



SAVORY SPOON
CULINARY TRAVEL

JOIN US IN SICILY FOR A TASTE OF THE ISLAND May 20th– 27th, 2025

JOIN US ON A JOURNEY and path of discovery in Sicily. La Foresteria is an Estate immersed in the vineyards which stretch to the beach of Porto Palo on the Crystalline Sea at Menfi in the Province of Agrigento near the Planeta wineries. It is the perfect place for a gourmet holiday in the heart of ancient sun kissed Sicily.

Sicily's kitchen is packed with fresh ingredients, shiny fish fresh from the Mediterranean, almonds, pistachios and delectable combinations of pasta, sardines and saffron.

We will fly into Palermo on the west coast of Sicily, which has one easily accessible airport. A driver will pick you up and transport you to our Hotel. Upon arrival on our first two nights in Palermo, we will stay at one of our favorite hotels, The Grand Hotel Wagner. The location is perfect for getting around the city and a day trip to the village on the sea of Cefalu.

Our private driver will transport us on day three to Menfi and the Foresteria Planeta; a lovely estate known for its great wine and agritourism. Our location near the sea is the perfect destination for our daily adventures to surrounding





areas to sip, savor and shop. We have planned the perfect combination of cooking, cultural touring and relaxation.

Each day we will venture out on side trips especially designed for us to give a true taste of the traditional Sicily and an intimate look at the soul of the island. Aside from history, architecture and natural beauty, one of Sicily's greatest attractions is its great food. Every village, town and city have markets exploding with fresh produce, fish and a lively culinary scene. Sicilians' attitude towards food is much like its character, including lots of tradition and just a taste of the modern.

Our accommodations in the countryside will be at Foresteria Planeta

Itinerary Sicily May 2025

TUESDAY, MAY 20TH Welcome to Sicily one of my favorite Islands in the Mediterranean. Our welcome dinner will be at one of my favorite restaurants that features a variety of scrumptious local flavors.

WEDNESDAY, MAY 21ST We will have a morning visit to Monreal Cathedral, famous for its intricate and beautiful mosaic walls, and will enjoy an outing to Cefalu on the sea. This picturesque historic village is known for its unpretentious charm perched on a rocky headland. It has grandeur in its past and fabulous ceramics in its present. Lunch by the sea will give us breathtaking views while we dine. Dinner in Palermo this night at a Historic Restaurant.

THURSDAY, MAY 22ND Our morning visit to Monreale will be magical and memorable too! We will enjoy a walking tour of Palermo's Mercato del Capo, which is the most famous in Palermo. We will have a flavorful lunch and city





tour with a local guide. In the afternoon, we will drive into the countryside to Menfi and our Estate Foresteria Planeta, where we will call home for the rest of the week. We will enjoy poolside relaxation, a walk and a great sunset before dinner with wine pairing at Planeta.

FRIDAY, MAY 23RD Our morning will include a hands-on cooking class with Chef Angelo Pumilia at our own Foresteria. The class will feature all the best of the local flavors and the culinary crafts of the true authentic Sicily, in their state-of-the-art blue and white tiled kitchen, followed by feasting on the lunch we have prepared. We will enjoy an afternoon tour at Selinunte Archaeological Ruins and then our evening at Porta Palo by the sea for our dinner at Da Vittorio, one of the area's best restaurants.



SATURDAY, MAY 24TH Our adventure today will lead us to the village of Trapani, which hugs the harbor and is the capital of the province. Trapani is laden with elegant baroque palazzi and impressive churches. We will also visit the famous salt flats of Trapani and the town of Marsala with a tour of the prestigious Marsala house of production. Our lunch will be alfresco and at the edge of the brilliant blue sea. Light dinner at Planeta accompanied by flights of their award winning wines.



