


Medov
Innovation, our Future.
Tour n.2


GENOVA

PORT

SANTA MARGHERITA

TOUR NAME

Ligurian Cooking Demonstration



Enjoy your day tasting the famous products of the Ligurian area. Ligurians are by nature a solitary and private people, with an unfortunate reputation for unparalleled parsimony. Their thriftiness stems from the prudence required of those who, for centuries, have had to produce all their food from the tiny strips of land available between the sea and the mountains. On the bright side, Liguria produces the most flavorful basil, exceptional olive oil and, due to the richness of algae and strong currents, the tastiest fish. The main ingredient of any Ligurian cuisine is the delicious olive oil produced by the water-deprived, terrain-tortured trees that cling to cliffs that plunge almost vertically into the sea. Ligurian cuisine is packed with flavor and enticing aromas, but is basically very simple. This cooking experience will introduce you to the secrets of centuries-old Ligurian recipes. You will learn how to prepare and cook a complete menu consisting of typical dishes of Genoese cuisine, including pesto sauce and handmade pasta. The menu of the day will be explained and the cook will demonstrate with valuable hints and tips. Finally, at lunchtime, you will taste the lunch dishes prepared in front of you along with other specialties. Dessert and a cup of Italian coffee will follow.

SPECIAL NOTES

TOUR INCLUDES

DRIVER & GUIDE
HALF DAY TOUR