



# COOK like a TUSCAN

A hands  
on culinary  
vacation!

WEEK 1  
Oct 7—14, 2023

—  
WEEK 2  
Oct 14—21, 2023

The  
**Chopping  
Block**

Hosted by  
The Chopping Block  
+ Onward Travel

Tuscany's landscape says it all: medieval hilltop towns overlooking rolling countryside covered with grapevines and olive trees.

The mountains, forests, cypress trees, and winding roads create the perfect backdrop for discovering one of the world's most revered destinations for culinary tradition, craftsmanship, fine art, historical preservation, and winemaking.

Join a small group of travelers for a week of culinary and cultural discovery in Italy. We'll visit Tuscany in autumn, when the olives and grapes are being picked and pressed to perfection. It's the perfect time of year to savor some of Italy's best wines and ingredient driven dishes. Explore regional Tuscan cooking and expand your culinary repertoire with four hands-on in-depth cooking courses. Time in the kitchen is complemented by epicurean field trips, visits to medieval towns and gothic Siena, and opportunities to walk amongst the vines and views.

From our stone villa in the heart of Chianti wine country, we'll travel throughout the region plus enjoy the charm of Panzano in Chianti. Join The Chopping Block's travel and food loving community for a once-in-a-lifetime culinary immersion in Tuscany.

Imagine  
yourself...

Spending a blissful week  
at a photogenic villa in  
the heart of Chianti.

Gazing at Siena's  
marble clad Gothic  
cathedral, built in the  
13th century.

Perfecting your  
pasta-making (and  
eating) skills.



During this relaxing and delicious vacation, enhance your culinary knowledge and skills as you learn to Cook Like a Tuscan.

Upon arrival, you will receive a recipe booklet to use throughout the week as we work through a comprehensive and fun culinary program. Learn by doing and experience the special ingredients and terroir of Tuscany.

## Learn How To...

- Prepare fresh pasta including gnocchi, spaghetti alla chitarra, ravioli, and maltagliati
- Taste and analyze wine
- Work with herbs and spices
- Get the most from cooking leafy greens
- Cook four iconic Macelleria Cecchini meat-based recipes including *Bistecca alla Fiorentina*
- Select the appropriate wines for a menu and describe them to your guests
- Beautifully plate your creations
- Prepare delicious bean-based dishes for vegetarians and omnivores alike
- Execute a Tuscan themed dinner party
- Create tasty pasta sauces including classic ragout (meat sauce), tomato sauce, and vegetable sauce variations
- Mix and knead pasta dough by hand
- Cook pasta properly
- Prepare fresh, seasonal vegetables

## Experience...

- Taste local extra virgin olive oil
- Brunello wine at an enoteca in Montalcino
- Local cheeses
- The Chianina cattle ranch at Fattoria di Fontodi
- Food and wine pairing
- Winery tours and tastings
- Wood-fired pizza preparation
- Stories and anecdotes about Tuscan culinary tradition

## Our Tuscan Villa...

We'll be based in the heart of Tuscany at a beautiful stone villa that is part of the Fontodi wine estate at Panzano



## PROGRAM OVERVIEW cook like a tuscan 2023

### TEAM AT ANTICA MACELLERIA CECCHINI Cuisine of the Butcher Shop

Tuscany's iconic butcher shop, Antica Macelleria Cecchini is famous for top-quality meats, expert butchery, and proprietor Dario Cecchini's passion and personality. At Cecchini's they believe an animal must have four things: A Good Life, A Good Death, A Good Butcher, and a A Good Cook. Dario has two excellent restaurants in Panzano and the knowledge and expertise of this operation are top-notch.



## Your Chef Instructors



### CHEF MIRELLA

Traditional Seasonal Tuscan  
Cuisine ft. Beans & Vegetables

Tuscan cooks create some of the most delicious dishes from simple ingredients. Chef Mirella and her husband Stefano ("fiorentini DOC") will create a special culinary experience for us, rooted in this peasant tradition. From their kitchen garden and passion for seasonality arises a lovely approach to cuisine. They collect wild herbs, preserve vegetables in oil, make salted capers, prepare jams, compotes, and infusions... A true attention to food and its origin. Seasonal ingredients star in some of the most well-known Tuscan delicacies and they'll open our eyes to this way of cooking. They will bring along hyper local wine from their village along with their garden bounty.



