prepare fresh pasta and a delectable dessert under the guidance of your Italian language teacher.
- Dive into the technical words and expressions related to food, household items, and various subjects that will prove invaluable for daily use of the Italian language.
- Throughout the experience, find opportunities to engage in written exercises and grammar revision, ensuring a holistic language learning approach.

#### Culinary Delights:

- Enjoy a satisfying lunch or dinner with your teacher, savoring the fruits of your culinary efforts.
- If you're inclined, participate in the cleanup process, providing an additional opportunity to learn more vocabulary related to household chores.

#### Location:

- The setting for this unique experience is our farm in Montefoscoli (Palaia), offering a picturesque backdrop for your language and culinary adventure.

This immersive day allows you to absorb the language in a practical and enjoyable way. Join us for an unforgettable day where the art of cooking and language learning converge to create a truly authentic Tuscan experience.

[CLICK HERE](#) to see the menu list

More info:

<https://www.ariannandfriends.com/day-tours-activities/learn-italian-with-massimo-while-cooking/>



**Available from Monday to Saturday**

**€ 480** for 1-2 people

Additional person:

**€ 50** adult, teen or child

**This is a private class**

For parties of max 12 people

## F26. A SPECIAL WINERY: MONOVARIETAL WINES AND PASTA MAKING LAB

Discover a truly special winery experience at a **family-run establishment in San Miniato**, where **brothers Federico and Fabio have embraced the challenge of crafting exceptional monovarietal wines and blends.**

This unique adventure invites you to:

### Winery Exploration:

- Join Federico and Fabio for a **walk through the vineyards**, gaining insight into their innovative ideas and winemaking philosophy.
- Uncover the distinctive production of single-varietal wines, including 100% Sangiovese, Cilieggiolo, Colorino, and 100% Trebbiano.
- Sample a diverse selection of wines, from their groundbreaking sparkling varieties to young reds, whites, a top cru wine, and a superb dessert wine.

### Pasta Making Lab:

- Experience the art of **pasta making in an interactive lab**. Craft your own fresh pasta and a delicious sauce with hands-on guidance.
- Witness the magic as your pasta creation is transformed into a delicious lunch, complemented by **local specialties prepared by Mamma Concetta** that perfectly complement the wines.

This exclusive winery not only offers a tasting of 8 exceptional wines but also invites you to be a part of the culinary process, creating a unique connection between the flavors of their wines and the art of pasta making. **It's a journey through the senses, celebrating the passion and dedication that define this special winery in the heart of San Miniato wine valley.**

More info:

<https://www.ariannandfriends.com/wine-food-tours/wine-tour-pasta-making-class/>



**Available from Monday to Saturday**

**€ 480** for 2 people

Additional person:

**€ 90** adult

**€ 60** teen (12-17 years)

**€ 35** child (4-11 years)

**This is a private class**

For parties of max 25 people

## H4. TRUFFLE HUNTING & TRUFFLE COOKING CLASS

Would you like to learn how to **search for truffles and make your own truffle-based lunch**? In the enchanting world of truffles, you'll learn how to hunt for these culinary treasures and master the art of cooking with them.

Here's what our exclusive tour entails:

### TRUFFLE HUNTING TOUR AND COOKING LESSON:

#### 1. Introduction at Rita's Farm:

- Your guide will provide a captivating introduction to the fascinating world of truffles at Rita's farm.
- Learn about the upcoming truffle hunting walk in the woods and gather insights into the different truffle varieties found seasonally.

#### 2. Truffle Hunting Expedition:

- Join a skilled truffle hunter and his trusty dog on a captivating journey through the woods.
- Discover the hidden places and various techniques employed to unearth seasonal truffles, ranging from **Summer black truffles to Spring or Winter white truffles**, according to season.

#### 3. Cooking Lesson:

- Return to the farmhouse kitchen and embark on an engaging cooking lesson.
- Explore the creation of truffle-based specialty dishes, including homemade fresh pasta or risotto, egg-based dishes, meat- or potato-egg dishes and a truffle-scented dessert.

#### 4. Truffle-Based Lunch:

- Savor the fruits of your labor with a delectable truffle-based lunch.
- Accompany your meal with locally sourced wine, enhancing the flavors of this unique and immersive culinary experience.

This tour promises not just a truffle hunting adventure but a comprehensive exploration of truffle-based cuisine, blending hands-on experience with the rich traditions of local gastronomy. Join us for a day of discovery, indulgence, and the unforgettable aroma of truffles.

