

The Tuscan butcher

TRADITION, CULTURE, SUSTAINABILITY & FLIPPING GOOD FOOD

DAY 1: INTRODUCTION & KICK-OFF

10:00 Il Mercato Centrale

We receive our guests at the bar of the central market in Florence. "Il mercato Centrale" in Firenze is the place where many cooks (hobby & professional) still do their shopping. A 5-minute walk through this market and you know exactly which fruit and vegetables are in season. You will find beautiful fresh fish and many old-fashioned butchers. At this butcher everything is still on the counter, ears, heart, legs, you name it. You indicate what you want and the butcher cuts a piece on the spot.

10:15 La Cucina povera, hard truth or gladly told myth
Joel tells about the Cucina povera, the "poor kitchen"
A popular term that the Italians but also foodies use internationally to describe Italian cuisine

On the central market we of course taste "lampredotto." The fourth stomach of a cow gently cooked in broth. You eat the lampredotto in a sandwich with "Salsa verde." The story goes that in the Middle Ages the butchers of Florence threw the stomachs away in the river Arno and that a bit further away the poor people were ready to fish them out again. Participants are instructed to buy a vegetable that they only know very little about. We will cook with this over the course of the program.

16:00 Check in at Novanta

We welcome guests with a nice glass, explain where you are and bring you to your rooms. Here you will have some time to settle down and possibly walk around.

18:00 Preparing dinner

In the kitchen, a delicious dinner is being prepared. Participants are cordially invited to lend a hand.

19:00 Less meat due to more meat

We will start during the aperitif and explain the programme & theme. The focus is on traditional home cooking. "Cucina Povera." Meat was limited, and in the first place one had to deal more sparingly with seasonings and still feed hard-working families. Eating together is an important social moment of the day and so it was also expected to be a party.

20:00 Dinner

We end the day together with a delicious dinner and a good glass of wine to get started the next day fresh and fruity.

DAY 2: TO THE BUTCHER

Traditionally, farmers' families kept one or two pigs. Throughout the year, the pig was cared for and fed on grains, potatoes and food scraps. Thus In mid-November the pig was usually fat enough and the outside temperature dropped. It was time to slaughter.

10:00 -12:00 Butchering

To be able to process the different parts of the pig on day four, the pig must be slaughtered on this day by Fabrizio, our neighbour, farmer and butcher. This morning we will visit the farm where Fabrizio lives and where he slaughters for his family and friends. We see how the animals grow up and what they eat. Fabrizio will also slaughter the pig at this point. You can be present if you wish. The special thing about slaughtering on the farm is that the animals do not have to be transported alive. As a result, the pig experiences considerably less stress. You can see and taste this in the quality of the meat, but also very clearly in the process.

13:00 Lunch

After an intensive morning and a leisurely walk back from the farm, it is time for a light lunch in the sun.

16:00 blind tasting

Time to test. We compare salami, prosciutto and other meat products from four different producers without any background information. What do we actually like, why? What differences do we taste? Does the background of these products say anything more about what we like?

16:00 Wine tasting at Ornina

A wine tasting should not be missed during a visit to Tuscany. Ornina is a small-scale biodynamic wine farm in the area. Marco the winemaker has turned his father's old small hobby vineyard into a serious business. Now beautiful Tuscan wines are made here that, according to Marco, taste like the wines that were also made here 100 years ago.

19:30 Dinner

DAY 3: TASTE + COMPARE

10:00 Trial lesson!

How do we actually taste? Joel discusses how we perceive tastes and smells and what actually influences our taste.

11:30 Walk to the river

A small river runs through our valley with dozens of beautiful spots for a picnic. It is a half hour walk from the hotel.

12:00 - 14:00 Cooking outside

For lunch we will try to cook together by the river with few resources. Perhaps just a grill and some knives. Furthermore, we bring all kinds of ingredients from the season. You'll see, you don't need much more!

16:00 Workshop: Tortelli alla lastra

A typical dish from the "Cucina Povera" and really only known here in Casentino are the Tortelli alla lastra. A pasta filled with potatoes and tomatoes baked on a hot plate. The loggers' wives prepared these at home. Their men, who were often on the road all day, could light a fire and heat up a flat stone, then bake the Tortelli. Like this they had a warm nutritious meal that you could eat without plates or cutlery. We are going to learn from one of our neighbours how to make this specialty.

20:00 Dinner

DAY 4: BACK TO THE PIG

10:00 - 13:00 Dividing, boning and preserving
Slaughtering and processing a pig is hard & a lot of work, often family and friends were ready to help, so there was also a party. The pig was processed from head to tail, black pudding, hams, brine, you name it. The fatty meat was vital to get through the cold winter and was therefore preserved in various ways. You eat a product such as black pudding fairly quickly after slaughter, for example, the hams the next year.

13:00 - 14:00 Lunch at fabrizio

With the participants of the programme we will have gone through the amazing experience of processing an entire animal, from start to finish. Just as in the Fabrizio's childhood, and the childhood of his father before him, it is a event for the whole family, and their friends - everyone lends a hand. To celebrate and give thanks, we also have a feast together and eat the freshest parts of the pig.

15:00 -18:00 Making sausages

After a long leisurely (and probably wine fuelled lunch) we will prepare different types of dried meat products. We also make some smaller dried sausages that you will receive at home a month later.

20:00 Light dinner