### BENEDETTA VITALI

Pasta & Sauces Workshop  
at Badia a Coltibuono

Chef Benedetta Vitali has lived and worked all her life in Florence, Italy. In 1979, she co-founded the popular restaurant Cibrè with Fabio Picchi, offering their fellow Florentines a connection to a traditional Tuscan cooking style that had been all but forgotten in the postwar trend of convenience foods. In 1999, Benedetta opened the trattoria Zibibbo, emphasizing fresh produce from nearby small farms and introducing her original interpretations of classic recipes. She is the author of *Soffrito: Tradition & Innovation in Tuscan Cooking* and of *La Cucina degli Affetti | Catering and Caring: 124 Recipes for Cooking with Love*. Benedetta is also featured on Netflix's *Salt, Acid Fat, Heat!*



STEFANO MANGANIELLO  
Gourmet Entertaining

Stefano grew up in the Italian Country-side but has an international approach to cooking. He cooked with some of the best chefs in the UK and has lived/ worked in France, Qatar, Malta and Spain. He is influenced by a quest for sustainability and his Michelin-star restaurant training. He'll fuse Tuscan tradition and haute cuisine for us for a unique culinary experience.

Follow Stefano on Instagram at  
[@stefanomanganiellochef](https://www.instagram.com/@stefanomanganiellochef)



VIKTORIJA TODOROVSKA & PEGGI CLAUHS  
Tour Hosts

Peggi Clauhs owned a cooking school in Pennsylvania, where she taught for nearly 25 years. Her cooking school also hosted many international adventures, inspiring her daughters Molly & Katerina to start Onward Travel in 2013. She now resides in Florida.

Viktorija Todorovska is a wine educator and writer, formerly based in Chicago and now residing in Provence. She is a Sommelier, fluent in Italian and author of two books about regional Italian cuisine.



## Welcome to Italy

DAY 1: SATURDAY OCTOBER 7 or 14

- See Italian craftsmanship in a terracotta workshop
- Enjoy a wine class and festive pizza dinner in our stone villa

*Benvenuti!* Welcome to beautiful Tuscany. This morning we'll organize pickups at Florence Airport and Hotel Pendini, then head straight to Chianti. The first stop: Impruneta, a Tuscan town famous for terracotta. The tradition of making terracotta in this area goes back to the 14th century and the clay and craftsmanship combine beautifully! We'll tour a workshop and kiln and then tuck into our first meal together, a leisurely lunch featuring the local food and wine. After a short transfer, settle in for a week at our villa in the vineyards on the edge of Panzano in Chianti. If the sun is shining, relax at the villa's garden areas or stroll into town.

We'll gather tonight on the *loggia*, or open air porch, to enjoy the million dollar vineyard views and a wine class held by Viktorija where we'll be introduced to the wines of Tuscany including some excellent whites. We have a special dinner planned tonight... a *pizzaiolo* is coming to the villa with a portable wood-fired oven to make us a pizza feast. Sip a glass of bubbly while you enjoy a variety of pizzas, focaccia bread, and lemon vodka sorbet. The pizza party of your dreams!

---

Meals Lunch, Dinner

## Drinking in the Landscape

DAY 2: SUNDAY OCTOBER 8 or 15

- Savor a wine tasting lunch at Onward's favorite small scale producer
- Learn about *cucina povera* first hand

Today, ease into the Chianti lifestyle. We'll walk into town to enjoy Panzano in Chianti's weekly outdoor market where the locals shop and gossip. After a leisurely morning we're off to visit Onward Travel's favorite local winemakers. Agricola Altiero is a small family operation producing excellent wines. Samuela is a fabulous cook and her signature jams pair perfectly with crostini, pecorino, and salumi. Winemaker Paolo will lead us through a tasting as we enjoy lunch in the sunshine.

## Don't Miss Florence!

This itinerary does not include time in Florence but it is such a fabulous, beautiful city, do consider arriving early for a few days of self-guided fun in the seat of the Italian Renaissance! Florence is walkable and photogenic... full of markets, museums, cultural sites, and great eateries.

Take advantage of our optional Florence add-on package and we'll organize your hotel arrangements at the lovely, central Hotel Pendini. For travelers spending 2 or 3 nights in Florence, join a private three-hour walking tour Friday morning with a delightful, engaging and informative local guide who will show you highlights of the city and make local shopping and dining recommendations, plus take you to Galleria dell'Accademia to see Michelangelo's David. A sightseeing guide will be mailed in advance.

Guests who elect this package will be picked up at Hotel Pendini to commence the tour. Breakfast and private en suite room included. Inquire with Onward about upgrading to Deluxe accommodations or for triple/quadruple rates and availability.