More info:

<https://www.ariannandfriends.com/wine-food-tours/truffle-hunting-pasta-making-tuscany/>



**Available from Monday to Saturday**

#### Low Season (Jan-Sep)

**€ 760** for 2 people

Additional person:

**€ 90** adult

**€ 70** teenager (12-17 years)

**€ 50** child (4-11 years)

#### High Season (Oct-Dec)

**€ 860** for 2 people

Additional person:

**€ 150** adult

**€ 100** teenager (12-17 years)

**€ 70** child (4-11 years)

**This is a private class**

For parties of max 12 people

## D14. CLASSICAL COOKING CLASS WITH OLIVE OIL TOUR

Curious about the **secrets of using olive oil in the kitchen**? Ever wondered why Italian dishes are so delectable and the crucial role extra virgin olive oil plays? Eager to craft superb dishes with olive oil as the star ingredient? Embark on our cooking and olive oil experience, and **watch your culinary skills transform forever**.

Join us at Rita's farm, an idyllic rural setting where you'll delve into the world of olive trees and olive oil production. **Guided by our expert, take a leisurely stroll through the olive groves and engage in a fascinating blind tasting of various olive oils to discern the nuances between a quality extra virgin olive oil and a commercial counterpart.**

Enjoy a private **cooking class dedicated to maximizing the potential of olive oil in culinary creations, aligned with the principles of the Mediterranean diet**. Utilizing freshly extracted olive oil, you'll learn to elevate a traditional soup, craft the foundation for a savory meat or vegetarian sauce, and even bake a delightful cake!

Following the class, relish a meal featuring the delicious olive oil-based dishes you've prepared.

Accompanied by your private guide, **you'll also visit an olive oil mill, rounding out the experience with insights into the details of olive oil production.**

More info:

<https://www.ariannandfriends.com/cooking-classes/cooking-with-oil-tour/>



**Available from Monday to Saturday**

**€ 580** for 2 people

Additional person:

**€ 50** adult

**€ 45** teen (12-17 years)

**€ 40** child (4-11 years)

**This is a private class**

For parties of max 12 people

## D10. VEGETARIAN CLASS WITH ORGANIC, ANCIENT GRAINS

Are you prepared for the **most nourishing cooking class in Tuscany?** We will utilize ingredients sourced from a **local organic farm cultivating grains, cereals, and legumes with ancient origins** that precede the industrialization of farming in the 50s and 60s.

These ancient grains, such as spelt and farro, boast not only a rich historical legacy but also pack a nutritional punch. Unlike modern, heavily processed flours, ancient grains offer a **healthier alternative** as they **retain more of their original nutrients, including fiber, vitamins, and minerals**. Furthermore, **they often exhibit a lower gluten content, making them a favorable choice for those with gluten sensitivities**.

During the class, we'll explore into the fascinating history and nutritional benefits of these ancient grains. Learn why they are a superior choice for promoting digestive health and providing sustained energy. **Discover how incorporating these grains into your diet contributes to a more wholesome and fulfilling culinary experience.**

At Rita's farm, enjoy a hands-on experience and discover firsthand, **through touch, taste, and aroma**, the enhanced flavor these unique organic products bring to dishes. Your stomach will also thank you, as **food prepared with ancient grain products is both wholesome and easily digestible**.

Choose any three courses from the following menu selection:

- Fresh pasta with a vegetarian sauce
- Salad of spelt or farro, adorned with seasonal vegetables
- Legumes (chickpeas or beans) or grain soup,
- Panzanella bread salad with tomatoes, cucumber, onion, and basil
- Pappa al pomodoro bread thick soup with tomato sauce, garlic, sage, and basil
- Cookies or biscuits with almonds or chocolate

More info:

<https://www.ariannandfriends.com/cooking-classes/ancient-grains-tuscany/>

EXTRA: Enhance your tour by booking an **extension that includes a visit to the farm, its mill, and its bakery**. This optional addition adds an extra hour to your experience.



**Available from Monday to Saturday**

**€ 550** for 2 people

Additional person:

**€ 55** adult

**€ 45** teen (12-17 years)

**€ 40** child (4-11 years)

1-hour tour Extension: **€80 per party**

**This is a private class**

For parties of max 12 people



## D12. PASTRY CLASS AT RITA'S

Indulge your sweet tooth in our pastry class at Rita's! If you have a fondness for **traditional desserts and cookies prepared in Tuscan homes**, this is the culinary experience for you.

