

Melina Punteriero

COOK THE MOUNTAIN

PASTA

SESSIONS

BEDONIA | ITALY



Pasta is *a philosophy,*
not a technique.

1 WEEK ALL INCLUSIVE - 2027 SESSION DATES

NOVEMBER 8-14 | FEBRUARY 15-21 | MARCH 1-7 |

Melina Puntericco

COOK THE MOUNTAIN

A village *cooking experience* that
reconnects you with **real food**,
through *place based* experiences —

Organic and **sustainable** 0km
produce - **grown, foraged, and**
made by the local industry
artisans of the mountain.

Farm to table , *in the*
gastronomic **heart of Italy**.



"It's not just about cooking,
but also experiencing Italy
like an Italian."

COOK. LIVE. RESET

DISCOVER

- All inclusive 6 night luxury gastronomic cooking and discovery retreat
- Meet DOP producers of Parmigiano Reggiano Cheese and Salumi
- Learn about olive oil & wine harvesting in nearby Liguria with a visit to fresh fish & anchovie producers
- In season mushroom, wild herbs and mushroom foraging
- In season saffron production
- Visiting local organic and bio farmers for fruits and vegetables
- Experiences with local Ancient grain and polenta producers
- Visit to artisan wood turner of traditional pasta tools.

COOK AND TASTE

- Daily cooking classes with chef Melina and local acclaimed chefs
- The search for quality ingredients: understand how simple good ingredients make the entire dish, by tasting the real examples from our local providores and artisan producers

RELAX

- Your home away from home, when we are not in the class room or visiting, our villas are yours.
- stay in our mountain sanctuary, an old refurbished flour mill, just outside Bedonia
- Or choose our villa set right in the centre of the village

SAVOUR

- From small Osterias to Fine dining local restaurants. All of our meals are included with beverages.
- Meet our local family run restaurants and also our acclaimed chefs, remember you are in midst of the gastronomical capital of Italy. We are spoilt with our selection of eateries



BEYOND THE FLOUR: The Artisan Influence

We do not stay confined to the villa walls.
To understand the pasta, you must understand the soil

The Forage & The Market:

We venture into the crisp air to meet the guardians of the Appennino—the foragers and artisans whose ingredients provide the soul of our fillings.

The Border Crossing:

We travel over the pass into Liguria to find the master wood-carvers. To hold a tool hand-turned by a neighbor is to respect the craft at its source.

CULTURAL EXCURSIONS

- RICOTTA CHEESE MAKING
- LIGURIAN COAST SEASIDE VILLAGE
- FOREST EXPLORATION AND FORAGE
- PARMIGIANO REGGIANO CHEESE
- GOATS CHEESE
- CASTELLO DI COMPIANO
- PORCINI MUSHROOM LAB
- LOCAL RESTAURANTS
- BIOLOGICAL HERB AND VEGETABLE AGRITURISMO

A Lineage of Two Italies



MELINA PUNTORIERO.

My family was born in the South of Italy, this is where my story begins.

In the kitchens of my mother and grandmother, where the rhythm of the rolling pin was the heartbeat of the home.

It was refined over three decades of professional study and teaching across the length of the peninsula.

I now live in the north of Italy and this program is the *culmination of that journey*: the warmth and "hand-feel" of my Southern heritage meeting the alpine discipline of the North style of cooking.

Taking the course with Melina in February changed the course of my life! It was the one thing that I needed which took me from a passionate pasta maker, to a professional.

Melina has a sixth sense about what each student needs, and she reels you in and inspires you to push yourself to your own personal next level. I learned from her all of the important techniques, history, and practices of pasta in Italy.....

As well as becoming privy to the secrets only Italians have known for centuries! Melina is a rare combination of a professional teacher and a warm friend for each student. I am now proud to be running my own business and thriving, doing what I love. Sometimes it takes more than a class....it takes Melina!!!