SUNDAY, MAY 25TH Today's cooking class will feature the best of local flavors. We will feast on the delectables we have prepared in our morning class. Dining under the shade of the wisteria and a view of the sea. After class we can relax by the pool or visit a local winemaker, and tour the small winery which is next door to Planeta's property. We will return to Foresteria for relaxation and a lovely dinner with wine pairing.



MONDAY, MAY 26TH Today's journey to Planeta's wine Estate called Ulmo, is where we will enjoy making fresh ricotta with a local sheep farmer and realize his magic touch creating this traditional cheese. Our morning will also include an Alfresco cooking class and feature the best of local flavors then dine surrounded by these old vines and lots of sunshine. In the afternoon we will enjoy a wine tour in the vineyards that overlook the picturesque lakes below and breathtaking views all around. After class we will visit one of my favorite small fishing villages on our return home. Our farewell dinner will be delicious and delightful and remind us of why we don't want to leave.



TUESDAY, MAY 27TH Depart Planeta Estate to Palermo Airport.

Booking Conditions

- We invite you to join us, and invite your best friend or partner.
- We will be a small group of no more than 10, so early sign up is suggested.
- Room styles are given on a first sign up preference.

Due to unforeseeable circumstances, it may sometimes be necessary to alter the scheduled activities or itinerary. All efforts will be made to keep any changes to a minimum and, where they are necessary, to make alternative arrangements which are of an equally high quality.

Savory Spoon Cooking Culinary Travel and Janice Thomas are not responsible for any injury, loss or damage to person or property while guests are in route to and from or while on this culinary trip or participating in any of our activities.



Bring comfortable shoes since we will be walking in ancient villages and an umbrella since it is spring. Dress is smart casual and a dress for the farewell dinner if you wish.

Trip Cost is \$6,600

\$1,000.00 deposit due with reservation. Save your spot as soon as possible; trips sell out fast.

Balance of \$5,600 due by March 15th, 2025.

\$1000 single supplement

Price includes:

- 2 nights in Palermo
- 5 nights at the Planeta estate in Menfi
- All meals with the group (All meals and all beverages)
- Delicious breakfasts daily
- Cooking classes and all ground transportation
- Airfare not included
- Sign up early
- Maximum of 10 guests

Cancellation Policy

- Refund considered only if guide needs to cancel.
- We highly recommend Travel Insurance, which is valuable planning. Ask your travel agent when planning your flight: www.travelguard.com, www.globaltravelinsurance.com www.travelex-insurance.com,
- MedJet Assist: MedjetAssist is a membership program that arranges air-medical transport to the member's hospital of choice within their home country.
-

Checks written to:

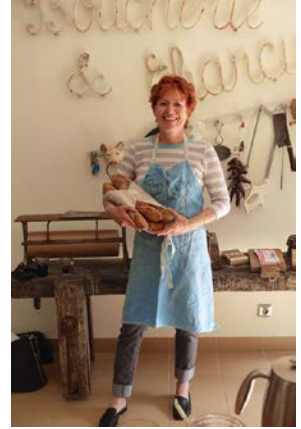
Savory Spoon Culinary Travel

P.O. Box 423

Ellison Bay, WI 54210

Janice Thomas

Chef Janice Thomas has 40 years in the food industry. In addition to operating four restaurants and a catering company for 20 years, Janice has been teaching cooking classes in Arizona, Oregon and Wisconsin since 2003. Since 2004 Janice has owned and operated the highly successful Savory Spoon Cooking School in Ellison Bay, Door County Wisconsin. Studies at the renowned Cordon Bleu in Paris and with well respected chefs in France, Italy, Sicily, Mexico, and China, have enhanced Janice's repertoire in food. Extensive travel in Mexico afforded Janice the opportunity to cook with a wide variety of chefs where she developed her love for the distinctive flavors of the southwest. Thus, was born Janice's specialty in many different food fusions. Janice likes to say "Combining the flavors of many cultures results in an explosion of taste delights."



Janice and her husband, Michael, raised their family in Tucson and continue to enjoy spending winters in Arizona