Under the guidance of our local cook, you'll immerse yourself in the art of crafting three quintessential desserts. Choose three from beloved classics such as

- "Tiramisu", either traditional with coffee, or with strawberries or with oranges
- Fruit tart with Tuscan custard "Crostata di frutta"
- Chocolate salami-shaped cake "Salamino"
- Chestnut flour pancakes with ricotta cheese "Frittelle di farina di castagne"
- Traditional chocolate and pear cake "Torta cioccolato e pere"
- Festive specialties like "Ricciarelli"
- Typical almond & chocolate biscuits "Cantuccini"
- Type of pie filled with Tuscan custard and pine nuts "Torta della nonna"

The options are abundant, ensuring a delightful selection to suit your taste.

Everything you create during the class will be savored as a "**merenda**," the customary Italian snack, alongside **coffee or tea**. Additionally, **any leftovers will be carefully packed for you to take home**, allowing you to share the sweetness of your creations with family and friends.

Unleash your creativity in the kitchen and embark on a journey to master the time-honored recipes that have graced Tuscan tables for generations. Join us at Rita's for a pastry class that promises not only delectable treats but also the joy of sharing them with your loved ones.

More info:

<https://www.ariannandfriends.com/cooking-classes/pastry-making-tuscany/>

EXTRA: As an additional option, our cook is delighted to prepare a savory dish for you to enjoy before indulging in the desserts you've created. Please note that this light/dinner lunch incurs an extra charge



**Available from Monday to Saturday**

**€ 450** for 2 people

Additional person:

**€ 40** adult

**€ 35** teen (12-17 years)

**€ 30** child (4-11 years)

Light lunch/dinner as extra: €15 per person

**This is a private class**

For parties of max 12 people

## D18. PRIVATE GROUP COOKING CLASS

Tailored solutions for groups of 15-60 people.

If you're planning a remarkable cooking **class in Tuscany for your family, friends, or colleagues, and you require an expansive cooking space**, we have the perfect solutions designed just for you.

### Collaboration with Local Wineries

Our partnerships extend to several charming local wineries, each offering spacious rooms and fully equipped kitchens. It's in these picturesque settings that we orchestrate **engaging and educational hands-on cooking classes for groups, creating unforgettable moments** against the backdrop of the Tuscan hills.

### Customizable Menus for Varied Tastes

Our typical menu includes crafting a delightful **panzanella salad**, preparing **fresh pappardelle** with a choice of **meat or vegetable sauce**, and concluding with the creation of a traditional **tiramisu**. However, recognizing the diverse tastes and preferences within groups, we take pride in our ability to customize the menu to cater specifically to your group's culinary desires and any dietary requirements.

### Immersive Winery Experience

Beyond the culinary adventure, our immersive experience includes a **guided visit to the winery**, a tour of the wine cellars, and a **tasting session featuring four exquisite wines** produced right on-site during the meal. This transforms your cooking class into a full-sensory journey, seamlessly blending culinary expertise with the rich traditions of Tuscan winemaking.

More info:

<https://www.ariannandfriends.com/cooking-classes/private-group-class/>



**Available from Monday to Saturday**

For minimum 15 adults

**€ 140** per person

For minimum 25 adults

**€ 120** per person

For minimum 35 adults

**€ 110** per person

€ 90 teen (12-17 years) € 60 kids (4-11 years)

**This is a private class**

For parties of max 60 people

## D19. EXCLUSIVE VEGAN CULINARY EXPERIENCE

Embark on a journey into the heart of authentic Italian and Tuscan cuisine with our **Private Vegan Cooking Class that blends heritage and innovation**, crafting exquisite plant-based dishes inspired by centuries-old practices.

Discover the **rich history behind our vegan ethos, rooted in the agricultural tapestry of Tuscan life**. In a time when cultivating the land was a way of life, the necessity of sustainability led to the creation of a vibrant vegetarian and vegan culinary legacy. **It's about timeless tastes**: we bring age-old recipes to life in a modern context. Wines included.

Savor the experience, and select any 4 dishes from the following options.:

### Antipasti:

*Panzanella*: A symphony of flavors in a traditional bread and vegetable salad.

*Verdure Grigliate*: Grilled vegetables adorned with a parsley, garlic, and chili pepper topping, served on rustic bread.

*Verdure Fritte*: Crispy deep-fried vegetables that redefine indulgence.

*Crostini ai Funghi*: Mushroom bruschettas presented in two delectable versions.

*Bruschetta al Pomodoro*: A burst of freshness in a classic tomato bruschetta.