— Lisa Caruccio, USA

ITINERARY

Day 1

Arrival and settle in

We pick you up from your train station or airport and bring you direct to your villa. Spend the day to settle in and we will meet for dinner

DAY 2

‘the cheesemakers and the grain’

After breakfast we head over to a family run parmigiano facility to meet michele who will show us how this cheese is made. We then head over to his delicatessen where we taste some more cheeses and salumi, ingredients that will be the stars of our week. We then visit marco and his goat cheese farm, where we pick up some ricotta. We stop at lunch at a local restaurant and then head in our kitchen to prepare some base for this week.

- The basic pasta recipes, Making natural colours and dyes
- Coloured and non coloured egg pasta
- Tagliatelle, reginette, taglierini, lasagne, fettucine, garganelli

DAY 3

Stuffed pastas and traditional sauces

Today spend the whole day at the villa. The wood fire on, everyone at the pasta machine while we chat and learn and cook. After some free time in the afternoon, you can choose to join melina in the hearth kitchen this evening while she prepares our traditional meal.

- traditional pasta sauces and the correct pairing of pasta with a sauce
- Short and stuffed pastas, we mimic the hands of ‘Nonna’ today
- Ravioli, tortelli, mantovane, casoncelli, capelletti, agnolotti, pansotti,

ITINERARY

DAY 4

- 'the pilgrim to the sea'

After break fast we make a short trip over the mountain to the ligurian coast. We stop on the way to visit a truely special artisan. Alessandra has been wood turning pasta tools as a family tradition since she was a little girl. We stop at the beaituful seaside village of Sestre levante, wher pick up some fish and pesto and then have a beautiful seafood lunch. this afternoon we head back into the kitchen

- Eggless Pasta and the tradition of the south cavatelli, curligiones, orecchiette, fusilli, pegai, malloreddus, pici, sciatelli, pisarei

DAY 5

'Forage the mountain'

Risotto and Gnocchi, pesto and salsa

This morning we head out with a local guide to discover what the mountain has to offer. from wild herbs to truffles, the mountain will decide what we cook today. We head straight into the kitchen where we prapare our lunch. We finish a little earlier today in preparation for a very special dinner this evening...

we are goin out!

- Pasta/not pasta, different types of gnocchi and dumplings exploring the tradition of the north, using natural vegetables
- preparation of a series of Gnocchi and Pisarei, and risotto



ITINERARY

DAY 6

TODAY IS ABOUT YOU!

Today you decide on our program. We head into town for a coffee, where we will sit and have a look at what you want to do today. We visit the local castle, a magnificent example of the history of bedonia. Then we will visit our local providores and the meet again a the villa and head to the kitchen.



DAY 7 DEPARTURE WITS TIME TO SAY GOODBYE

IS ANY OF THIS YOU?

COOK. LIVE. RESET

WE ARE SO PROUD OF THESE CLASSES AND THEIR ABILITY TO REFRESH THE MIND AND SOUL, WHILE LEARNING SERIOUSLY ALONG THE WAY.

THE VISIONARY:

Is something just missing in your daily grind?

Maybe a change of career is something you've always dreamed of, but has been too big to consider. Well this is just 7 days. Try it on for size. This is an immersion in nature, food and family, a breath of fresh air. Calm your mind. The rest will follow

THE SABBATICAL SPECIALIST - the professional

Are you already in the food industry and looking for purpose? Or is your current menu just *missing something*? Then time to refocus, this is it. A chance to strip away the noise of a commercial line and reconnect with the raw materials. Reconnect with the 'why' behind Italy's soul. Rediscover forgotten pasta shapes, and the story that put them on the map. Pasta is the finest expression of all Italian food, its heart and its culture. Let's move away from the 'perception' of what Italy is and into the real.