**1 Night (Oct 6-7 or Oct 13-14) at Hotel Pendini**  
*Double Occupancy, \$100/guest; Single Occupancy, \$180/guest*

**2 Nights (Oct 5-7 or Oct 12-14) at Hotel Pendini with Walking Tour including Galleria dell'Accademia**  
*Double Occupancy, \$250/guest; Single Occupancy, \$410/guest*

**3 Nights (Oct 4-7 or Oct 11-14) at Hotel Pendini with Walking Tour including Galleria dell'Accademia**  
*Double Occupancy, \$350/guest; Single Occupancy, \$595/guest*

Let's stretch our legs after lunch. We'll stop in Montefioralle to explore this tiny, hilltop stone village, with 360 degree views of the Tuscan countryside. You'll feel like you've landed in a movie set, but this is real life in Tuscany!

Late afternoon, Chef Mirella will join us at the villa for a hands-on cooking class. At its heart, Tuscan cuisine is peasant food driven by what can be easily grown or procured in the region. We'll focus on preparing dishes that feature vegetables and beans such as everyone's favorite... *ribollita*. Add some recipes to your arsenal and benefit from knowledge and experience passed down and learned by doing.

---

Meals Breakfast, Lunch, Dinner

# Cooking at Badia al Coltibuono

DAY 3: MONDAY OCTOBER 9 or 16

- [Admire Badia a Coltibuono's special and atmospheric setting](#)
- [Lunch on four courses of fresh pasta!](#)

Today we head to the kitchens of Badia a Coltibuono for an in-depth cooking class. Badia a Coltibuono is a place with a special history... the abbey was founded in 1051 and was home to some of the first vineyard plantings in the region. More recently, it is the home of Lorenza De' Medici, an internationally known cook, author, and authority on Italian cuisine. The estate is now owned by Lorenza's three adult children and the cooking school is in the hands of another well known Italian chef: Benedetta Vitali.

Benedetta will lead us in a hands-on pasta preparation workshop. Learn recipes for three pastas and three sauces, plus biscotti to pair with Badia a Coltibuono's prized *Vin Santo* (dessert wine). We'll also have the opportunity to tour the 1000-year-old abbey including the impressive wine cellar and Renaissance gardens. Midday, we will dine on our creations, complemented by the estate's organic wines and olive oils.

You're on your own this evening to enjoy dinner at one of Panzano's restaurants or maybe just a bowl of soup at the villa.

---

Meals Breakfast, Lunch



THE TABLE IS SET AT BADIA A COLTIBUONO

# Jewels of Tuscany

DAY 4: TUESDAY OCTOBER 10 or 17

- [Go back in time in Montalcino](#)
- [Luxuriate in a warm water soak in Bagno Vignani](#)

Today we head south to the Val d'Orcia, a region carved out by the Orcia river that inspires everyone from Renaissance painters to you (just wait). The valley's unique beauty was recently recognized as a UNESCO world heritage site. We will spend the morning in Montalcino, a medieval walled hilltop city with a fortress and a 16th century go-back-in-history vibe. Be sure to enjoy a glass of Brunello di Montalcino; there are many enotecas in town.

After a medieval morning, we're off to the village of Bagno Vignoni to admire the steaming waters in the central piazza. The therapeutic hot waters have been bubbling since ancient days and it's a unique site. Enjoy a rejuvenating dip in the warm pools. We'll drive back to the heart of Chianti as the sun starts to dip and nothing beats driving in Tuscany at the magic hour! After a full day, enjoy a delectable, homey dinner prepared by a local Nonna and her daughter featuring lasagna and tiramisu. Don your slippers and enjoy a leisurely dinner at your Tuscan home away from home. And of course we'll bring back a few bottles of wine from Montalcino.

---

Meals Breakfast, Dinner

# Meat Cookery & Appreciation

DAY 5: WEDNESDAY OCTOBER 11 or 18

- [Spend the morning learning about butchery and meat cookery at Macelleria Cecchini](#)
- [Enjoy a snooze or a stroll this afternoon](#)

Panzano is famous for its location in the heart of Chianti *and* it's charismatic butcher: Dario Cecchini. Today we are going to focus on meat cookery at the most iconic place to do so, Dario's! We will prepare Chianti sushi (beef tartare), Bistecca Fiorentina, Arisa in Porchetta (roasted pork with garlic and herbs) and more. Learn about the passion and precision that goes into their craft plus the care that goes into raising the livestock. After a fabulous and leisurely lunch, you may like to go for a hike or simply relax.