### Main Courses:

*Pappa al Pomodoro*: Immerse yourself in the warmth of a typical bread and tomato thick soup.

*Minestra di Ceci*: A soul-soothing chickpea soup.

*Minestra di Fagioli*: A hearty beans soup that pays homage to tradition.

*Risotto ai Funghi*: Delight your senses with a decadent mushroom risotto.

*Risotto Zucchini e Pinoli*: A symphony of flavors with zucchini and pine nuts.

*Fagioli Rifatti*: Experience comfort in a stew of beans and rich tomato sauce.

*Fagiolini in Umido*: Elevate green beans to a whole new level in a savory stew.

### Desserts:

*Dolce all'Olio*: Indulge in the luxury of an olive oil-based cake.

*Biscotti alle Noci*: Crunch into the perfection of nut-based biscuits.

*Frittelle di Farina di Castagne*: Conclude your feast with the sublime sweetness of chestnut flour pancakes.

More info:

<https://www.ariannandfriends.com/cooking-classes/vegan-culinary-experience/>



**Available from Monday to Saturday**

**€ 530** for 2 people

Additional person:

**€ 60** adult

**€ 50** teenager (12-17 years)

**€ 40** child (4-11 years)

**This is a private class**

For parties of max 12 people

## D20. FIAT 500 trip & PASTA MAKING

Live a memorable day in Tuscany by **driving the iconic Fiat 500 vintage car and reaching our cooking school for a typical Tuscan lunch, where you'll make your own fresh pasta from scratch.**

The itinerary begins in Lucca. Here, you'll meet the car rental representative who will introduce you to properly using the vintage car. From there, you'll start driving towards your first destination: Montefoscoli, where our cooking venue is located. **Along the way, you'll pass through small villages, and you can make stops to take pictures or enjoy some refreshments.**

The journey from Lucca to Montefoscoli is 50 km, and it takes approximately 1.15 hours to drive. However, you can choose to leave early in the morning, stop along the way, and make some little diversions to the Compitese area, Bientina, Buti, Pontedera (the town of the Vespa), and Vicopisano. Some stops can also be made after lunch on the way back.

It's important to arrive at the cooking venue no later than 12 pm for pasta preparation with the assistance and instructions of our local cook. **Together, you'll create delicious fresh pasta, which will be part of a well-deserved lunch served at 1 pm.** The lunch includes antipasti, your pasta, a delectable sauce, and a tasty dessert.

For those who won't be driving afterward, wine from the farm will be served. Following that, there's some free time to visit the farm and enjoy the view. **This experience can be a romantic one for two or a fun adventure to share with family and friends,** with a maximum of 10 people allowed.

If you have a larger group, we will need to change the cooking location and provide a new quotation for the entire package.

**Take a journey into the 60s for a timeless experience that combines classic Italian style with the unique beauty that only the Tuscan countryside can offer.** Step on board our vintage Fiat 500 cars, travel back in time, cook with us, and create memories that will last a lifetime.

More info:

<https://www.ariannandfriends.com/cooking-classes/flat-500-pasta-making/>



**Available from Monday to Saturday**

€ 740 for 2 people, 1 x 500 car

€ 1140 for 4 people, 2 x 500 cars

€ 1540 for 6 people, 3 x 500 cars

€ 1940 for 8 people, 4 x 500 cars

€ 2340 for 10 people, 5 x 500 cars

Additional person on board: adult € 60, teen/kid € 40

Additional adult on a separate 500 car (single used) € 350

Prices include:

- Self-drive rental
- Rental day from 10 am to 7 pm
- 100 km for each day. Km in excess extra cost of euro 1,00 per km.
- Insurance coverage PLUS (civil liability + up to € 2.350 of damage)
- Cooking experience
- Full lunch
- Wine for the non-drivers



## BOOKING FORM

DETAILS OF CUSTOMER						* This information is compulsory to complete booking	
<b>FIRST NAME *</b>				<b>LAST NAME *</b>			
<b>E-mail address *</b>				<b>Billing address*</b>		Please, provide a billing address for our receipt of payment. <b>It's mandatory.</b> It is only for billing issues and nothing will be mailed.	
Telephone number while in Italy							
<b>Name of your accommodation</b>		Please, provide the name of your hotel/B&B/resort:		<b>N. of adults in your party *</b>		<b>N. of teens *</b> 12-17 years old	<b>N. of children *</b> 4-11 years old
<b>Food restrictions</b> Last minute changes are not possible							
DETAILS OF SERVICES							
<b>DATE &amp; TIME OF SERVICE</b> <i>You can list more than one date if you are booking multiple services</i>		<b>CODE</b> <i>As per catalogue. E.g.:B3</i>		<b>NAME OF SERVICE</b>		<b>TOTAL RATE</b>	
						€ _____ .00	
						€ _____ .00	
						€ _____ .00	
						€ _____ .00	
Please be aware of our <b>cancellation policy</b> below. Last minute cancellations for any reason are non-refundable.						<b>TOTAL AMOUNT</b>	€ _____ .00