THE HERITAGE CUSTODIAN

Do you have that Italian magic running through your veins, and are looking to reconnect to your roots? Or maybe you just like the idea of one day becoming an Italian 'Nonna' and are looking for something you can pass on or share. This is your legacy. You are not just learning a dish; you are inheriting 30 years of heritage to take back to your own table. 7 days learning how to love, live and laugh like an Italian, a recipe book of memories that you will pass on to all those you cook for. This is about YOU. Learning something for YOU. The gift that you can give yourself, that becomes the precious gift you pass onto others.

YOUR HOME FOR THE WEEK

the montain sanctuary



Il Mulino is a **magical retreat** *tucked away in nature.*

Your home for the week sits nestled along the Taro–Ceno River, in the picturesque comune of Masanti—only 10 minutes from the center of Bedonia.

Masanti is famed for its **breathtaking waterfalls** and beloved by locals for the prized truffles that grow quietly in the surrounding forest.

Set on sprawling grounds with a **private tennis court**, sparkling swimming pool, and a **serene spa room**, Il Mulino is the perfect **escape to unwind**, recharge, and soak in the beauty of the Italian countryside—all just a stone’s throw from town.

Il Mulino is also home to both our hearth and precision Kitchens. **this is where all our cooking classes take place.**

BEDONIA:

the village experience



Bedonia sits on the famous old pilgrim and trade route, the Via Francigena, connecting the north of Europe to Rome. **Bedonia is a beautiful town**, its coloured homes are reminiscent of the coastal town of Liguria.

The mountain pass connects the three regions of **Tuscany, Liguria and Emilia-Romagna**, and so we have a food culture that is strongly influenced by all three regions.

The mountains are rich in **truffles and Porcini** mushrooms, where the bordering town of Borgo Val di Taro holds IGP status.

The region itself is a **nature and food lovers paradise**. Bike riding and hiking form big parts of the local tourism, as is hunting and foraging. Each season brings it's own beauty, and so any time of year is a good time to visit.

WHAT DOES MY PACKAGE COST?

YOUR 1-WEEK ITINERARY INCLUDES:

1 Week cooking experience in Italy

6 nights accommodation, arrival and departure transfers

Hands-on cooking lessons by Melina and her team including all associated expenses

Complete course Manual with all recipes included

Daily Cultural excursions and transfers to and from your accommodation to the school

**5 lunches, 6 dinners including water and wine
Certificate of Completion**



ALL INCLUSIVE OFFER

4.200 Euro (double/twin board)

4.800 Euro (single board)

including meals, accommodation and transfers



ADDITIONAL INCLUSIONS FOR ALL INCLUSIVE PACKAGE

- All expenses including meals and accommodation from your time of Arrival until Departure.
- Private transfers to and from our closest train station to your VILLA
- 6 Dinners, 5 lunches
- All wine and bottled water during meal times
- 6 nights' accommodation, complete board, all inclusive of breakfast

HOW TO SIGN UP

If you would like to SIGN UP for this cooking experience, you can complete the form attached to this brochure and send it to us at melina@melinapuntoriero.com. We will send you a payment link to make your deposit. Once your participation request has been processed you will receive an email with all of your arrival information.

A deposit of €1000 is required to secure your placement and final payment will be required 90 days before the commencement of each cooking experience. Do not hesitate to email us if you have any questions requiring payments.
Refunds 90 days before course commencement cannot be accepted, unless your spot can be filled
We look forward to having you with us in Italy for this exciting gastronomical adventure!

TERMS AND CONDITIONS

- *Price does not include airfares or travel organised in free time.
- *Your cooking experience is located in the town of Bedonia, and cultural visits are located in the town itself and our surrounding towns
- *Prices are based on double occupancy and may incur a single occupancy fee based on availability. Single occupancy is in a double room for single use. *
- *Hotels are subject to class numbers and availability.
- *Melina Puntoriero reserves the right to change destinations and substitute for something of equal or greater quality and value.
- * Aprons will be provided
- *Travel insurance is mandatory for all participants

save your place

tap to email Melina direct

melina@melinapuntoriero.com

2026

8 - 14 NOVEMBER

2027

15 - 21 FEBRUARY

1 - 7 MARCH



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