After lunch at the butcher's, you won't have a big appetite, so we'll have a lovely spread of Tuscan crostini for dinner

---

Meals Breakfast, Lunch, Light Dinner

## Gothic Inspiration

DAY 6: THURSDAY OCTOBER 12 or 19

- Stand in Siena's iconic Piazza del Campo
- Expand your wine knowledge and enjoy every sip

Today we will depart after breakfast, and drive to Siena, a UNESCO world heritage sight that exploded with art and architecture in the 13th century before the Black Death struck in 1348. Viktorija will provide history and an orientation to the city, and we'll visit Siena's Gothic cathedral, Duomo of Santa Maria Asunta, where the beautiful mosaic floors will blow you away. Then we're off to Piazza del Campo where Siena's famous Palio di Siena horse race takes place. Enjoy time on your own to have lunch, shop, and explore Siena.

We'll convene tonight to learn more about the local grape sangiovese. Viktorija will lead a wine class, this one focused on some big wines like Super Tuscans and Brunello. A seasonal gourmet dinner will follow, prepared by Chef Mirella. Her menu is inspired by what's fresh and local, so you may see ingredients like pumpkin, porcini, and zucchini flowers on the menu. Viktorija will demonstrate how the local specialties pair perfectly with the vino made from the grapes surrounding us.

---

Meals Breakfast, Dinner



SIENA'S GRAND GOTHIC CATHEDRAL

## La Dolce Vita

DAY 7: FRIDAY OCTOBER 13 or 20

- Taste wine from grapes grown in the fields surrounding our villa
- Prepare a gourmet meal with Chef Stefano

Enjoy a slow morning at the villa...take a nature walk or have an invigorating massage at the villa (90€/60 min, organized upon arrival). We'll have a casual lunch and then head to Azienda Agricola Fontodi for a wine tasting. Fontodi is a certified organic estate that has been owned by the Manetti family since the 60's. Our villa is part of the Fontodi estate and we'll enjoy their wines all week. So let's go to the source and learn about their winemaking and passion.

Tonight is our last hands-on cooking instruction and a fun evening is in store! Chef Stefano will teach us how to prepare a sophisticated, gourmet menu, perfect for entertaining friends and family. Stefano is a private chef who cooks internationally, but remembers his Italian roots. He'll wow with some impressive dishes tonight and of course we'll conclude with a beautiful dessert and a toast to our week of culinary discoveries!

---

Meals Breakfast, Lunch, Dinner

## Arrivederci!

DAY 8: SATURDAY OCTOBER 14 or 21

Our wonderful time together has come to an end. Departure transfer provided to Florence Peretola Airport or Santa Maria Novella train station. Flights departing FLR around 10am are best but other schedules can be accommodated. *Buon viaggio!*

---

Meals Breakfast

### *Tuscany in October*

Fall is a terrific shoulder season in Tuscany. Many of the crowds have disappeared and the agricultural harvest is in full swing (hello, olives!). The temperature varies – low of 50 °F and high of 65 °F – so layered clothing is best. It's a fertile region, so expect both sunshine and some rain throughout the week. The fall temperatures pair brilliantly with the bold Tuscan red wines and wood burning fireplace at the villa.

### Who is *Cook Like a Tuscan* for, and do I need culinary experience?

This tour is for any curious food enthusiast who would like to experience Tuscany through its food and wine traditions. No culinary experience is necessary, just a desire to spend time in a few Italian kitchens and a good appetite.

### How many people will be a part of this experience?

This culinary immersion is limited to 12 travelers plus Peggi, Viktorija, and your Italian hosts. We are keeping the group small to make sure everyone has the opportunity to roll up their sleeves and learn by doing. Onward Travel's culinary tours are always limited to small groups; it's like a week long dinner party!

### I have a dietary restriction or preference, can this be accommodated?

Yes it should be fine but contact Molly to discuss. *Cook Like a Tuscan* is not ideal for someone with celiac disease but is fine for those who can handle gluten cross contamination. If in doubt, get in touch.

### Will I have time to [fill in the blank]?

We've planned a full week of cooking and sightseeing but do want to make sure you check off whatever's on your bucket list, including R&R. There are a few chunks of downtime throughout the tour.

### Can I extend my stay?

Yes, that's a great idea. Onward Travel is happy to help you make arrangements to extend your stay. We'll assist you (for free), give you some sightseeing ideas, and make sure your logistics are sound. We suggest arriving early to enjoy a couple days in Florence. It's a beautiful city with lots to see and do and you can ease into la dolce vita. See the "Don't Miss Florence!" section.

### Can I join *Cook Like a Tuscan* as a solo traveler?

Absolutely! Our groups are usually made up of couples, friends, and solo travelers. The camaraderie and shared experience is one of the best parts of travel. Our travelers are usually from different parts of the country and all different ages, but the groups mesh and bond and have a lot of fun together. You are very welcome to come on your own and you'll be in good company! You may select single occupancy or we'll try to match you with a roommate.

