

BOSTON'S NORTH END "LITTLE ITALY" PRIVATE GROUP MARKET TOUR

"Little Italy" in Boston testifies to the age-old immigrant experience in the new world. The **North End Market Tour** is the perfect way to experience what our country's oldest neighborhood has to offer. This **two** hour walking tour is like a cooking class on foot: learn about how Italians eat; glean insider cooking tips; gain resources and knowledge on how to identify and where to buy the very best ingredients. This is a foray into the food traditions and marketplaces of the most authentic "Little Italy" remaining in America. You'll discover the *panetteria*, *pasticceria*, the greengrocer, the deli, an *enoteca*, and spice and confection store that stock the *ingredienti* that can make your meals memorable. Enjoy the colorful sights, tantalizing aromas and authentic tastes of bread, pastries, cured meat, cheeses, balsamic vinegar, the freshest seasonal produce, and a little *liquori* in this old- world community.

At nearly every stop, we'll enjoy small tastes of specific Italian food ingredients so you may experience benchmark flavors to incorporate in your own cooking and dining adventures. As you will see, *gli ingredienti veraci* - authentic ingredients - are the key to *la bellissima cucina italiana*. It's like visiting Italy—no passport required! Your world and dinner will never be the same.

- Discover the pasticcerias that offer the best biscotti, *amaretti*, *sfogliatelle*, *cassata*, *taralli*, *cannoli*, and other confections. Tastings include mini-cannoli, and small pieces of *sfogliatelle* and several biscotti. A bottle of water will also be provided.
- The smell of fresh baked bread will entice you as we stray down a little alley to find the *panetteria* that supplies some of the best neighborhood restaurants. What could be better than a taste of Parmigiano and prosciutto artisanal bread.
- Visit an old world spice and coffee vendor that has been in the neighborhood for over 80 years. Learn about Italian coffee culture, various old world ingredients including authentic cinnamon, licorice, citron. Taste *ceci* (roasted chick peas), *puntini* (Italian candy).
- Stop at the greengrocer and learn about seasonal fruits and vegetables such as broccoli rabe, fennel, figs, the difference between a female and male eggplant. Tastings depend on the season for fruit (oranges, kiwi, prickly pears, persimmon or figs) and always fresh fennel.
- Check out a neighborhood deli known for the best quality prosciutto, learn about fraudulent olive oil and how to select and store the freshest olive oil. Find out how to identify "real" balsamic vinegar and how to avoid the cheap imitations. We'll discuss the different types of cheeses from Italy, and tell you how to distinguish artisan dried pastas from the commercially produced varieties. Here we will do a comparison taste of *Parmigiano Reggiano* and *Pecorino Romano*. We will also taste EVOO, balsamic vinegar, and *Prosciutto di Parma*, ripe and unripe cured olives.
- Tour an *enoteca*. Learn to select aperitivi to begin, wine to compliment, and digestivi to conclude the meal. Here we taste *limoncello*.
- Sample authentic flavors and discover the traditions behind the food.
- Take inspiration from the Mediterranean diet. Learn how the social aspects of a meal, along with a reliance on seasonal produce and extra virgin olive oil have traditionally played a role in influencing peoples' health since antiquity.