

***\* Want to live an unforgettable experience during your vacation?***

***\* Immerse yourself in Italian culture?***

***\* Learn the Vegan version of famous Tuscan recipes?***

***Our Cooking classes are made for you!***



Our Cultural Association "Gioia di Vivere" (joy of living) offers practical cooking classes in Lucca, Tuscany, since 1992. Our aim is to promote a proper relationship between man and nature, following an healthy natural and organic vegan or vegetarian macrobiotic diet.

**Our classes are open to all, beginners or experts, vegetarian and vegan.**

Join us in our cooking school will be an unique experience for you. During our classes we will be at your disposal, trying to convey our passion for healthy, natural foods and organic products.



# OUR COOKING CLASSES!

During our classes in Lucca you will learn the best healthy Tuscan and Italian recipes.  
Choose one of the following topics or ask for any specials!

## **HANDMADE PASTA AND SAUSAGES:**

Tagliatelle, lasagne, orecchiette, fusilli, gnocchi

## **HANDMADE STUFFED PASTA:**

Ravioli, tortelli, fagottini

## **TUSCAN SOUPS:**

Farro, frantoiana, ribollita, with legumes

## **TUSCAN RECIPES**

Farro soup, Handmade pasta, Special tuscan tart

## **NATURAL RISING BREAD:**

Cereals, mixed flour, with seeds, rye bread

## **NATURAL SORDOUGH PIZZA AND "FOCACCIA":**

Pizza margherita, marinara, with vegetables; Focaccia with herbs, with seeds, with vegetables

## **PIES AND CASSEROLES WITH VEGETABLES:**

With mixed flour, stuffed by vegetable

## **TUSCAN DESSERTS:**

Buccellato and Torta coi becchi, Cantuccini cookies.

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Each class has a duration of an half day, lunch or dinner included. Our classes are practical, you will be involved in the preparation of all recipes. Classes are open to all, beginners or experts, **especially for vegetarian and vegan people**. Please note: All ingredients are seasonal and come from our vegetable gardens or from local organic markets.

## **\*\* OTHER SPECIAL CLASSES \*\***



### **Fast Vegan/Vegetarian Recipes**

Fast recipes with Tofu, Seitan or Legumes. For those who have little time to cook, quick and easy recipes for family or friends with a taste of true traditional and vegan foods.



### **Cooking in couple**

*Vegan/Vegetarian basic recipes:*  
Rice or Bulgur with seasonal vegetables, vegan meatballs or "frittata", chocolate pie

#### *Vegan/Vegetarian Couple Brunch:*

Cous-Cous or pasta with seasonal vegetables, Pancakes, Carrot & Almond cake

These class are for couples who like to share original experiences, who want to get involved in the kitchen and enjoy an organic and vegan/vegetarian menu cooked with four hands!

### **Gluten Free!**

A class dedicated to those who cannot eat gluten or for those who want to avoid it for a while! Demonstration of some vegan recipes to discover tasty and healthy dishes, Gluten-Free and Cruelty-Free!! Tasting of recipes is exclusively reserved for subjects intolerant and not for celiacs.

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Each Class has a duration of 2 hours, tasting included.

Classes are open to all, beginners or experts, *especially for vegetarian and vegan people*. Please note: All ingredients are seasonal and come from our vegetable gardens or from local organic markets.

***Following our passion for organic vegetarian and vegan cuisine we also offer additional services on request:***

### **PERSONAL CHEF**

**At your holiday home during your vacation for lunch or dinner**

### **A PEACEFUL VEGAN DINNER**

**book a vegan dinner in our beautiful Tuscan house**

### **HOME DELIVERY**

**for breakfast, lunch or dinner  
(organic -vegan/vegetarian)**

### **ORGANIC FOOD BOX**

**for your packed lunch and picnic:**

***1 Bottle of homemade Orange Juice +  
Vegan/Vegetarian Sandwiches +  
Homemade Cookies***

**OR**

***1 Bottle of Homemade Iced Tea +  
Vegan/Vegetarian Sandwiches +  
1 mixed salad***

**Prices depend on type of meal, please feel free to ask more informations:**

**Call 0039 347 6246789**

**Write to: [scuolagioadivivere@gmail.com](mailto:scuolagioadivivere@gmail.com)**