

Aquilea Lucca

## Agriturismo Abbacca-là

Spend an afternoon learning to cook classic Tuscan cuisine and then enjoy your delicious dinner!



Italian meals are seen as a time to spend with family and friends. During holidays, family feasts can last for hours. Traditionally, meals in Italy contain several courses:

1. antipasto (hot or cold appetizer)
2. primo (first course, usually a more filling dish such as risotto or pasta)
3. secondo (second course, the main dish, typically fish or meat)
4. contorno (side dish of vegetables or salad)
5. formaggio e frutta (cheese and fruit) and/or dolce (sweet dessert, such as cakes or cookies)

Today, the traditional Italian menu is mainly served during special events and holidays. A typical everyday meal includes only the first and second course, a side dish or dessert, and coffee.

### Our Cooking Classes

The dishes are generally agreed upon with guests, depending upon what they would like to taste and learn to cook.

#### Single Course

##### Primo or Secondo

Learn how to make a typical main dish, like homemade pasta with tomato sauce or chicken “alla cacciatora.”

#### 3-Course

##### Antipasto, primo or secondo, e dolce

Learn how to make a classic appetizer, a main course, and a delicious dessert. Pizza and focaccia are favorites!

#### Complete Traditional Meal

##### Antipasto, primo, secondo, contorno, e dolce

A grand traditional menu recommended for guests who know how to cook and love to cook like chefs. We usually choose the menu together - appetizer, first course, second course, vegetables, and dessert.

### *Not a guest, but friends or family?*

Friends or family who are not staying at the agriturismo are welcome to join us for a cooking lesson.