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FOR IMMEDIATE RELEASE:

## **Visit Italy and Learn To Cook the Healthy Mediterranean Way**

### **Discover the secrets of Mediterranean Cuisine in the kitchens of renowned Italian cooks**

Mediterranean cuisine – fresh fruits and vegetables, grains and legumes, bread, fish, pasta, garlic and herbs and LDL cholesterol-lowering olive oil – has been praised by nutrition experts around the world. Now you can learn to prepare this healthy diet in the kitchens of renowned Italian cooks.

Two classes are now offered by Doorways, Ltd. The first focuses on the regional cooking of Tuscany. The second class, held in the Sabine Hills, an hour northeast of Rome, presents the cuisine of six regions.

Visitors to Tuscany will learn hands-on Tuscan cooking at a farmhouse near Siena. The fresh herbs, olive oil and wine used in the classes are all produced by the owners of this estate. Classes for four to twenty people are given in English, but you will learn some Italian words, too!

If you visit in November, take the opportunity to hunt for truffles (with specially-trained dogs). If you are lucky enough to unearth some of these treasures, you can add them to the menu for your cooking class or take them to a restaurant in Siena to dish up for you.

The estate, located seven miles south of Siena, has farmhouses, a castle and more than 1750 acres of rolling hills covered with fields of sunflowers, wheat and vineyards. The owners have kept the flavor of old Tuscany in the original stone archways, vaulted and beamed ceilings and terracotta floors.

Guests stay in private apartments each with air conditioning, satellite TV, and a kitchen of its own. With your own entrance and area for dining *al fresco*, you are ready to live as the Italians do.

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During the six-day cooking course in the Sabine Hills, guests may stay at any of several villas. The itinerary includes visits to local markets, historic sites and picnic areas as well as a chance to visit the private farms and villas of the hostess-instructors. Each afternoon one of the instructors will share her culinary art in her own kitchen. Then enjoy the meal at the family table, with all the comforts of home. Each of the instructors comes from a different region of Italy –Lazio, Calabria, Piemonte, Lombardia, Sicily and Venice.

The Sabine Hills were known as the “Breadbasket of Rome” for their rich agricultural bounty. The olive oil produced here is among the best in Italy. Ancient Roman roads wind through the countryside. Wild pigs and horses grazing by the side of the road are a common sight. Between classes there is time for trips to Orvieto, the medieval villages of Casperia and Montasola, or an organized excursion to Rome

The country cooking classes are offered by Doorways, Ltd., 900 County Line Road, Bryn Mawr, PA 19010, a firm that specializes in villa and apartment rental vacations in Italy, France and Spain. For more information visit their website at [www.villavacations.com](http://www.villavacations.com) or phone 800-261-4460.

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