**HOW TO BOOK BY CREDIT CARD** Booking by credit card with full payment in advance, using the form below.

**AUTHORIZATION OF CHARGE TO CREDIT CARD**

The credit card holder \_\_\_\_\_  
Name(s) Surname

authorizes the withdrawal of **the above-mentioned total amount** from the following credit card:

VISA  | MASTERCARD

Card Number \_\_\_\_\_

Expiry date \_\_\_\_\_  
M M Y Y Y Y

Holder's signature \_\_\_\_\_

This is a personal card  OR this is a business card

**NOTES ON BOOKINGS VIA CREDIT CARD**  
 In case of payments through a EU and non-EU business card the charge will be in Euro.  
 In case of payments through a EU personal card the charge will be in Euro.  
 In case of payments through a non-EU personal card, the charge will be in the currency of card's account. This means that the amount of the charge will be reckoned on the conversion rate of the day of the transaction.  
 Markups or commissions applied by the tour operator's bank and the credit card holder's bank may apply.

**HOW TO BOOK BY BANK TRANSFER**

Booking through bank full payment in advance using the form above. Please **make sure that all bank fees are charged to your bank account** and that the payment is made in Euro (EUR - €).

**Beneficiary Name: Arianna and Friends s.r.l.** Via Carducci 9, 56037 Peccioli (PI) Italy

**Beneficiary Account Details:**

**IBAN CODE: IT26D050347110000000001381** **Swift/BIC CODE: BAPPIT21T90**

Bank: BPM - Banco Popolare di Milano Bank Address: Via Mazzini 17, Peccioli, Pisa, Italy.

Please send us a copy of the issued transaction via email to [info@ariannandfriends.com](mailto:info@ariannandfriends.com) or whatsapp to +39 348 3352039.

**CANCELLATION POLICY**

In case of cancellation by customers, they are requested to contact Arianna & Friends immediately. The percentage of the entire amount of the booking to be retained as a cancellation fee depending on the number of days preceding their activity date can be seen below

FROM	TO	Cancellation fee
Reservation day	50 days before the date of the booked service	30%
49 days before the date of the booked service	30 days before the date of the booked service	50%
29 days before the date of the booked service	15 days before the date of the booked service	70%
14 days before the date of the booked service	0 days before the date of the booked service	100%

**HOW TO RETURN THIS BOOKING FROM**

The form is valid as a booking contract for the services agreed on and listed here above. Print these pages, fill in and scan them or take a picture of them with your smartphone and make a JPG file. Alternatively, use a pdf printing program. Send the completed booking form to our main e-mail address [info@ariannandfriends.com](mailto:info@ariannandfriends.com) or via whatsapp to +39 348 3352039.

**DATA PRIVACY POLICY**

The tour operator and travel agency Arianna & Friends Srl (here defined as the T.O.) through the website Ariannandfriends.com and through this catalogue complies with the General Data Protection Regulation (Regolamento Europeo n.2016/679). The T.O. understands the importance of maintaining the confidentiality of the information stored about the traveler while providing services. Contacts and other personal data the customer supplies are stored by the T.O. and will be used to provide the customer with the information they have requested. The collected information may be used by the T.O.'s staff to keep the customer updated about its newest activities and events. The T.O. will never willfully disclose identifiable information about any customer to any party without first receiving permission from that person. Yet, the T.O. is obliged to pass such information on to the relevant suppliers of accommodation or transfer service, and, if required by them or by law, to security or credit checking companies and public authorities such as customs/immigration offices. The customer can remove any of the information that the T.O. stores about them, at any time, by sending an email to [info@ariannandfriends.com](mailto:info@ariannandfriends.com) or through a request of deletion from the T.O.'s mailing list.

This travel contract is understood, accepted and agreed by

The Tour Operator & Travel Agency Arianna & Friends

The Customer

*Arianna & Friends*

\_\_\_\_\_