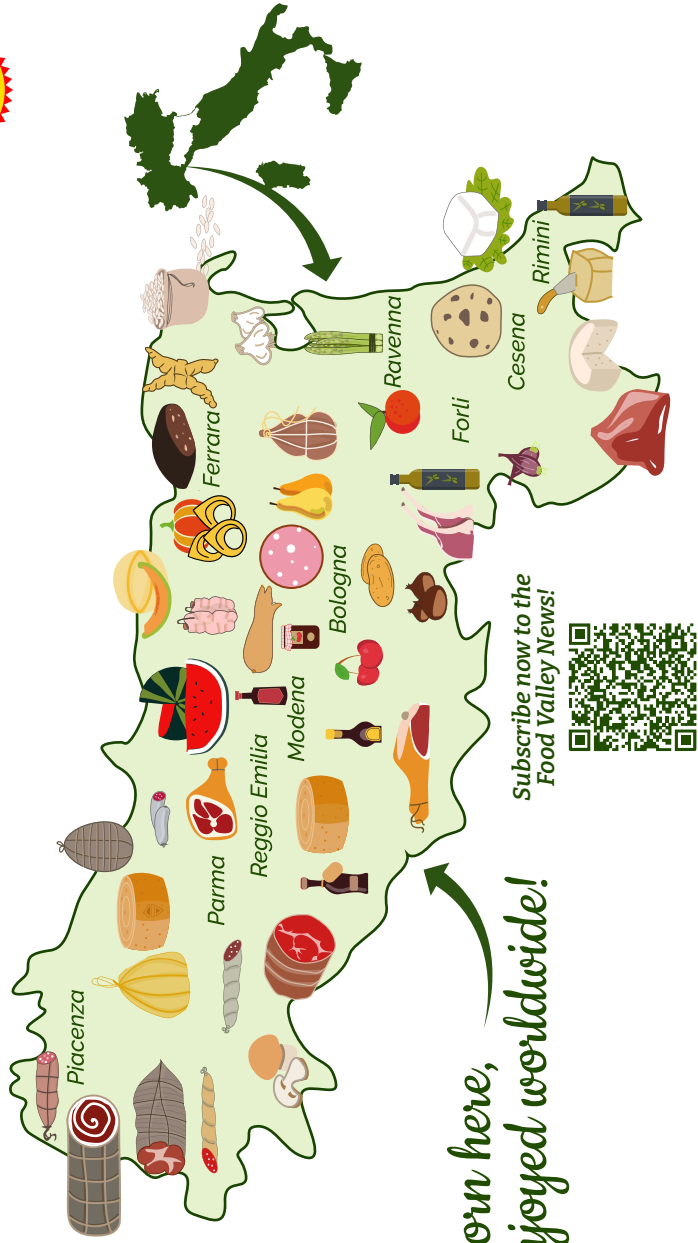




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Regione Emilia-Romagna

VISIT **EMILIA ROMAGNA**



FAMTRIP

Cervia | Casola Valsenio | Ferrara
Ostellato | Pomposa

ANCIENT FLAVOURS AND OLD TRADITIONS ALL AROUND ROMAGNA

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**ANCIENT FLAVOURS AND OLD TRADITIONS OF ROMAGNA
CERVIA - CASOLA VALSENIO - FERRARA - OSTELLATO -
POMPOSA**

SUNDAY SEPTEMBER 29, 2024

08.30 Departure to Ferrara. Short walking tour of the historic centre between the central squares and Piazza Castello, for a panoramic view of some of the most iconic city monuments, such as the Cathedral and the Estense Castle

Sfoglina Experience: short workshop on puff pastry with a certified 'Sfoglina' (lady food expert), who will show guests how to make the traditional *Cappellacci* filled with pumpkin. They will then be invited to try some steps of the recipe, for example, how to close the *Cappellacci* once stuffed. Tasting of pasta and other local products, such as the characteristic *Salama da sugo* (a very traditional cured meat) accompanied by a glass of local wine

12.00 Transfer to Ostellato for lunch at the historic **Villa Belfiore**

Menu of the 'ancient flavours' www.villabelfiore.com

13.30 Visit to the Abbey of Pomposa

15.00 Visit to **Corte Madonna Wine Cellar** followed by a wine tasting session accompanied by local cold cuts and cheeses www.cortemadonnina.it

19.00 Arrival at the renowned seaside resort of Cervia. Seafood dinner at **Osteria Bartolini** www.osteriabartolinimilanomarittima.com and overnight stay at **Villa del Mare Spa & Resort 4*** villadelmaresparesort.com

MONDAY SEPTEMBER 30, 2024

08.30 Guided tour of the historic village of Cervia and visit to **MUSA Salt Museum and Salt Warehouses** www.musa.comunecervia.it

10.00 Transfer to Casola Valsenio, on the hills

11.30 Arrival at **Giardino delle Erbe** of Casola Valsenio. Introduction followed by a guided tour of the terraces cultivated with aromatic herbs. During the visit, guests will enjoy a storytelling of the plants and their main uses, curiosities and traditions. They will also collect the leaves and flowers necessary to prepare an aromatic salad. Lunch based on herbs' specialities prepared by a local restaurant and accompanied by herbal teas.

Light lunch in the Herb Garden

14.00 Departure to Parma

THE MENUS

Lunch - Sunday September 29, 2024

VILLA BELFIORE (Ostellato)

Appetizer: Raw vegetables served with aromatic oil, wild herb pesto and sorrel butter *bruschette*

Main course: 'Carnaroli' rice *risotto* with lemon and flowers

Second course: Pork accompanied by wild plums

Desserts: Apples in puff pastry, Fresh fruit and cream

Dinner - Sunday September 29, 2024

OSTERIA BARTOLINI (Milano Marittima)

Main course: *Strozzapreti* with 'Gallina di Mare' (fish sauce)

Second course: Fried fish from the Adriatic Sea to share, with our French fries: the real ones!

Dessert: Homemade dessert

Wines: Local Wine

Lunch - Monday September 30, 2024

HERB GARDEN (Casola Valsenio)

Appetizers: Soft-flavoured goat cheese with chives

Meatballs with mauve nettle dandelion

Shortcrust pastry accompanied by grilled vegetables, thyme and marjoram

Dandelion flan with almonds

Main course: Cold pasta with calendula pesto

Wines: Bianco 'Manzoni', Chardonnay Albana PGI 'Tozzi Terra dei Gessi'