### What is included?

The itinerary details out the specifics but to make the most of your time and money, this tour is mostly all inclusive. You'll have a few meals on your own but that is pretty much it. All activities, tastings, libations, gratuities, impromptu gelato, etc. are included. It is a lot of fun to have paid for your vacation in advance, you can really enjoy yourself.

### What should I do about [insert phone / credit card / hair dryer]?

Before the tour we'll provide you with a guide to answer all your questions about international travel: phone, money, packing list, etc! And of course we're there along the way to assist.

### I don't like [insert activity / food / attraction], is that ok?

Totally—this is *your* vacation. We are very happy to accommodate you whether you're dealing with a bad knee, not a fan of mushrooms, or really want to go cycling. Just let us know your request and we'll do our best to make it happen. And if you want to skip an activity to relax or wander the shops, we won't judge. We want you to enjoy your experience abroad on your terms.



Onward Travel is a boutique travel planning company that carefully assembles itineraries to create an authentic, engaging trip that exposes the destination and roots travelers to the place. Onward was founded by two sisters, inspired by their family's cooking school on a farm in Bucks County, PA that offered culinary-focused travel to customers for over two decades.

### Still have a few questions?

Get in touch with Molly at Onward Travel at 845-293-2729 or [molly@onwardtravel.co](mailto:molly@onwardtravel.co)



<p>BEGINS</p>	<p>Saturday, October 7 OR October 14, 2023  <i>Arrival transfer provided mid-morning from Florence Peretola Airport, Santa Maria Novella train station, or Hotel Pendini. Arrive in Florence by 10:30 AM. Travelers may elect to arrive early to Florence, see "Don't Miss Florence!" section for more information.</i></p>
<p>ENDS</p>	<p>Saturday, October 14 OR October 21, 2023  <i>Departure transfer provided to Florence Peretola Airport or Santa Maria Novella train station. A 7am transfer from the villa will get travelers to the airport in time for international flights departing after 10am. No activities are scheduled for this day.</i></p>
<p>SUITABILITY &amp; MOBILITY</p>	<p>This tour includes walking for 15-30 minutes at a time, plus stairs and cobblestones. Travelers may always opt out of activities they deem too physically challenging but refunds will not be provided. The villa is located a 10-minute walk from the center of town, mostly uphill, and a few stairs are required to access the villa. Note the charming bathrooms have shower/tub combos.</p>
<p>TRIP LENGTH</p>	<p>8 days, 7 nights</p>
<p>LODGING</p>	<p>This tour's lodging is very special: a 17th century stone villa that is part of the Fontodi wine estate. The villa is on the edge of town, surrounded by vines and garden plantings, with a peaceful atmosphere and a swimming pool. There is a wood-burning fireplace, panoramic terraces, and a tennis court nearby.</p>
<p>TOUR DATES &amp; PRICE</p>	<p>October 7–14, 2023          October 15–22, 2023          Double Occupancy \$4,550 per traveler          Single Supplement \$650 <i>Limited availability, inquire</i></p> <p>Please note that air travel is not included and a current passport is required for travel to Italy. You are welcome to pay by credit card, please add a 3% surcharge.</p>

**ONWARD TRAVEL COVID POLICY:**

Onward Travel requires all travelers to provide proof of full vaccination against Covid-19 before the date of travel. All travelers will also be expected to comply with local masking regulations as well as any other customary pandemic precautions.

**Trip price includes the following:**

- Airport transfers and ground transportation in Italy.
- Seven nights accommodations at a beautiful 17th century villa in Panzano in Chianti. Private en-suite rooms provided.
- Most meals: daily breakfasts, five lunches, and six dinners. We have fantastic gourmet experiences, wine included, of course!
- Onward Travel guide at your service plus a dedicated trip host and excellent local teachers and tour guides.
- Four hands-on cooking classes and a recipe packet upon arrival.
- Activities, tastings, admission fees, and tours as detailed in the itinerary.
- Taxes and gratuities.

*Register now!*

Visit [onwardtravel.co](https://onwardtravel.co) to complete the registration form and submit payment.

Space is limited to only 12 travelers.

\$1250 deposit due upon booking, balance due by August 1, 2023.

**AIR TRAVEL:**

The tour will start and end with transfers to/from the Florence Airport. Please confirm with Onward Travel that the tour is a "go" before booking non-refundable airfare. Contact Onward Travel for assistance. Onward Travel is happy to arrange transfers to Rome, Bologna, or other destinations at an additional cost, plus there are good train connections between Rome and Florence and Bologna and Florence.