



ANNA the NICE





My name is Anna and I am a food blogger, food writer and food photographer. I live in Noci, in Puglia, land of Murgia, fantastic place that can offer great emotions. The countryside, the sea, the architecture and the cuisine of my country are all experiences to live. Few days here, are not enough to enjoy it all, but you will be fascinated by the simple beauty of these places.

I can guide you to discover traditional cuisine, the same of the mothers and grandmothers, who still fills of perfume our home. I will walk with you in the local market to discover the typical products that we will buy and prepare at my trullo, all together, in cooking classes 'hands-on'. At the end of the course we will sit under the arbor and have lunch surrounded only by the sound of the countryside.

If you do not want to go far from your holiday home I can reach you and prepare for you dinners with a Mediterranean flavor.

If you want to know better Apulia you can also visit local producers that will tell you about our wines, oil, organic vegetables, how we breed the ancient race podolica and how milk is transformed into mozzarella, 'primosale' cheese and caciocavalli.

If you come in Puglia in June you reap with me the cherries and, after having eaten all you wish under the tree, we'll make jams and cakes.

If you come in Noci in November, you can come with me, early in a chilly morning, to pick olives and then run to the mill to make olive oil to taste once in the evening on hot bread, toasted to the chimney fire of my trullo.





THE COOKING PROGRAM WILL TAKE PLACE

in the kitchen of my “Trullo” situated in the heart of “Murgia”. Surrounded by nature, here is a country retreat that will calm, inspire and lift your spirit. If requested, each course could take place at the location of your accommodation.

The Cooking Program is for groups of 2 to a maximum of 10 participants. If requested, more guests might join as “a tavola” at the table.

Workshops:

- Basic cooking class of typical Apulian cuisine
- Basic cooking class of Apulian vegetables and legumes preparation
- Cooking class “ The sea treasures at your table”
- Cooking class “ Hands-on home made pasta”
- Cooking class Bread, Focacce, Fritters



01 / BASIC COOKING CLASS OF TYPICAL APULIAN CUISINE

THE COOKING CLASS INCLUDES:

- A total of 3 hrs in length class
- Tastings
- Brochure with pictures shot during the cooking class

WE WILL PREPARE

- Tomatoes and onion sauce
- Tomatoes and garlic sauce
- Spaghetti
- Fried Vegetables
- Breadballs
- Sporcamus (creamy dirty mouth)

02 / BREADS, FOCACCE, FRITTERS

THE COOKING CLASS INCLUDES:

- A total of 3 hrs in length class
- Tastings
- Brochure with pictures shot during the cooking class

WE WILL PREPARE

- Apulian bread
- Focaccia
- Fritters



03 / VEGETABLES AND LEGUMES

THE COOKING CLASS INCLUDES:

- Grocery shopping at the local fresh market(Tuesday and Wednesday)
- a total of 3 hrs in length class
- tastings
- Brochure with pictures shot during the cooking class

WE WILL PREPARE

- Friselline(Apulian crouton) with cherry tomatoes and fresh aromatic herbs picked from my garden.
- Crouton with stracciatella and anchovies
- Fava beans purée and side-dishes(steamed vegetables , Apulian style sweet and sour onions, fried peppers, home made preserved vegetables)
- Breadballs (or stuffed eggplants,or stuffed peppers)
- Cherry marmalade pie crust



04 / THE SEA TREASURES AT YOUR TABLE

THE COOKING CLASS INCLUDES:

- a total of 3 hrs in length class
- tastings
- Brochure with pictures shot during the cooking class

WE WILL PREPARE

- Stuffed mussels in red sauce
- Spaghetti with mussels
- Fish and Chips...Apulian Style
- Fresh Fruit and Dessert



05 / “ HANDS-ON” HOME MADE PASTA

THE COOKING CLASS INCLUDES:

- a total of 3 hrs in length class
- tastings
- Brochure with pictures shot during the cooking class

WE WILL PREPARE

- Orecchiette (typical Apulian pasta)
- Cavatelli (typical Apulian pasta)
- Fresh tomato sauce





IL TRULLO

"ANNA THE NICE"'S TRULLO IS AN ANCIENT RUSTIC BUILDING, TURNED INTO A GEM HOUSE. SURROUNDED BY NATURE AND IMMERSE IN THE QUIET OF THE COUNTRYSIDE, THE "TRULLO" IS LOCATED IN THE HEART OF "APULIAN MURGIA", CLOSE TO NOCI. DISTANCE FROM NOCI IS ABOUT 10 KM.



Bruschetta
RICOTTA
AND TOMATO



Cheese
PRIMO
SALE

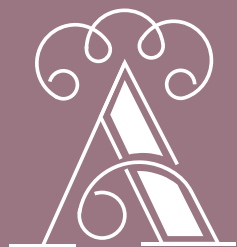


Peppers
STUFFED WITH
BREADCRUMBS
AND FRESH HERBS



Fava Beans
FRIED





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