



URBAN
ADVENTURES
BEST. DAY. EVER.

Tour Name

Torta-Making Class & Traditional Sunday Lunch

Tour City

Italy Agriturismo

Tour Snapshot

Spend an afternoon in the Abruzzi foothills of rural Italy and savour the ritual of Sunday lunch — the social ceremony that is heartily embraced by Italians all over the country and requires a large appetite! End this four-course cultural tradition with *torta di ricotta pecorino* (sheep's ricotta-stuffed cake) that you made with the family's own award-winning cheese.

Highlights

- Make a traditional shepherd's *torta*, a cake stuffed with sweetened sheep's ricotta
- Experience an authentic four-course Italian Sunday lunch starting with antipasti from the agriturismo's own 'fruit of the pasture'
- Enjoy fresh handmade pasta and local meat from Ciociaria, the historical region of the shepherds
- Top off your afternoon with a slice of torta di ricotta di Picinisco and a caffè moka, made with the most widely used kitchen

utensil in the Italian home

Inclusions: Local English-speaking guide, 4-course traditional country-style Italian meal, the small torta di pecorino ricotta di Picinisco D.O.P. that you made to take with you.

Exclusions: Transportation to and from the meeting/end point, additional food and drinks, tips/gratuities for your guide.

Schedule details

- Duration: 6 hours
- Meeting point:
Casa Lawrence, Contrada serre, 03040 Picinisco FR.

View on [Google Maps](#).
- Find the exact meeting point with what3words: [///certificate.orchestra.governed](https://www.what3words.com/certificate.orchestra.governed)
- Starting time: 10.00 AM
- Ending point:
Casa Lawrence, Contrada serre.

Full Itinerary

Learn how to make the traditional dessert of the historic region of the shepherds, a cake stuffed with sweetened *ricotta pecorino* di *Picinisco*. Your hosts, the Pacitti family, will assist you in making your own rustic *torta* of *Picinisco* that has a delicate flavour accented by the valley's fruit and nuts. Find out why this simple shepherd's cake made with raw organic sheep's ricotta is loved by Italian nutritionists.

You will be done just in time to browse around the little villa where D.H. Lawrence finished his book *The Lost Girl*. This refurbished 20th-century villa has been restored to match the descriptions in the book, and you'll even find a tiny library with a collection, both in Italian and English, of Lawrence's literary works.

Lunch will be catered with products from the farm and surrounding area, and made from ancient recipes. You'll experience the

traditional four-course Italian country-style meal alongside families and friends of all ages who have made Casa Lawrence part of this essential Sunday ritual.

We'll start with *antipasti* (starters) and lots of them — this part could be a meal in itself, but go easy because there is a lot more food coming your way! The *antipasti* will include particular species of plants that are only grown in the Val di Comino, as well as the family's simple yet tasty pâté recipe made from their sheep and, of course, samples of their prized artisan cheese and more.

The first dish or *primo* (which is traditionally pasta, risotto, gnocchi or polenta) is made by hand by the valley's artisans or the Pacitti family, just minutes before lunch starts. We may have ravioli or cannelloni stuffed with ricotta and mixed with wild herbs foraged from the forest. Or maybe *polenta con sugo*, which is a hearty dish typically eaten in the mountains in the colder months. It's made from stone-ground corn processed in the same manner for thousands of years, then topped with aromatic sausage slow-cooked in a zesty tomato sauce.

You will have your choice of a *secondo* (a second course meat dish) and then a dessert of homemade pie, like the one that you made. We'll finish off with a caffè... and perhaps there is a shot of Genziana-infused *grappa* in store for you! Stay to share a shot with the cooks after all their business in the kitchen is done. Hang out with the family while they eat their late lunch and friends stop by from nearby villages.

You are free to stay and relax for the day on the agriturismo grounds after your tour. Take some time to have a cup of tea and browse through the books in a cozy room in the villa

Additional information

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Dress standard: Wear comfortable shoes for walking and standing and that you don't mind getting dirty. The villa still has the original stone floors, so wearing high-heel shoes is not recommended. Please bring sunscreen and a hat, and dress for any weather conditions.

Your Trip: For your Urban Adventure you will be in a small group of a minimum 2, maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Additional Information: You are free to stay and relax for the day on the agriturismo grounds outside the hours of your tour. If you are not driving to the agriturismo, it is possible to come by public transportation and then take a taxi from the Cassino train station or the Sora Train station (Coltral buses leave from Metro Stop A - Anagnina directly to Sora). Please let us know 48

hours in advance and we will send you the phone number of the taxi driver so that you can arrange your ride. Taxi drivers need at minimum 24-hour notice. Taxi rides from Sora or Cassino are about 30 minutes. Please budget for the taxi to and from the agriturismo from the stations.

Closure of sites: If the experience needs to be cancelled due to natural and unforeseen circumstances that disrupt the agriturismo and the farm's operations, there is a 100% money back guarantee.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Local contact

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