

Trapani & Surroundings

Trapani, the city of the two seas, lying in a flat area near the slopes of Mount Erice, holds its charm in a successful mix of different landscapes and thanks to the diverse cultures that flourished here over the centuries, including the Phoenicians, Romans, Arabs, Norman, Angevin, Aragonese and Bourbons.

The old town is a treasure trove of scents, stories, sounds, and sensations to discover... In the area you can visit places of great archaeological interest such as Segesta and Selinunte, places of great natural beauty like the nature reserves all along the coast from Trapani to Marsala; and many more sites of historical and natural relevance such as San Vito Lo Capo, Mazara del Vallo, Scopello and the islands (the Egadiarchipelago and Pantelleria).



NUARA

Food Culture Centre

Sicilian Cooking School & Gourmet Tours



FOOD CULTURE CENTRE
NUARA COOK SICILY

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A journey through the
Stories, Flavors
and **Treasures of**
Sicilian Cuisine

www.cooksicily.it

In the heart of Trapani, in the very historic center of the "city of two seas", **Nuara Cook Sicily** Food Culture Centre, a place for meetings, courses, workshops to discover all the secrets and techniques Sicilian cuisine. It offers a fascinating sensory journey through history, knowledge and tastes of Mediterranean cuisine as well as meetings with producers and local chefs.



Cooking School

Cooking classes by **Nuara Cook Sicily** give you the opportunity to learn about the rich heritage of Sicilian cuisine, the result of a long history of different cultures that shaped a strong local identity, which can be acquired only in close contact with producers and local chefs.

Passion, fun and quality inspire the philosophy of the school... with many chefs, but one format that is based on clarity, simplicity and fun.

Workshops can be either cooking shows or hands-on lessons, and all involve a moment where participants taste the dishes being prepared:

- **Basic cooking courses**
- **Advanced and technical courses** (for professionals or not)
- **Nutrition education courses for children and teenagers**
- **Specific meetings with chefs and local producers**
- **Tastings and sensory analysis of the products**
- **Regular theme-based meetings dedicated to quality wines and excellent products** (with tastings)
- **Team building activities and corporate events**

Gourmet Tours

Nuara Cook Sicily is also the reference point for the discovery of local food and wine productions right where they originate - in the beautiful landscapes of West Sicily: market tours, visits to local producers, gourmet tours, visits to historic towns and nature reserves, sea trips where food and history meet...

Nuara's tours are tailored to meet every demand, both from individuals or groups, Italians or foreigners.

Follow us in this unforgettable experience in one of the most beautiful places in Sicily!

