

GASTRONOMIC AND CULTURAL TOURIST PROGRAMME

in low and middle season

FOR 7 NIGHTS STAY

Saturday

Gift of Masseria at arrival

- 18,30 Welcome with cocktail, presentation of the Programme with included services
20,00 Dinner

Sunday

- 8,30 Breakfast
9,30 Healthy walking among centuries-old olive-trees with guide
11,00 Guided excursion in the historic town of Ostuni
16,30 Cooking lesson: introduction of the seasonal products (for example, artichokes), nutritious and dietary properties of Mediterranean cooking, preparation of hors d'oeuvre, main and second courses based on the seasonal products (3 hours lesson)
20,00 Dinner

Monday

- 8,30 Breakfast
9,30 Guided excursions: tour of the artichoke cultivations in Polignano and Mola di Bari, visit of the historic towns of Polignano and Alberobello, the "Trulli town"; shopping
16,30 Preparation of artichoke hors d'oeuvre: artichokes "au gratin", boiled, in olive-oil, stuffed, fried with batter, grilled, in "giudia" style, artichoke pies, artichokes "vellutata" (3 hours lesson)
20,00 Dinner

Tuesday

- 8,30 Breakfast
9,00 Healthy walking or yoga lesson with teacher
10,30 Guided excursion of the historic town of Lecce (Baroque Tour, Cathedral); shopping
16,30 Preparation of bread, "focaccia" (salted bun), home-made pasta: "tagliatelle" pasta with artichokes and parsley, red "cavatelli" pasta (kneaded with "primitivo" red wine) with "ricotta" cheese, artichokes and other seasonal vegetables. Choice of suitable wines (3 hours lesson)
20,00 Dinner

Wednesday

- 8,30 Breakfast
- 10,00 Excursion of the weekly open-air market of Fasano; spare time for walking, swimming-pool, reading, etc.
- 16,30 Visit of Colavecchio wine-cellar in Putignano, tasting with sommelier lesson (2 hours)
- 18,30 Guided excursion of the historic town of Martina Franca; shopping of typical products
- 20,00 Dinner

Thursday

- 8,30 Breakfast
- 9,00 Healthy walking
- 10,30 Cooking lesson: preparation of second courses of Apulian tradition with meat, fish and seasonal vegetables (3 hours lesson)
- 17,30 Visit to an olive-press to view the process of transformation of olives in oil. Extra-virgin oil, its properties, its use in cooking and in particular in the Mediterranean cooking (2 hours lesson)
- 20,00 Dinner

Friday

- 8,30 Breakfast
- 9,30 Guided cultural and gastonomic excursion in the historic town of Grottaglie, world-wide known for ceramics; visit of the ancient artisan workshops and shopping
- 16,30 Preparation of a dessert and traditional "rosoli" (liqueurs) of Apulia (3 hours lesson)
- 20,00 Leave-taking dinner with buffet, main course, second course, vegetables, fruit, dessert, champagne. Souvenir of the Masseria Marzalossa.

Saturday

- 8,30 Breakfast
- 10,30 Greatings and departure

TOTAL COST OF STAY

Prices per person € 1400,00 in double room

Prices per person € 1670,00 in double room use single