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# Italian Train Adventure: Culture & Cucinas - 2020

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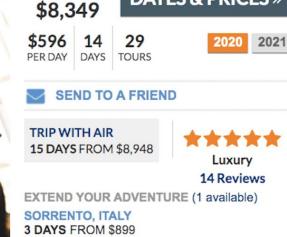
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CULINARY FEATURES

# DIVERSE CULTURE, DIVERSE CULINARY SCENE

Don't come to Italy if you're on a diet — unless it's a diet of hearty carbs, heavenly desserts, and artisanal wines. Actually, Italy is equally renowned for its selection of healthfully grilled and sautéed vegetables, fresh seafood, and exquisitely prepared meats and cheeses. So, whatever your culinary tastes, prepare your taste buds for the vacation of a lifetime — and buon appetito!

Pasta | Pizza | Wines | Sweets | Food for Thought

Adventure Highlights	
Highlights	*
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### PASTA

Pasta is practically its own food group in Italy. And from penne to linguini to gnocchi to tagliatelle to pappardelle to ravioli, it'll be quite easy to get your daily (or twice-daily) serving in. Wander along the cobblestone streets of any Italian town and you're sure to see cafés bursting with locals and tourists dining al fresco, as well as pasta strung up along windows beckoning those to come in.

You'll savor regional favorites as you travel from Italy's Lakes District down to the Amalfi Coast. In Italy, pasta is ordered as a meal or even the prelude to a meal — perhaps with an entrée of Florentine steak, sardines, wild boar ragù, or expertly marinated vegetables.

Don't miss popping into a local grocery store so you can bring a taste of Italy home with you — you'll find everything from gourmet espresso and coffee to dried pasta in all varieties and sizes (including some you can't find in the U.S.!). You may even find pasta in the shapes of iconic landmarks like the Coliseum or the Leaning Tower of Pisa.

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### PIZZA

Have you ever truly tried pizza if you haven't been to Italy? Of course, don't ask for a New York-style slice. Italians eat their pizza pies with a fork and knife. See how you like it best as you send your taste buds into overdrive.

Different regions are celebrated for their own distinct preparations. Much like in the U.S., where the big debate between New York pizza and

Chicago deep dish has raged on for years, Italians are divided over styles as well. Neapolitan pizza from Naples is cooked in a wood-fired oven and has a soft, well-leavened crust that's often charred. Roman pizza is slightly hardier than its Neapolitan cousin, with a weightier crust that can hold more toppings. It's also often baked in sheet pans and sold by the cut — look for street vendors and openair restaurants dishing pizza al taglio to try some for yourself.

Which style will you prefer? Experimentation has never been so delicious.

Best of all, as an exclusive culinary feature and Cultural Discovery — you'll have the opportunity to prepare your own pizza with fresh, regional ingredients, for our Farewell Dinner, Then, when you return home, you'll have the skills to re-create this masterpiece and transport yourself back to Italy whenever you want

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### WINES

Cheers to the bellisima life! What better way to enjoy the intoxicating Italian countryside than with one of Italy's celebrated regional wines. During your exclusive wine-tasting and dinner in the Tuscan hills at a 16th-century villa, you'll savor the Chianti wine that is produced from sangiovese grapes grown on the villa's own vineyards, as well as other local varietals and even olive oils.

Did you know? The Bellini originated in Venice. The cocktail, made with Prosecco and peach nectar, was first created by Giuseppe Cipriani at Harry's Bar. And the famed restaurant is still serving up their signature drink to this day.









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# SWEETS

From scoops of artisanal gelato to homemade tiramisu in Rome, cannolis in Naples to Pinza Veneta cornmeal cake in Venice, your sweet tooth will rejoice with Italy's offerings. Gelato is the dessert you'll see most frequently, in almost every interesting flavor combination you can conjure up, and on nearly every street corner. Gelato is the Italian answer to ice cream, only with a lower proportion of eggs and cream, and more milk. It's churned slowly, resulting in something much denser — and yet

more refreshing — than ice cream. There's really no bad time for gelato, either — after lunch, before lunch, before dinner, after dinner, and maybe one last scoop before bed, too. It's that good.









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# FOOD FOR THOUGHT

Throughout your journey, you will be invited to experience the culinary treasures of Italy in a variety of mouthwatering options — from street food and bustling outdoor cafés as you stroll about during your free time to joining us for a special dinner at Rome's Michelin-lauded Mirabelle Restaurant to an exclusive opportunity to visit a local agriturismo farm.

These agriturismos among Italy's best-kept secrets — they're farms that double as inns and they offer the chance to dine in the most authentic setting. Food is prepared with farm-fresh ingredients, perhaps from recipes that have been handed down over generations. It's no wonder you can translate "happiness" in Italian as delizioso!